



Christine Johnson



Quantum Healing Hypnosis Technique

Certified Level 1 Practitioner, Breath of Life Educator, Professional Editor

Your Life is Sacred and meaningful. Occasionally we need help finding clarity,
connecting to our Higher Selves and embracing our Life's Path.
I'm here to assist your return to your Natural and Divine self.

QHHT Works for Everyone

QHHT is a completely safe form of hypnotherapy. It is a sustainable mode of healing for any issue. It's lovingly driven by your Higher Self to give you the exact experiences and information you need to heal your most challenging issues.

QHHT is the only healing modality that connects you directly to your Higher Self and answers any questions.

Many are curious about QHHT and feel anxious about their ability to go into the theta brainwave trance state. This trance state is accessible to everyone. Admittedly, it is more difficult for some to reach than others. For those with difficulty, additional sessions are included in the cost, to ensure direct communion with your Higher Self.

The theta brainwave state is the frequency of all possibilities, all knowledge and all healing.

Qualities of Ideal Clients

- ✦ Motivation and Willingness to do the sometimes difficult work to make desired changes
- ✦ Openness
- ✦ Self-Trust and trust in QHHT method and experience
- ✦ Have tried other healing methods and are ready to get to the root of issues
- ✦ Ability to Relax
- ✦ Meditation Practitioner/ Ability to Visualize

Breath of Life

God is the breath of life, the heart of hearts, the Self.
— Anandamayi Ma

At the deepest levels, we are vibrational electromagnetic beings living in a vibrating electromagnetic universe. What we need most every day is to replenish our Life Force Energy (Chi/Qi/Prana). The Breath of Life accomplishes this. It not only brings in Life Force Energy, it aligns our vibration with Divine energies- our Natural state of being.

The Breath of Life is a simple technique that can be done nearly anytime and adapts to fit your unique needs. **The technique is especially helpful for those that are challenged by stress and traditional meditation practices.**

A Few of the Countless Benefits of Practicing the Breath of Life

- ✦ Increasing Health and Well-being
- ✦ Amplifying Your Creative and Manifesting Energy
- ✦ Releasing Stuck and Out-dated Energies

I offer a weekly Breath of Life Meditation. Drop in to practice and learn more about this powerful technique and deepen your meditation practice. Everyone is welcome!

Every Thursday from 1-2 pm
Wholistic Heartbeat 1660 Central Ave. Suite A,
McKinleyville - By Donation

Professional Editor

I provide professional editing services for big and small writing projects. My specialty is in editing wellness, spiritual and scientific material. With meticulous attention to detail, the highest levels of discernment and outstanding organizational skills, I will help your writing projects come to life and shine with clarity and purpose.



Christine Johnson is an Insured and Certified QHHT Level 1 Practitioner, Breath of Life Educator and Professional Editor with energy work and massage training, and a BS in Marine Biology. Call/text to schedule sessions, ask questions and discuss writing projects.

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