

Kelie Cichoski

Transform and RISE

Kelie Cichoski is what happens when a spiritual awakening gets tired of being polite.

An award-winning author, speaker, trance channeler, Transformation Expert, and creator of Transform Hypnosis and the RISE framework, Kelie's work is built around one deceptively simple question:

What aren't you seeing?

Because sometimes the thing keeping you stuck isn't the thing you think you're working on.

You can understand your patterns. You can know where they came from. You can read the books, do the personal development work, learn the language of boundaries, manifestation, trauma and spirituality—and still find yourself repeating the same experiences.

Kelie works beneath that surface.

Her path to this work was anything but conventional.

Before becoming a hypnotist, quantum healing practitioner and channeler, Kelie lived through enough reinvention for several lifetimes. Her journey has included addiction, domestic violence, two divorces, financial devastation and more than 125 jobs, along with 20 years in Corporate America, 16 years in law enforcement and seven years in real estate.

She didn't find spirituality by escaping the human experience.

She found it by surviving the hell out of it.

For more than 25 years, Kelie has explored healing, personal development and the deeper forces that shape human behavior. What began as a search to understand and change her own life eventually became a much larger exploration of the subconscious mind, energy, past-life experiences, expanded consciousness and the nature of who we are beyond the identity we carry through everyday life.

Her spiritual awakening radically expanded that exploration.

Kelie trained in Transformational Hypnosis, became a Level 2 practitioner of Dolores Cannon's Quantum Healing Hypnosis Technique (QHHT), trained in Beyond Quantum Healing (BQH), and studied regression work, higher-self communication and approaches influenced by the work of Michael Newton, PhD. She has completed more than 100 QHHT sessions and continued developing her work through years of direct experience with clients.

But she discovered that no single modality was enough for the work she was actually doing. So she created her own.

Transform Hypnosis brings together her hypnosis and quantum-healing training with regression work, intuition and channeled guidance. Rather than forcing every person through the same process, Kelie follows what emerges in the session to explore the root of what is happening.

That root may be a subconscious belief formed in childhood. It may involve emotional conditioning, an inherited or ancestral pattern, an experience from another lifetime, an energetic influence or something the conscious mind simply hasn't considered.

The point isn't to tell someone what their problem is.

The point is to help them see what they couldn't see before.

Because once something hidden becomes visible, there is finally an opportunity to change it.

That philosophy became the foundation of Kelie's RISE framework: Release, Illuminate, Shift and Elevate.

Release what no longer belongs.

Illuminate what has been hidden.

Shift the patterns, beliefs and perspectives shaping the experience.

And Elevate into a different way of living.

Her approach combines the mystical with the practical and the deeply spiritual with a distinctly no-BS perspective. Kelie isn't interested in spirituality that asks people to ignore their humanity, pretend everything is wonderful or slap a positive affirmation over something they haven't actually resolved.

She wants to know what is underneath it.

What belief is operating?

What pattern keeps repeating?

Where did it begin?

And most importantly:

Is it even yours?

That question has become central to Kelie's work because her own life taught her how easily human beings can carry beliefs, fears and conditioning without realizing where they originated.

Her work has also expanded beyond hypnosis into trance channeling and expanded states of consciousness. Kelie connects with higher-dimensional guidance through trance and explores consciousness beyond the limitations of the physical mind. Her channeling work includes private exploration, public transmissions, teaching and live opportunities for people to ask questions and receive guidance.

Yet for all the unconventional territory she explores, Kelie remains grounded in something very practical:

Does this help you understand yourself differently?

She is less interested in convincing people what to believe than in opening possibilities they may never have considered.

That same curiosity runs through her writing and speaking.

Kelie is the author of *To the Beach: Cut Ties and Run*, recipient of the 2025 Florida Authors and Publishers Association President's Bronze Medal and a 2026 Global Book Awards Gold Medal, as well as *Back to the Beach: Don't Let Your Past Derail Your Future* and *Transform and RISE: Release, Illuminate, Shift & Elevate to Achieve Your Soul's Highest Potential*.

Her work today spans Transform Hypnosis, the RISE framework, transformational teaching, speaking, channeling and consciousness exploration.

But underneath all of it is the same mission.

Kelie helps people look beyond the obvious explanation for what is happening in their lives.

Beyond the behavior.

Beyond the story.

Beyond the identity they have constructed around what they have experienced.

Because sometimes you aren't stuck because you need another strategy.

Sometimes you're repeating something you don't even know is there.

And sometimes the most powerful question you can ask yourself is:

What aren't I seeing?