

MEETING NOTES: 20th Jan 2024

Booking Session Initial Inputs

- Free session offering
- Ability confirm booking
 - Do the booking is based on payment
- Donation
 - Based on ad hoc contribution
- Main interaction with phone
- Foundation & intention

Main Solution

- Healing
 - Who is Johannes
 - Knowledge of life
- Art
 - Sculpture
 - Painting

5 elements presence: Earth, Wind, Water, Fire...

url: christos_medicine.com ?

Fee Structure:

- Service
- Retreat
- Donation Based

Target Presence/ Audience:

- Mediterranean
- Dubai
- Asia Region

Background:

- Work on super yards
- A chef
- Transition to healing
- Solitude & Silence, Retreats

Start with website first, Building youtube

Christos Note Restructured For Storyboard

Website name: Christos Medicine

Header/Tagline:

Anointed (nominated)/chosen Consciousness
Embodied Union of Love and Wisdom

Design Guidance:

Open space
Natural tone
Breath
Simplicity

THE STORYLINE

The Vision: Christos Medicine (Remembering within).

The Way: Presence over force (Slow and human).

The Story: Johannes' path (Forged through life).

The Simplicity: Grounded foundations (Integration over fixing).

The Tools: The Sensory Craft (Tarot as a mirror, life as a sign).

The Art: Nature as Guide (Materials as medicine).

Two Colour Theme Options:

Main Color: Ironwood

Hex Code: #4B443D

Main Color: Wash Linen

Hex Code: #DED0B6

Images Required:

4 Pages (9 Images minimum)

Hero Image x 1

Mid Pages 4

CTA x4

HOMEPAGE

HERO SECTION THEME

- Present
- Human > reword to Kindred Spirit
 - > No mysticism > reword to Soulful
 - > No preaching > reword to Grounded Interaction

Sacred Path

1. What Christos Medicine communicates (immediately)
 1. Christos
 1. Not religion.
 2. Not hierarchy.
 3. Not identity.
 2. It points to:
 1. Anointed consciousness
 2. Embodied union of love and wisdom
 3. Inner alignment of heart, truth, and action
 4. Medicine
 5. Indigenous, earth-honouring tone
 6. Process, not cure
 7. Lived transmission, not theory
 8. That is fully aligned with your path.
 9. Together, Christos Medicine says:
 1. “This is not something I do to you. This is something remembered within you.”
 3. This work is an invitation to walk with you on a sacred path of presence, wisdom, and embodied compassion, grounded in lived experience rather than doctrine.

"Christos Medicine is less of a cure and more of a slow, indigenous remembering—a return to the soil of your own being. I don't trade in abstract theories or distant dogmas; instead, I move through a lived transmission where love and wisdom finally find their embodied union. This is the art of anointed consciousness, a quiet but fierce inner alignment where your heart's truth meets your hands' action. It is a process of tilling the spirit and honouring the earth-wisdom already held within your bones. I am not here to fix what was never broken, but to walk beside you as you reclaim a path that is already, and fully, your own. Because in this space, the healing isn't something done to you—it is a sacred truth being remembered within you."

Quote: “Christos Medicine is a grounded, heart-led practice rooted in compassion, presence, and lived experience” (**Opening Invitation**)

CTA 1: How I Work

Clear, safe, transparent
One-to-one and in small, intimate settings.
Intuitive Approach, practical, and deeply human.
Each meeting begins where you are — not where you think you should be.
The work is slow, respectful, and led by presence rather than force.

"Our work together is rooted in the soil of the present moment—clear, safe, and transparent. We gather in the quiet intimacy of one-to-one or small, intentional circles, creating a sanctuary where the spirit can unfold at its own natural pace. My approach is intuitive and deeply human, trading rigid maps for a practical, grounded presence that honours the reality of your lived experience. We always begin exactly where you are, setting aside the weight of where you 'should' be to make room for what is actually true. This is a slow and respectful craft; we do not force the bloom or hurry the harvest. Instead, we let the work be led by a steady, quiet presence, trusting that the most profound shifts happen when we move with the rhythm of the soul rather than the pressure of the clock."

Quote: “Nothing to believe in — only something to feel, meet, and integrate. You are welcome exactly as you are. “

ABOUT ME

Quote: “I work with compassion, lived experience, and embodied wisdom”

SECTION 1 - INTRODUCTION

1. My name is Johannes Christmas Møller.
2. My path has not been taught — it has been lived.
3. From an early age, I sensed that life was communicating through everything
 1. nature, clouds, animals, numbers, silence, pain, and love.
4. Nothing was random. Everything was speaking.
5. I come from a lineage of devotion to compassion and wisdom
 1. often symbolised through Magdalene, Sophia, and Quan Yin
 2. not as identities to claim, but as frequencies I recognise and embody.
6. My journey has moved through deep darkness and low frequency states, through trauma, heartbreak, and long periods of solitude.
7. I walked much of this path in silence — healing through trial, error, and persistence.
8. There was no bypass.
 1. No escape.
 2. Only presence.
9. Through pain, I learned sensitivity.
10. Through loss, I learned love without possession.
11. Through breaking, I discovered strength that is gentle, not hardened.
12. What once felt broken, I now see as beautifully forged.
13. My guidance comes from within
 1. from my inner light,
 2. my heart, my hands, my eyes,
 3. the subtle touch I feel in my head when truth arrives.
14. I trust what is felt, not what is forced.
15. Everything in my life
 1. my name
 2. my birth numbers
 3. my wounds
 4. my love,
16. My relationship with nature and the unseen has formed a single living puzzle.
17. Now, I continue this work in service to Earth, humanity, and all living beings, with humility, devotion, and an open heart.
18. This path is not about becoming something more but remembering what we already are.

"My name is Johannes Christmas Møller, and my path has never been a lesson taught—it has been a life lived. From my earliest days, I felt the world breathing an intricate language, sensing that life was communicating through the drift of clouds, the movement of animals, the weight of silence, and the sharp clarity of pain. Nothing was random; everything was a conversation. I carry a lineage of devotion to compassion and wisdom, recognising the frequencies of Magdalene, Sophia, and Quan Yin not as distant icons to claim, but as living waters I seek to embody.

My journey has not been a climb into the light, but a descent through the heavy soil of the human experience. I have walked through deep darkness, trauma, and the long, quiet winters of solitude. There was no bypass and no escape—only the steady, demanding requirement of presence. In the crucible of pain, I gathered sensitivity; through the ache of loss, I learned a love that does not possess. What once felt shattered, I now see as beautifully forged, a strength that is resilient precisely because it is gentle.

I work from a place of inner listening—guided by my heart, my hands, and the subtle resonance of truth when it arrives. I have learned to trust what is felt rather than what is forced. My name, my history, my wounds, and my kinship with the unseen have all hummed together to form a single, living puzzle. Today, I stand in service to the Earth and all living beings with a humble and open heart. I am not here to help you become something more, but to walk with you as you remember the medicine you already are."

SECTION 2 - HOW I WORK

1. I am choosing a life that supports my nervous system, my creativity, and my honesty.
2. I create best when I feel safe, unhurried, and connected to nature.
3. My work is not driven by pressure, identity, or belonging — it flows from presence, devotion, and lived experience.
4. I value simplicity, depth, and real human connection over trends, noise, or performance.
5. I value presence, honesty, and grounded embodiment
6. I meet people with compassion while remaining sovereign in my own rhythm.
7. I do not need to convince, fix, or impress.
8. I work from lived experience rather than theory.
9. I create space for clarity, creativity, and reconnection through nature, art, and daily practice.
10. I believe real change happens when the nervous system feels safe and the body is respected.
11. My approach is simple, intuitive, and human — not dogmatic or ideological.
12. What I offer grows naturally when I live truthfully
13. Christos Medicine is not something you become
14. It is something you consent to live through you.
15. You are doing that quietly, honestly, and humbly — which is why it works.

CTA 2: Simplicity (no spiritual inflation):

- One-to-one sessions
- Personal guidance and reflection
- Embodied practices for grounding and clarity
- Space for integration, not fixing sessions
- Foundational conversations
- Grounding practices
- Presence-based guidance
- Not therapy, not medical treatment
- Complementary spiritual guidance

The Practice: Grounded Simplicity

"I have chosen a life that purposefully supports my nervous system, my creativity, and my honesty. I create best when I feel safe and unhurried, rooted in the quiet presence of the natural world. My work is not driven by the pressure of trends or the performance of identity; it flows from a place of deep devotion and lived experience. I value depth and real human connection over the noise of the modern world, meeting every person with compassion while remaining sovereign in my own rhythm.

In this space, I do not need to convince, fix, or impress. I work from the soil of what I have lived rather than the clouds of theory, believing that real change only takes root when the body is respected and the nervous system feels truly safe. My approach is simple, intuitive, and human—entirely free from dogma or ideology. What I offer grows naturally because I choose to live truthfully. Christos Medicine is not a title you claim or something you become; it is a frequency you consent to let live through you. It is done quietly, honestly, and humbly—and that is exactly why it works.

OFFERINGS

Quote: "This is a space for remembering what is already whole. A place to slow down, listen, and return to what is true"

SECTION 1 - INTRODUCTION

1. Tools & Ways I Work
2. Intuitive, embodied, and guided by presence.
3. I do not follow a fixed method — I listen, sense, and respond to what is alive in the moment.
4. I do not place myself above others.
5. I walk alongside those who feel called to slow down, simplify, and reconnect with themselves.
6. I offer guidance, not answers — space, not solutions.
7. I work through:

1. High intuitive perception
2. A deep listening beyond words — sensing what is unspoken, unseen, and ready to be met.
8. Each person remains sovereign in their own process.
9. Tarot as a mirror
 1. Tarot is used as a reflective tool, not prediction
 2. Revealing patterns, choices, and inner truths already present.
10. Messages through numbers, signs & synchronicities
11. Life communicates constantly. I help translate what is already speaking through numbers, symbols, timing, and repetition.
12. Psychic sensitivity
13. Clair-sensing through inner vision, felt knowing, and subtle impressions.
14. Energy awareness
15. Reading emotional, mental, and energetic fields without force — only attention and respect.
16. Embodied senses
17. Hands, heart, eyes, breath — the body as an instrument of guidance and truth.
18. Grounded guidance
 1. Bringing insight down into lived reality — relationships, choices, boundaries, and integration.
19. My role is not to give answers for you but to help you hear what your own system already knows.

The Tools: An Art of Shared Listening

"I do not follow a fixed map or a rigid doctrine; instead, I listen to the wind of the moment, sensing and responding to what is alive within the here and now. I do not place myself above you in a hierarchy. Rather, I walk alongside those called to slow down and simplify, offering a sanctuary of space rather than a list of solutions. In this work, you remain the sovereign of your own process. My role is not to hand you answers, but to help you tune your own ear to the wisdom your system already holds.

The Mirror and the Sign I use the Tarot not for prediction, but as a mirror—a quiet reflection of the patterns and inner truths already ripening in your life. Together, we translate the constant conversation of existence, finding meaning in the numbers, symbols, and synchronicities that pulse through your daily reality. Life is always speaking; I simply help you hear the repetition.

Subtle Perception My work is guided by high intuitive perception and a deep listening that moves beyond words to meet what is unspoken and unseen. Through psychic sensitivity and energy awareness, I witness your emotional and mental fields with profound respect—never with force, but with a steady, loving attention to your subtle impressions.

Grounded Integration Using the heart, hands, and breath as instruments of truth, we bring these insights down into the soil of lived reality. We look at your relationships, your boundaries, and your daily choices through the lens of your own inner light. This is the art of grounded guidance: moving from the unseen into a life that is fully integrated, authentically felt, and entirely your own."

SECTION 2 - CREATIVE RETREAT SESSION (THE HIGHLIGHT)

1. Art as Medicine + Nature as Guide
 1. Art becomes a living dialogue between your inner self and nature
 2. These sessions are not about technique or result
 3. They are about listening, presence, and co-creation.
 4. Together, we work hand in hand with natural materials and the environment itself
 5. Painting, wood sculpture, clay, stone, leaves, glass, metal — there are no limits.
 6. Each material carries its own wisdom, rhythm, and language.
 7. I guide you to slow down, to sense, and to allow nature and living elements to communicate with you during the process.
 8. Rather than shaping the material, we learn to respond to it.
 9. Through this creative communion, many experience:

10. A deeper understanding of life and its patterns
11. Emotional release and nervous system regulation
12. Presence, breathing, and grounding
13. Insight, beauty, and inner clarity
14. Reconnection with intuition and self-trust
15. Nature is our original healer.
16. She offers everything we need — when we learn how to listen.

"In these sessions, art is not a performance—it is a living dialogue between your inner landscape and the natural world. We set aside technique and the pressure of 'results' to make room for something far more ancient: co-creation. Together, we work hand-in-hand with the elements—the grit of clay, the grain of wood, the clarity of glass, and the humble wisdom of stones and leaves. Each material carries its own rhythm and its own story; we are not here to force or shape them, but to learn the humble art of responding to them.

Nature is our original healer, offering a sanctuary where the nervous system can finally settle into its natural state. As you slow down and allow the materials to speak, the process becomes a form of grounding medicine. Through this creative communion, the breath deepens, and the mind clears. You begin to recognize the patterns of your own life reflected in the patterns of the earth. It is a journey of emotional release and quiet insight, helping you reclaim a deep, intuitive trust in yourself. When we learn how to listen, we find that nature has already provided everything we need to be whole."

CTA 3: What This Space Is

It is not a doctrine, teaching, or belief system.

It is a meeting point — where awareness, love, and wisdom are brought into the body and everyday life.

CONTACT/INVITATION PAGE

For My Fellow Beings (Closing Invitation):

Those seeking grounding, not answers

Those drawn to embodiment, not ideology

CTA 4: Important for alignment)

Non-dogmatic → safe for many backgrounds

Embodied → matches your lived way of being

Clear boundaries → builds trust

Not performative → no spiritual costume

TWO PAYMENT CARDS:

DONATION

SESSIONS

Social Media Links & Downloads:

YouTube / platform -description

Instagram

Printed materials For Downloads

Closing Quotes: “ If something here resonates, you are welcome to reach out. We begin with a simple conversation — no obligation, no pressure.”

Contact Links:

Email

Whatsapp