



MEDIA  
KIT

# QUANTUM JOURNEYS

[www.kryssamariebowman.com](http://www.kryssamariebowman.com)

# ABOUT QUANTUM JOURNEYS

Quantum Journeys is a podcast where we explore the fascinating intersection of neuroscience, hypnosis, quantum physics, and the metaphysical. In this mind-bending journey, we'll delve into the depths of the human mind, exploring the extraordinary abilities that lie dormant within us. We'll uncover the hidden connections between our thoughts, emotions, and reality, and discover how to harness these connections to alchemize a life of abundance, joy, and fulfillment.



# ABOUT THE HOST

Kryssa specializes in bridging the gap between science and woo. She is the founder and trainer of Quantum Journeys Hypnosis, which is based on the science of consciousness. She also hosts weekly group healing sessions on Zoom with subscribers from so over the world, which are the highlight of her week. Kryssa became a hypnotist after finding freedom from agoraphobia and a lifelong battle with anxiety through the power of hypnosis. Her academic background is in applied psychology and she's had a lifetime of rather metaphysical extra, including two near death experiences. Now she's passionate about empowering others to step out of their limiting beliefs, embrace their own unique talents and raise the collective frequency of humanity through her work with Quantum Journeys Hypnosis Academy.

# ABOUT THE GUESTS

Join Kryssa as she welcomes leading experts and captivating storytellers. Explore fascinating topics like past life regression, the mind-bending physics of quantum jumping, and the wisdom stored within the Akashic Records. Learn about enigmatic intradimensional light beings, learn to hack your brain with the Reticular Activating System, and discover the power of ego state work and to reprogram your mind for peak emotional intelligence.

# WHY LISTEN?

This podcast is for anyone seeking to break free from limiting beliefs, expand their awareness, and ignite their journey to authentic self-discovery. Prepare to be challenged, inspired, and forever changed as we unlock the secrets of the human mind and explore the limitless potential of the universe within.

# THE LAUNCH

The upcoming premiere of Quantum Journeys is set to debut with 12 episodes in February 2024.

## HELP US SPREAD THE WORD



Scan the QR code to access our downloadable press kit. The press kit contains the following:

- Podcast Social Media Post - Trailer Video
- Podcast Social Media Post - Images
- Podcast Social Media Post - Captions
- Podcast Logos
- Podcast Host' Headshots

# DOWNLOAD & SUBSCRIBE

You can listen to the show through our website, or subscribe on Spotify, Apple Podcasts, Google Podcast and Youtube.

Website: [www.kryssamariebowman.com](http://www.kryssamariebowman.com)

Facebook: Kryssa Marie Bowman

Youtube: @kryssamariebowman

Instagram: @kryssa\_lys

TikTok: @kryssa\_lys

# BECOME A GUEST SPEAKER

To become a future Quantum Journeys Guest:

Email us at [kryssamariebowman@gmail.com](mailto:kryssamariebowman@gmail.com)



# QUANTUM JOURNEYS

KRYSSA MARIE BOWMAN PODCAST

[www.kryssamariebowman.com](http://www.kryssamariebowman.com)