

AHARA

Club

CALLING ALL LEADERS CHANGEMAKERS AND INFLUENCERS

Introducing "AHARA: A Higher Awareness and Realization of Your Abilities!"

Join the community of AHARA, dedicated to achieving personal and professional growth by changing how they think. Discover unconventional problem-solving methods inspired by Einstein's wisdom: "We can't solve a problem with the same thinking that got us there."

Gain invaluable tools and a transformative mindset to approach challenges differently, unlocking innovative solutions. The change you want to see becomes your way of being. Become a true catalyst for positive impact.

Activate Your Abilities. Apply **now!**

ASK WHEN THE NEXT LEAP BEGINS

Joining AHARA Club is by invitation only, so call today if you are ready to activate your abilities!

Roberta@RobertaFernandez.com

612-839-2295

YOUR ABILITY ACTIVATOR

AHARA

Club

Ahara is a Sanskrit term that refers to the support of consciousness, eliminating everything which is not the intrinsic or higher nature of yourself.

The AHARA acronym describes the benefits of this year-long quantum transformation of how you think and problem-solve:

A Higher Awareness and Realization of Your Abilities

AHARA embodies ten years of wisdom acquired from thousands of client sessions and training over forty years of career and life experience. AHARA engages the power of your subconscious mind because the only thing standing in the way of your success is the disconnect between what you consciously want and what your subconscious mind believes is possible. Using NLP, guided visualization, and emotional intelligence techniques are efficient and profound ways to shift your thinking to achieve what you desire.

Because of the unique attention invested in this relationship, only twelve participants are accepted into each cohort of the AHARA Club.

ASK YOURSELF:

- **Do you want an exclusive edge to make money and stay at the top?**
- **Do you want to have meaningful relationships in your personal and professional lives?**
- **Do you want to feel satisfied and confident in your decisions and what the future holds for you?**
- **Are you limiting yourself from achieving the success and admiration you want? Or don't believe you deserve it?**
- **Are you seeking more purpose, satisfaction, and joy in your personal and professional life?**
- **Are you ready to become the model of what is possible for others and the world? To be the one others want to quote?**

If you answered yes to any of these questions, you might be an excellent fit to experience AHARA and make a transformational quantum leap.

What do you mean when you say “quantum leap?”

A quantum leap rapidly propels you toward your desired outcomes and state of being through understanding the power of perspective and intent. AHARA enables you to think from a broader point of view and imagine endless possibilities for problems that seem to have no solution.

AHARA is NOT a coaching program

With variations on a theme, traditional coaching programs are predictable - you decide on a trait you want to change or set a goal you want to accomplish. You lay out a plan, and your coach provides guidance and cheerleading to keep you motivated to get there. By utilizing the same old ways of thinking, you get the same old results.

AHARA is nothing like that!

Coaching happens in the logical, reasoning, and conscious mind. While helpful, your natural potential for success lies in the subconscious mind. It is home to your beliefs, rules about life, emotion, and imagination. These aspects of yourself are what shape your thoughts and drive your behavior. AHARA combines the power of the conscious and the subconscious mind.

AHARA starts in the subconscious mind, cleaning out your closet of old limiting beliefs and emotions that are impeding your potential

Your first session consists of releasing outdated beliefs, misperceptions, and unwanted baggage that stand in the way of fulfilling your dreams. Eliminating Imposter Syndrome and other myths you carry allows you to start with a clean slate so you can focus on attaining the future you desire. You stop concentrating on what *was* and what *is* and acquire the skill to focus on where you want to be.

Making the Quantum Leap

Guided visualization makes your first quantum leap quick and effortless. Mastering these techniques keeps those quantum leaps going. Now, the most significant difference with AHARA can be realized. Einstein said,

“The problems we have cannot be solved by the same level of thinking that created them.”



Reflect on how this relates to where you are now and where you want to be. You cannot find solutions from the vantage point of the problem or your current situation because what you focus on expands. We guide you in creating a robust and specific image of your vision. You become intentional in problem-solving and creating from where you *want to be*, not *where you currently are*. In essence, you become a different kind of thinker, able to envision and create new world outcomes.

Einstein also said,

"There comes a point when the mind takes a higher plane of knowledge but can never prove how it got there. All our great discoveries have involved such a leap."

Ask any great artist, scientist, inventor, or highly successful person, and they will tell you that changing how they think, process, and see things differently than the masses contributed significantly to their success.

This is at the core of AHARA. You learn how to leave the old way of "Either/Or" thinking behind and discover how to envision and implement a new and creative perspective of "Both/And."

In accessing your higher awareness, you activate your ability to leap into your desired result first, then explore, create, and live from that place. It's like evolving from a caterpillar to a butterfly and bypassing the chrysalis stage.

AHARA is for the forward thinker

Indeed, AHARA is not for everyone. It involves a commitment to transforming yourself, to not merely learning its tenets but applying them so you *live them*. How much time and money have you invested in things that produced mediocre results? What if you could have those "aha" moments your conscious mind recognizes from time to time intentionally and with regularity?

AHARA is for you if you have already achieved a high level of success and want to stand apart from all the others as the unique, innovative leader you desire to be.

AHARA is for you if you are ready to empower yourself to tap into your most incredible heights of awareness, allowing you to recognize and utilize your unique abilities in your personal and professional life to benefit yourself and others.

AHARA is for you if you are ready to transform how you think, feel, and act.

AHARA is for you if you are ready to purposefully invest in yourself for a year to quantum leap into your desired vision. AHARA demands desire and commitment to benefit from this unique and exclusive process.

The benefits of AHARA are directly proportional to your willingness to remain open to new ideas, explore, reflect, accept growth opportunities, and implement what you learn.

You've spent a lifetime working in the old ways of the conscious mind.
Isn't it time to separate yourself from the rest and experience the power of the subconscious mind's immeasurable potential?

**To discover if you are a good fit for AHARA,
call 612-839-2295 or email Roberta@RobertaFernandez.com**

The AHARA Why

AHARA results from the cumulative knowledge gained from being a serial entrepreneur spanning multiple disciplines. It is a unique way to approach problem-solving, goals, Self-development, and life. This program is forward-thinking and positively focused on a new way of thinking and viewing everything in your world.

Before becoming a hypnotist, I was a business consultant and trainer. I worked with universities and high schools, governments, non-profits, and businesses of all sizes. My specialty was in systems thinking, organizational change, and emotional intelligence. Applying the tools I was using required a shift in thinking. This was challenging for most clients because their processes had become so engrained throughout every aspect of their culture that a significant change in thinking would be too disruptive to their systems. Of course, this was necessary, but easier said than done. Humans have been working within the same well-defined systems for hundreds of years.

"Things that are invisible to us have transformed the world. Radio waves, microwaves, fibers that carry communication through pulses of light have transformed our outer world, and our inner world systems have not kept up. We live in a universe of systems, yet we are unaware. The system keeps us in it, even when we try to get out. This is why change is so hard, or it doesn't work or last. Stop trying to change the system, think in a new system - Consciousness. We imagine we think freely, but we don't. Our thinking takes place in a system, choice is a myth."

Dianne Collins

We've been taught to think in terms of Either/Or, where things must fit neatly into specific protocols. I've come to believe that instead of trying to change the systems that keep us stuck, what is most effective is to focus on consciousness. This state of awareness is where all ideas and thoughts come from and is full of endless possibilities. When you can change your old-world, industrial thinking into the ways of the quantum world you now inhabit, you will have more than information. You will have *transformation*.

"The moment you start watching the thinker, a higher level of consciousness becomes activated."

Eckart Tolle

Your inner Self determines how you see the world and the actions you take. Your beliefs and rules about life are formed at a young age and are reinforced over time. Protective mechanisms keep you from changing and sometimes even knowing and understanding those beliefs. Those beliefs and perspectives shape your perception of what you think is real. Let me give you an example of why this concept of reality is questionable.

Years ago, my husband and I took our six-year-old on her first whitewater rafting trip. The river was selected carefully, with only a few small rapids, to introduce her gently to the adventure. A few months later, we related that trip to family members. You would have thought we were on different rivers from the stories we told! The reality was that we were on a rafting trip, but our perspective of the experience was unique to each of us.

In quantum physics, the term “observer effect” applies to a mechanical device interacting with an object and its effect on measurement. Though a physicist may object to the word “observer” being utilized with humans in real-life scenarios, it is reasonable to see how your perspective may impact the experience of something. Hence, the recounting of our trip through the eyes of a six-year-old first-time rafter, a nervous mom, and a no-holds-barred dad. And the world is full of people of all kinds, creating their unique river of observations based on their individual experiences and beliefs.

It is time to realize that one piece of reality doesn't make the whole map. Reality is multidimensional because each person is part of the hologram, and each component of the entire hologram is reflected in each of us. (Yes, I am a Trekkie!) There is a universe of possibilities, yet humans only select what they see from obvious options, usually from what they can predict and control. And they hold tight to control the ever-changing conditions. This creates disdain for change when life is uncertain.

The logical and linear way of thinking has reached its limits as the world ever expands into a spaceless and timeless universe. It is necessary to step out of the old, systemic way of thinking to leap forward into what is possible. Intentional manifestation requires a deeper level of consciousness, awareness, and clarity of thought. When you understand that you are observing and creating your reality, you allow for a “Both/And” way of thinking. You are now living life rather than letting life control you. You create from the perspective of where you *want* to be rather than where you are.

Science has shown, through hundreds of experiments and research, that our thoughts create our reality. The brain cannot tell the difference between what is real and what is vividly imagined. Imagination is a function of the subconscious mind, which is why hypnosis (which easily accesses the subconscious mind) is an effective tool for changing your thoughts and perspectives.

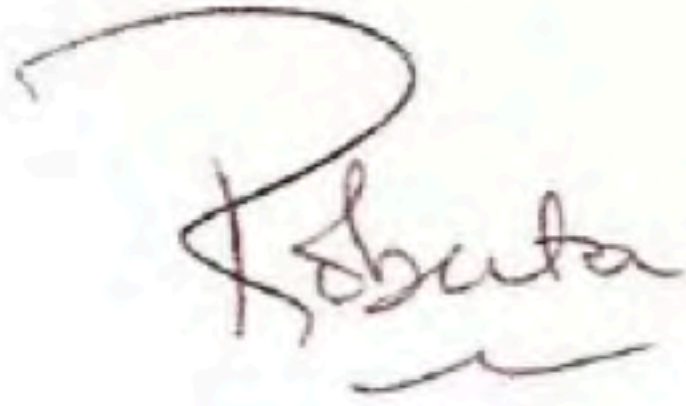
After conducting thousands of hypnosis sessions since 2013, I realized that the work I did in organizations is much easier to accomplish individually. Of course, if understood and practiced by leaders, it could change the world! The requirement for success is the desire for change. This, of course, is why you are embarking on this journey of transformation. This brings us back to the beginning of this preface. Forty years of learning have gone into the creation of AHARA. Sometimes I got sucked back into the old ways of thinking or pushed against new ideas being presented to me. It still happens - I am continually evolving as well.

We are at a time when we need people who think differently to demonstrate how to create a new and improved world. My objective in creating AHARA is to contribute to developing progressive thinkers. Some might say that this idealism is an old-world way of thinking. Perhaps, but in the reality I am choosing to create, it is a world where everyone can see themselves as a part of the whole without feeling like they have less because someone else is prospering. A world in which people dare to solve big problems because they can see infinite possibilities. A world in which people are hopeful and excited about the future.

To get different results, you need to think different thoughts. Some of AHARA's tenets may seem curious, but if you desire to think differently, to *be* different, you may be a good fit. You will understand how this new way of “Both/And” thinking improves your life, helps you take

quantum leaps forward in your Self-growth and realization, and in doing so, improve the world simultaneously.

On the journey with you,

A handwritten signature in black ink that reads "Roberta" with a decorative flourish underneath.

For more information about AHARA and how to apply, visit FAREHypnosis.com/ahara