



kickstart your consciousness

Kickstart Your Consciousness is the marriage of two great loves: creativity and spirituality. Michelle Anne Johnson is a multi-talented actress, singer, songwriter and intuitive. As a performer, she has guest starred in television shows such as "ER", "Lie to Me", "CSI" and "CSI: Miami", "The Shield", "Without A Trace", and "Friends". She is a founding member of the award-winning Troubadour Theater Company based in Los Angeles, California, and has performed material ranging from stand-up comedy to Shakespeare. As a writer, she has contributed to sketches for the comedy troupe *Tomboys in Fishnets*, performance pieces for the popular *Write Club*, and numerous articles and 5-minute videos for the **Kickstart Your Consciousness** website.



In January of 2007, she made the life-altering discovery that the same channel that inspired her creativity could also be used to receive psychic impressions. Michelle Anne immediately began an extensive study of spirituality, metaphysics and healing. To complement her B.A. in Psychology from UCLA, she enrolled in a Masters program in Spiritual Psychology at the University of Santa Monica while attending a year-long training course for people with intuitive abilities. She subsequently received a 1st degree Reiki initiation. Combining her intuition and education in psychology, she worked as a professional intuitive consultant with a focus on assisting her clients to identify and heal unresolved issues, and align with their growth on a soul level.



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Michelle Anne created **Kickstart Your Consciousness** to be a multi-media platform providing information about spirituality, consciousness and healing. The first project produced was a two-day workshop that offered a comprehensive introduction to basic spiritual concepts. The first day was entitled *Discovering Your Truth in the Present Moment*, and the second was *Moving Beyond the 3rd Chakra Experience*. Using material from this workshop as inspiration, Michelle Anne recently produced an audio CD entitled *Kickstart*



Your Consciousness: Exercises for Spiritual Growth. This one-hour program is not only an overview of spiritual concepts, but also uses meditations and visualizations to deepen the learning experience through practice. Michelle Anne designed *Exercises for Spiritual Growth* to be a workout for the soul, just as physical exercise is a workout for the body.

Kickstart Your Consciousness has reached the airwaves with a weekly radio show on BlogTalkRadio. Michelle Anne uses her extensive knowledge acquired through study and professional experience to interview the leading healers and spiritual teachers about a range of topics. She and her guests have discussed healing modalities such as acupuncture, chiropractic, reiki, and integrated medicine, as well as more metaphysical topics such as using clairvoyance as a tool for healing, managing the energy of insecurity, and healing the human energy field. The purpose of these conversations is not only to provide information, but to demonstrate that our existence extends beyond our physical bodies, and to encourage the listener to approach life from a holistic perspective.



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This October, **Kickstart Your Consciousness** will present *The Future of Alternative Health: A Gathering for the Healing Community* in Los Angeles. This symposium will bring together healers from various disciplines, schools and modalities to share and discuss the current state of alternative health, and how the healing community can best contribute to society at large. Michelle Anne will host the event, and be joined by a keynote speaker and 5-person panel of distinguished guests.



To contact Michelle Anne, please email press@consciouskickstart.com, or call 213-736-5730.

"Being on Michelle's Radio show was a pure joy...she made me feel comfortable and I was able to shine in my responses since she prepared me in advance so well. I look forward to being on her program again in the very near future."

- **Rev. Ruel Cazar, Minister, Interfaith Spiritual Church, Philippines**

"Michelle Johnson is the consummate interviewer and host personality. Not only does she innately know the right questions to ask her subject, she also has the skills to create an immediate comfort level with the audience. You trust her judgment because she exudes such integrity, focus and commitment to her task. She has tremendous presence and the right skill set to create the ideal interview environment via television and radio."

- **Melinda Hess, Clairvoyant Reader/Healer**

"The raw honesty and courage of Michelle is amazing. I was astounded by her openness and it invited me, as a guest on her talk show, to do the same. I remember saying to myself while the interview was going on, 'Wow, here is someone who dares to reveal who they really are. Wow. Here is someone, who lives in full throttle!' Here is someone who cares and can truly make a difference! Her questions were thought provoking and it encouraged me to tell all!! So I am honored to know Michelle as talk show host and inspiring woman!"

- **Audrey Hope, Spiritual Counselor**



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