



COSMIC DESIGN



FALL 2025



MODULE 1 Meditation Directions

Golden Light Quantum Meditation

1. Purpose of the Meditation

- This meditation will be practiced throughout the Cosmic Design training.
- It is a quantum meditation designed to activate the diamond consciousness and awaken the light codes that align with each participant's soul codes.
- Focuses on energy at the center of the chest, invoking both golden light and a sacred mudra.

2. Setting Sacred Space

- Primary instruction: Set a comfortable, safe, and sacred space for meditation.
- Do not perform this meditation while driving or walking; it requires full energetic presence.
- This practice invites the soul and consciousness to travel beyond the form of the body, so the body must feel secure.
- Suggestions for preparation:
 - Create a space to sit or lie down comfortably.
 - Ensure you will be uninterrupted for at least 15 minutes.
 - If there are pets or children nearby, create clear boundaries for privacy.
 - Optional: Set a 15-minute alarm in case you fall asleep, to safely re-enter the body.
 - It is also acceptable to use this meditation before sleep.

3. Creating Sacred Space

- Make the space intentional and energetically supportive of your experience.
- You may:
 - Build an altar with crystals, incense, or candles.
 - Keep it simple with one candle or a single stone or crystal.
 - Hold a rock or crystal in your hand, or place it on your heart or forehead.
- Purpose: To ensure the environment holds and honors the quantum field of the meditation.



4. The Mudra (Hand Position)

- Introduced at the beginning of the meditation.
- How to form the mudra:
 1. Interlace the pinky, ring, and middle fingers.
 2. Touch the pads of the pointer fingers together.
 3. Touch the pads of the thumbs together.
 4. Point the pointer fingers downward and thumbs upward.
 5. Rest the mudra in your lap (seated or lying down).
- Purpose: This mudra invokes the Diamond Consciousness and harmonizes the light codes of the meditation.

5. The Golden Light

- The Golden Light represents the light of the Divine, the light of God, and the frequency of creation.
- It exists across all dimensions and realities—the multiversal energy present within all existence.
- In this meditation, you will invite the Golden Light into your field, mind, and body, allowing it to spiral through the central column of your being—from crown to root, and back again.
- The light facilitates connection to the higher realms and multidimensional planes.

6. Understanding the Word “God”

- “God” here refers to the energy at the center of all creation—everything that ever has been, is, and ever will be.
- It is not tied to any specific religion or denomination.
- Substitute terms are welcome: Source, Creator, Universe, etc.
- Intention: Use whatever word allows you to connect to the central energy of divine creation with authenticity and comfort.

7. Additional Codes and Words

- During the meditation, specific words and energetic codes will be spoken to open the quantum field.
- These will not be pre-explained, allowing you to experience them directly and intuitively.



- Deeper discussion can occur afterward in group or one-on-one conversations.
- The two main codes to focus on are:
 - Golden Light
 - God (or your chosen equivalent)

8. After the Meditation

- Upon completion:
 - Drink water to clarify and ground your field.
 - Journal immediately to record insights, visions, or sensations.
 - Option: Keep a dedicated Cosmic Design Meditation Journal for this series.
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- These meditations often open portals of revelation, bringing through:
 - Insights and personal codes
 - Guidance from ancestors, guardians, or dimensional beings
 - Dreams, visions, or symbolic messages
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- Documentation ensures the messages are captured before they fade from waking memory.

9. Closing Guidance

- Give yourself time after the meditation for integration.
- Hold space for stillness before returning to activity.
- Remember: this meditation opens a quantum portal—an opportunity to receive, not to analyze.
- Be present, receptive, and grounded.
- Final invitation:
“Set your space. Make it intentional. Make it sacred.
Be sure you won’t be interrupted.
Enjoy this Golden Light Quantum Meditation.
Thank you so much for showing up.”