

AVATHOR



EMPOWER YOURSELF

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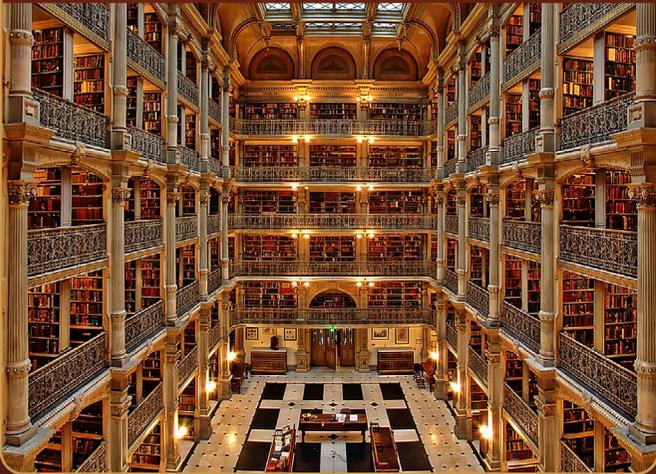


THREE GATES TO PERSONAL DEVELOPMENT



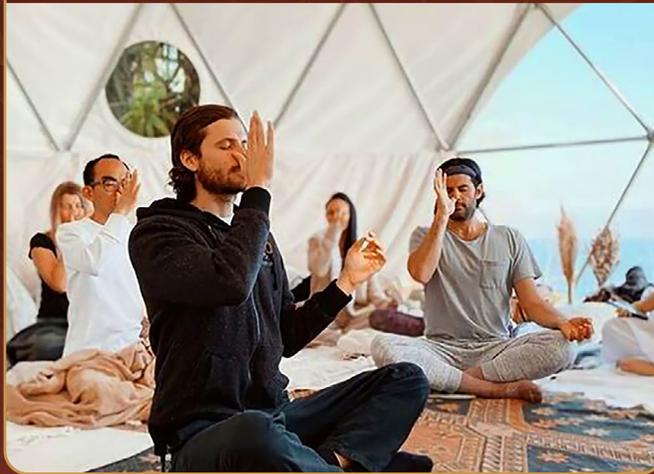
AVATHOR® ACADEMY

Educational training for professionals to evolve in the **art of holistic healing** and **personal development**.



AVATHOR® RETREATS

Based on the uniquely tailored TRINITY CORE® concept, to experience **transformation and growth** in an exclusive environment.



AVATHOR VR®

A virtual world to playfully evolve in **personal development** and **spiritual growth**.



CORE COMMITMENTS



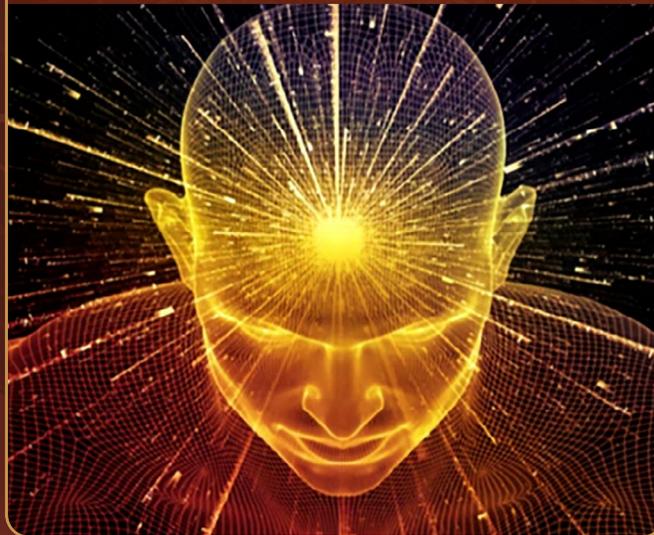
MISSION

To facilitate personal evolution that raises **human consciousness.**



VISION

A world where we know our purpose, trust our **own potential** and feel **fully connected.**

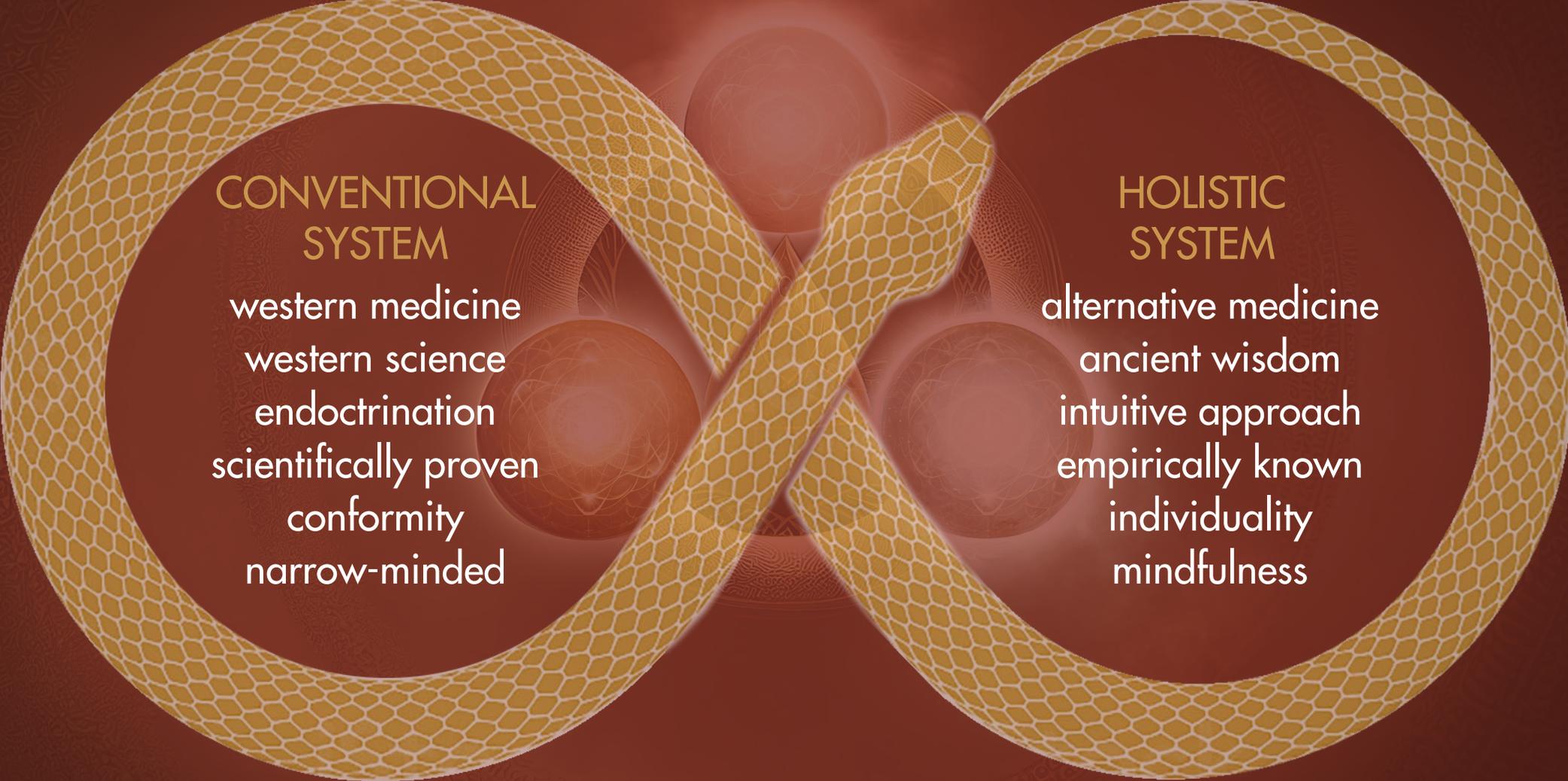


VALUES

Sustainability in all actions, **ethical** and **responsible** conduct, and supporting the **personal growth of all participants.**



UNIFYING GLOBAL KNOWLEDGE



CONVENTIONAL SYSTEM

western medicine
western science
indoctrination
scientifically proven
conformity
narrow-minded

HOLISTIC SYSTEM

alternative medicine
ancient wisdom
intuitive approach
empirically known
individuality
mindfulness

TRINITY CORE®

EDUCATION • TRANSFORMATION • EVOLUTION



TC® PROGRAM

An audited program that aims at the **activation and connection** of the **three core centers** through which we experience life:

-  **EGO CENTER** (head)
-  **HEART CENTER**
-  **EMO CENTER** (belly)

**BALANCE AND COHERENCE OF THE
THREE CENTERS ENABLE US TO FULLY
ACCESS OUR POTENTIAL**



TRINITY CORE® CONCEPT

HEAD EGO CENTRE • INTELLECT

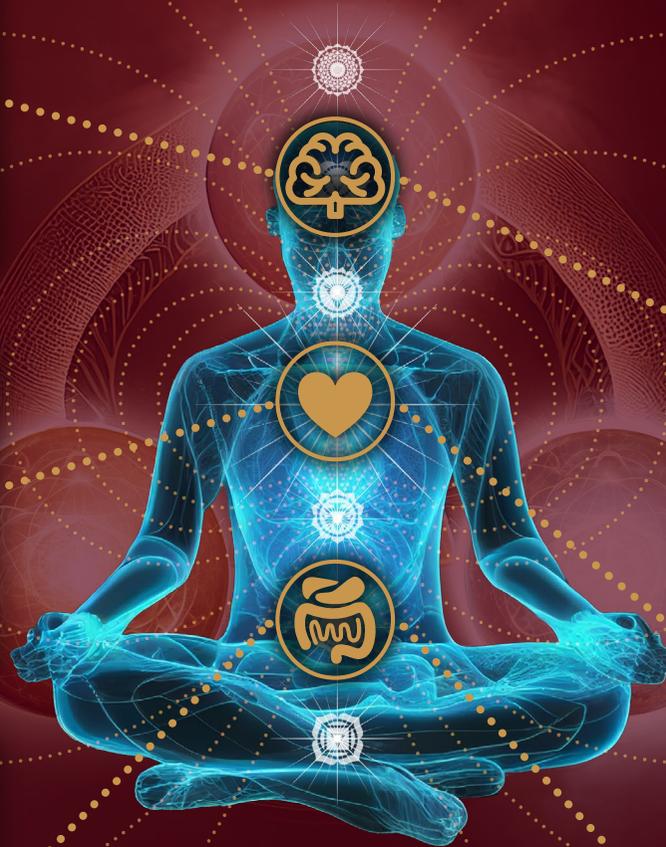
- Neural network
- Rationality & logical reasoning
- Perceiving & processing
- Mindset
- Mental abilities

CHEST HEART CENTER • FEELINGS

- Electromagnetic neural system
- Heart brain (independent from head)
- Self-esteem, self-value
- Intuition
- Empathy & love

BELLY EMO CENTER • EMOTIONS

- Enteric nervous system (gut brain)
- Complex microbial ecosystem
- Neural, immunological, hormonal, metabolic and instincts center
- Emotional memories
- Social interaction
- Physiological stress response



TC CONCEPT FOR EMPOWERMENT

HEAD

- Turning overthinking into peace of mind
- NLP techniques for healthy belief systems
- Nootropics to enhance brain function
- Deconditioning from negative patterns
- Mindfulness practice
- Third eye meditation
- Visualisation & imagination
- Neuroplasticity

CHEST

- Spiritual awareness education
- Meditation for freedom and fulfillment
- Holotropic breath work to empower the heart center
- Conscious love experiencing
- Self-love practice
- Cacao ceremony

BELLY

- Emotional release work
- Plant medicine
- Inner child work
- Accessing memories and trauma
- Rewriting the emotional brain
- Discovering subconscious beliefs and patterns

AVATHOR[®] ACADEMY

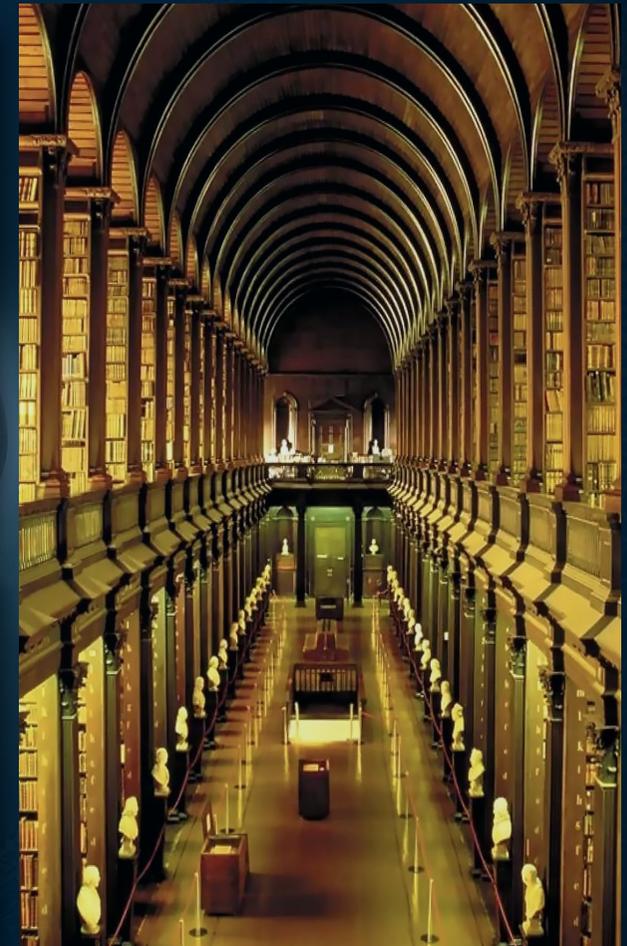
SCHOOL OF HOLISTIC HEALING, SPIRITUALITY & PERSONAL DEVELOPMENT

A space where professional therapists in the fields of holistic healing and transformative personal development can further their education.



THERAPIST TRAINING: TRINITY CORE[®] & PSYCHOSOMA THERAPY PROGRAM

- Fundamentals and practice of the TRINITY CORE[®] concept
- Psychosoma therapy
- Holistic massage therapy
- Client assessment & body reading
- Posture alignment
- Trauma release work
- Energetic balance work
- Understanding chronic pain
- Nutrition & plant medicine
- Health & well-being



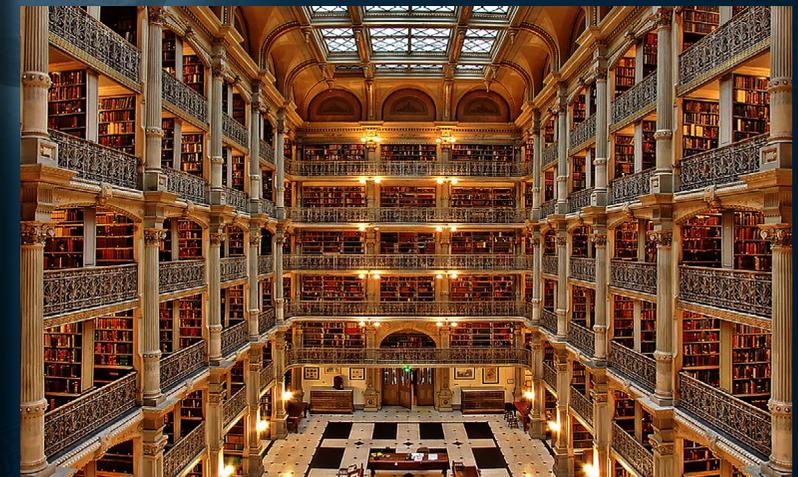
AVATHOR® ACADEMY

SCHOOL OF HOLISTIC HEALING, SPIRITUALITY & PERSONAL DEVELOPMENT

Accompanying executives & entrepreneurs to further grow in personal development, management & leadership skills.

EXECUTIVE TRAINING: CONSCIOUSNESS EXPANSION FOR SUCCESSFUL LEADERSHIP

- Fundamentals and practice of the TRINITY CORE® concept
- Techniques for empowering the full potential
- De-conditioning from limiting beliefs & release of subconscious emotional patterns
- Expansion of perceptions & perspectives to higher levels
- Meditation as a base for negotiation and mediation
- Lighting up of aura & charisma
- Holistic approach to management and work-flow principles
- Empathy, mindfulness & awareness for successful daily actions
- Motivation & strengthening of team-building skills
- Peace of mind & fundamental stress relief
- Identification with the true self & embodiment of life purpose
- Empowerment of self-esteem & self-value
- Conflict management & non-violent communication
- Body reading to understand the opposite
- Fundamentals of a healthy body



TRINITY CORE® RETREATS

THE 6 DAYS TRINITY CORE® RETREAT IS AN INTENSIVE LIFE-CHANGING PROCESS



Combining a variety of **psychological, physiological** and **spiritual approaches** to unleash the participant's full potential.

A profound inner work that reveals a **sustainable state of full presence, well-being** and **self-confidence**.

A vacation for the soul, where one will witness the **enchanting beauty of inner dimensions**.

A process leading to inner power, sustainable health and longevity.



TRINITY CORE® RETREATS

BASED ON THE AUDITED TRINITY CORE® PROGRAM

ACTIVATION &
CONNECTION
OF THE 3 CORE
CENTERS



EGO
INTELLECT



HEART
FEELING



INSTINCT
EMOTIONS

A 3 LEVELS METHOD

1. CONNECT, ASSESS

Assessment of blockages, limitations and conditions, subconscious mind patterns such as addictions and emotional attachments, trauma manifestations through psychosomatic reading.

2. TRANSFORM, EVOLVE

Individual and group coaching, deep spiritual work, consciousness expansion, mindfulness practice, emotional release work, posture alignment, self-discovery, trauma healing.

3. EMPOWER

After synchronisation and alignment of all 3 centers full power is accessible, health and well-being arise in all aspects of life.



**Align with your life purpose and live your authentic self.
Access your inner guidance, develop a sustainable flow state
and engage in deeper relationships.**

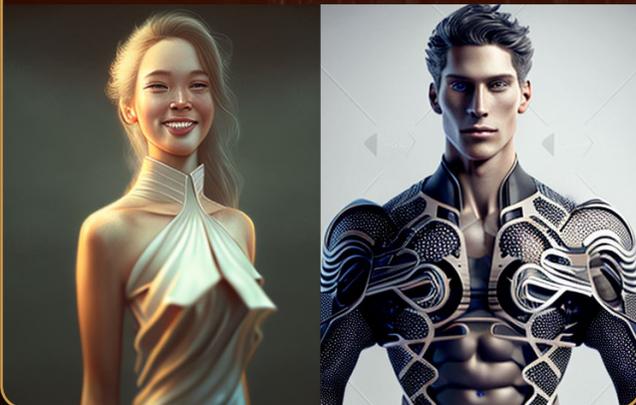
AVATHOR VR[®]

A MEANINGFUL GAME TO EVOLVE IN REAL LIFE

ENGAGE, PLAY & GROW VIA YOUR PERSONAL AVATAR

Receive high-spirited
professional guidance in a
mystical virtual space

Get direction and support in
personal development, self-
healing and spirituality.



EMPOWER YOURSELF
IN A PLAYFUL WAY

GOAL

The goal of the game is
the full activation of all
7 chakras (subsequently
the 3 TRINITY CORE[®]
CENTERS)
of the player's avatar.

This entails the
achievement of higher
self-awareness, self-
empowerment, wholeness,
truthfulness, inspiration
and spiritual evolution
**in the real world,
outside VR.**



AVATHOR VR[®]

A MEANINGFUL GAME TO EVOLVE IN REAL LIFE

THE GAME

- **PLAY** via your personal avatar.
- **BE GUIDED** by AVATHOR, your host and spiritual teacher.
- **NAVIGATE** through a labyrinth of interactive chambers dedicated to the mission of personal development.
- **PROGRESS** through the 3 levels of the game by answering multiple-choice questions and subsequent evaluations, get various tasks to fulfill, join group sessions and individual coaching.
- **ENGAGE** in the VR world by establishing own hosting rooms, exchanging goods and art, offering services, hosting parties etc...



THE SETTING

- **12 CHAMBERS** related to the 12 star signs & the 4 elements
- **3 LEVELS**
 - LEVEL 1:** assessment & info gathering through questionnaires
 - LEVEL 2:** applying knowledge through interactive dialogue (tasks/exercises, virtual sessions with automatised guidance as well as real coaching sessions)
 - LEVEL 3:** according to the results of the 2 first levels, the player is invited to interact with real life therapists belonging to the AVATHOR network, in order to address the issues which might have emerged through level 1 & 2.



THE HUMAN BEHIND AVATHOR®



AVATHOR is the host of the extensive AVATHOR world.

He acts as a facilitator and spiritual teacher for people to evolve in all aspects of life. Behind his virtual appearance stands a real human with over 38 years of experience in the fields of personal development and holistic medicine: **THORSTEN WILMS is the founder and creator of AVATHOR.**

The concept and idea has been being build up over the last 7 years and integrates all learning and understanding of his successful work with over 35.000 clients from all over the world.

Thorsten holds various diploma as integrative coach, physiotherapist, osteopath, hypnotherapist, meditation trainer and shamanic healer.

A German native, he is currently based in Ibiza and works for an internationally renowned hotel group in the advisory board for Holistic Health Medicine.



THE AVATHOR[®] COMMUNITY

A NETWORK OF LIKE-MINDED PEOPLE

A place where to connect, relate, share, exchange, contribute and experience together.

People who are seeking for a higher life experience will significantly benefit from this cohesion.

Users and facilitators are meeting in dedicated spaces all over the world, as well as virtually.

Hubs, hotels, co-working spaces, coffee shops, virtual rooms in AVATHOR VR[®]... the space is unlimited.

