

Goals of Meditation, Conscious Channel and Astral Projection Training

*Learn to meditate and conscious
channel.*

*Learn the safe methods of
meditation, conscious channel,
astral projection and astral travel.*

*Let your consciousness explore
deep and wide into the energetic
dimensions of the Multi-verses.*

*Improve your tuning power (the
power of sending and receiving
transmissions) to and from the
energetic dimensions.*

Meet your spirit guides.

*Soul Retrievals and Destiny
Retrievals.*

*View your soul records (Akashic
Records).*

*Improve your skills in self-
guidance, self-learning and self-
healing.*

*Move a step forward to 'live in
the perfect union' with One
(Sovereign Integrity, Source of
All Life, Atman Self)*

*Become an Information & Energy
Worker at the Unified Field of the
Multi-verses.*

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Meditation and Conscious Channel Training and Coaching



*Exploration of
Consciousness*

**Open
Schedule**

**In Placitas, or
Albuquerque
New Mexico**

**Guided by:
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What you can learn at Training or at Coaching Session.

Handout: Meditation and Conscious Channel Guideline

The basic Dos and Don'ts of meditation, conscious channel and astral projection.

#1 Basic 'Sanctuary – Safe Place' Meditation

Cross over to the energetic dimensions, explore, go deeper and find your 'Sanctuary', Safe Place in the Universe – energetic dimensions.

#2 Connect and Communicate with Your Spirit Guides, Healers, Teachers and Greater Aspects of Yourself.

Receive love, healing, guidance and protection from the spirit guides and **greater aspects of yourself**. Start developing close relationships with **the true guides**.

#3 View Your Akashic - Soul Records. Other Life Times Self-Therapy

View your soul records (Akashic records). Receive Divine Blessing for the master life times and receive Divine Healing for the difficult life times while you are in other life times.

#4 Quan Yin's Healing Bubble Meditation

Connect with Quan Yin, Divine Feminine of the Universe. Step into Quan Yin's healing bubble. Enjoy the cleansing, rejuvenating and healing experience.

Meditation and Conscious Channel Training and Coaching

The training is one-on-one personal session.

Location: Placitas or Albuquerque, New Mexico.

Or by phone.

Each training lasts about 1 hour.

We will do one meditation or conscious channel exercise in one session.

Fee ~ Suggested Donation

\$85 per session.

What Meditation or Conscious Channel Exercise should I do?

You can begin with Exercise #1 the basis sanctuary meditation exercise if you are a beginner. If you already know how to meditate, you may begin with Exercise #2 Communicating with Your Spirits and Guides. If you are specifically interested in viewing or reading your Akashic – Soul Records, you can begin with # 3 Reading Akashic Records given you have mastered the basic meditation.

Teacher Profile



Kimie Goto
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Kimie is a Mystic, Conscious Channel, Ordained Minister, Reiki Master, Western and Vedic Astrology Practitioner.

She holds MBA from Stanford Business School, BS in Mathematics from Nagoya University, Japan.

To make an appointment:

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Payment accepted by cash, check, money order or by Paypal.