

## ***Intention-Setting Meditation Script***

“Welcome, and thank you for joining this intention-setting meditation. Today, we’re going to create a calm, sacred space where you can connect with your higher self, align with cosmic energies, and set a clear purpose for your journey into Galactic Meditation.

**Guiding Participants into Relaxation:** “Let’s begin by finding a comfortable seated position. Allow your spine to be upright, yet relaxed, and let your hands rest gently on your knees or in your lap. If you feel comfortable, gently close your eyes and take a deep, slow breath in through your nose... and release it fully through your mouth, letting go of any tension or distractions.

Take another deep breath, filling your lungs fully, and as you exhale, feel any tension leaving your body. With each breath, feel your muscles soften, your shoulders relax, and your body melt into the surface beneath you.”

**Connecting with the Heart Light:** “Now, bring your awareness to the area in the center of your chest, your heart center. Imagine a warm, gentle light glowing here—a radiant, loving light that represents your highest self. With each breath, feel this light grow warmer and brighter, expanding outward from your heart.

As this light expands, feel it gently filling your chest, your shoulders, down your arms, and up through your neck and head, creating a cocoon of peace and warmth. With each breath, allow this light to grow brighter, surrounding your entire being with loving, supportive energy.”

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**Reaching into Cosmic Energies:** “Now, imagine this heart light gently stretching outward, beyond your body, like a beam reaching into the

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universe. See it extending far and wide, traveling up into the cosmos, through the stars, and into the infinite expanse of space.

Visualize your light connecting with the cosmos, feeling the vast energy of the stars, the galaxies, and the spaces between. Allow yourself to feel supported, connected, and deeply intertwined with these cosmic energies. Notice if you feel a gentle sense of calm, or maybe a soft presence of your guides or the higher energies around you.”

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**Setting Your Intention:** “Now that you’re connected to this cosmic light, take a moment to bring your attention back to your heart. In this peaceful space, consider your intentions for this journey. Why are you here? What do you hope to learn, experience, or transform through Galactic Meditation?”

When you’re ready, silently or aloud, state your intention. For example, you might say, “I open myself to cosmic guidance and healing. May this journey reveal my soul’s truth, empower my growth, and help me embrace my place in the universe.”

Take a few moments to repeat your intention and really feel it. Feel it radiate from your heart, filling your entire being with a sense of purpose and clarity. Allow this intention to anchor within you, like a seed planted in fertile soil, ready to grow and guide you.”

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**Receiving Cosmic Support:** “Now, in the stillness, sense the presence of the cosmos around you, the support of higher energies, and the gentle guidance of benevolent beings. You may feel surrounded by a circle of light or sense a warm presence by your side. Let this energy uplift you, empower you, and hold you in a loving embrace, affirming that you are supported on this journey.

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Breathe in this energy, allowing it to integrate with your intention, fueling it, and giving it strength.”

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**Closing the Meditation:** “When you’re ready, bring your awareness back to your breath, noticing the gentle rise and fall of your chest. Slowly begin to bring your awareness back to your physical body, feeling the surface beneath you, the weight of your body, and the sensations of the space around you.

Take one more deep breath in... and release. Allow yourself to carry this sense of intention and connection as you gently open your eyes, returning fully to the present moment, with clarity and peace.”

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**Closing Message:** “Thank you for participating in this intention-setting meditation. As we move forward in this course, remember this intention, and know that you are supported by the cosmic energies we just connected with. May your journey be expansive, healing, and filled with insight.”