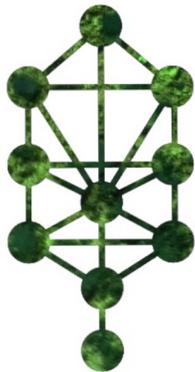


Meditation Protocol



FROM THE GALACTIC ALLIANCE
AND DAVID HROSTOSKI





Greetings, Seeker.

If you're reading this, you've likely already had your fair share of experience with meditation.

You sit in silence, turn your attention inwards, and witness yourself and the thoughts that (ideally) float on by.

This form of mindfulness meditation is everywhere. It's exploding in popularity, primarily because the benefits are experientially obvious and increasingly documented by science:

- Reduce stress and anxiety
- Develop concentration
- Promote emotional well-being
- Enhance a connection and understanding of the self

And yet despite the massive benefits, the question still lingers: Why do so many spiritual practitioners who seem to already be calm and have few anxieties about life devote themselves so deeply to a meditative practice? Is there something else they're seeking?

Put more simply, "What else is possible here, and why does something feel lacking with simply sitting in silence?"

There seems to be a massive spiritual benefit lingering, that can feel intangible and unobtainable.

In my work with the Galactics, meditation has taken a whole new form. The intangible has become tangible, and the experiences have ramped up in their intensity and depth.

Before, my meditation practice was an occasional retreat to solitude. Now, though there are still times I'm called to a silent practice, the bulk of my meditations have shifted in purpose.

Ratava, a Sirian ET channeled by Amateo Ra, once said in a group channeling experience that meditation was a process of "downloading," similar to how prayer is a process of "uploading."

Downloading and uploading to what? Higher intelligence: God, Angels and Archangels, and Galactic beings of light.

It's a way to plug into higher intelligence to make requests and receive responses to those requests.

This is the piece of meditation that is often left unspoken and can be overlooked entirely.



Meditation can be used as a tool for deeper spiritual access and communication, and can be easier than you might think to participate with in this way.

Below is a meditation protocol for both Morning and Evening galactic meditations. It's a combination of the meditation transmission from Ratava and my personal experience with this protocol, including the intricacies of practice that may otherwise not be so obvious.

Morning Meditation: "Alignment"

Before you start your day, and get swept up in the sea of demands on your consciousness and energy, it's vital to align with who you truly are and your personal soul essence.

Start by settling into a seated position. This can be sitting at the edge of your bed or a chair, or sitting cross-legged on a meditation cushion or yoga mat. I have some challenge sitting cross-legged for long periods of time, so I typically sit on a thick meditation cushion with my legs underneath me to sides of the cushion. For me personally, genuine comfort is prioritized over a specific position that may seem to be more "advanced."

Once I'm settled in, I call in my supportive energies. For alignment, I typically keep it simple:
*"I ask to be connected to the center of the Earth to ground me and keep me anchored."
"I call in my oversoul."
"I call in the beings of light aligned to be here to assist with my alignment meditation."*

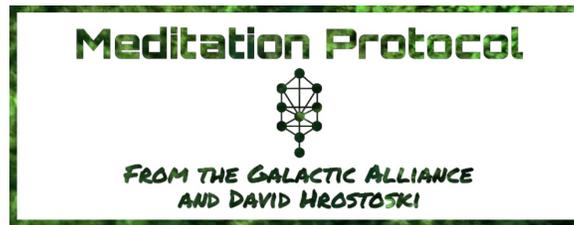
Then, after a few deep breaths to relax into the new energies present, I set my intention. This is what creates the container for the meditation and separates it from simply sitting in silence. This is the "Prayer" or "Upload," that prepares and calls in the "Download:"
"I ask to be aligned with the truest version of my self and my soul's purest essence, so as I enter and go about my day, I do so as my Sovereign self."

The specific words are less important than the intention, but feel free to use these words as a guide to get started.

The intention here is to above all, be guided by yourself and your oversoul (the higher intelligence, often also called the higher self, that orchestrates our life and synchronicities), rather than the many demands and expectations from the collective, family, romantic partners, employers, colleagues, or clients. Put simply, the intention here is sovereignty.

This is how we align ourselves with our purpose and our soul's top priorities for the day.

With that energy and intention in mind, however you specifically word your Invocation and Prayer is perfect. Trust yourself, and sit until completion. If you want to set a timer, try 10-22 minutes, adjusting according to preference.



Evening Meditation: "Activation"

This is typically the meditation where all the "action" is.

The evening meditation is for the purpose of downloading new "codes," beliefs, ideas, and energies to support your highest.

Now, it's important to note: if you've never had ET experiences, third-eye visuals, or profound energetic experiences in any other context, this may feel more like a silent meditation with a slight boost in the energy of the room.

If you aren't used to feeling and/or tracking energy in the room or in your body, you may just experience this as a low level of anxiety. This is all normal.

I don't say any of this to set any expectations. Everyone's experience varies. But it can be useful to know what others experience, and to have context around just how powerful an activation meditation can be.

Ultimately, we receive the level of experience we're ready and attuned to receive. But with a continual commitment to lean into this protocol, your receptiveness expands, and often, the experiences expand in their profundity as well.

That's where you start hearing people say, "I got a massive download during meditation!" or "I had the most amazing experience and saw X, Y, and Z!"

The effectiveness doesn't necessarily have to do with what you're conscious of either. These can be profound and life-altering activations, despite what you're conscious of. The work can happen whether you see it, hear it, or experience it with your senses, or not.

Some things that you may or may not experience, and can be aware of:

- Ringing in the ears.
- Colors or lights in your visual awareness.
- Feelings of anxiety or energy moving in your body.
- A feeling that someone or something is present in the room with you.
- Bursts of insight or thoughts outside your typical thought stream.
- Excessive yawning.
- Unusual bodily sensations (tingling in your legs, chills, etc.)

Regardless, let your experience be your experience, knowing that your intention for activation is powerful, and your guides will absolutely be working with you (and on you) for your highest benefit when you make the space for them to do so.



To get stated, settle in and call in your supportive energies. With activation meditations, I typically get more specific with the energies I want present to support me.

Between each invocation, pause for a few breaths and notice any shifts in your consciousness and energetic settle before calling in anything else:

"I call in the Earth to keep me anchored and tethered."

"I call in my oversoul."

"I call in my galactic counterpart of light."

"I call in ____." This may be a guide you're familiar with, archangels you resonate with, or any supportive energies you wish to have present to assist with your activation and that make you feel safe and supported.

Now, remember, you're calling in powerful energies of light into your space. If you aren't experienced with these big energies, take this process slowly. Start with just your oversoul and "any energies that are aligned to be here to support this activation meditation."

Work your way into these other energies gently. I recommend calling in one archangel or other energy for a few days, getting to know what that feels like, then moving on to another energy for a few more days. This allows you to take it slow, but to also begin to understand which energies are most supportive for you in various circumstances.

Ideally, you build relationships with these energies. Getting to know one at a time may be a more effective way to build these relationships than "inviting everyone to the party."

That being said, once the energies are present, breathe deeply and settle into the space. Things will likely feel a little different here, so allow yourself to attune with what's present in the space you just opened and created for activation.

Now that the space is set, and the energies are present, set your intention:

"I ask for today's activation of light, as is for my highest benefit."

Continue to breathe through the sensations, and any changes.

Whether you feel a heightened sense of emotion, energy, or nothing at all, you'll know when the activation is complete.

There's often a feeling of things coming to a close, the energies ramping back down, and finally, a sense of completion.

I attribute much of my happiness, energetic stability, groundedness, and even overall quality of life to the work that's been done during these activation sessions.



Final Thoughts

I once heard a story of a man being asked about his relentless dedication to his daily practices and how he was able to do them so consistently.

Upon being asked, "So what do you do if you miss a day?" he responded, "In the rare case I miss a day, I make it my absolute top priority the following day."

A second question came right after: "Wow. And what do you do if you miss two days?" His reply was short and sweet: "I don't."

This is a mindset that has worked well for me in the past, and that I deeply respect.

But if I'm being honest, these practices come in waves for me. At key points in my life, they often ramp back up to the full protocol, but there are times in my life where it fades out for a few days or weeks.

Still, these two practices continue to be some of the most important pieces of my life. Can you see how hand in hand these two practices go? Align with the Self, and Download Upgrades.

The times I've leaned into a regimented consistent 2x/day protocol have been some of the most rapid growth periods of my life, and large upticks in my spiritual solidity and clarity.

I absolutely recommend the combination of the two meditations, and following this 2x/day protocol as consistently as possible.

It's been useful for me to recognize these meditation practices as relationships (with the self, and with specific beings of light), and treating it accordingly.

If you go dark on a good friend for a few days, that's one thing. But going dark for a few weeks or even months can start driving a wedge in the relationship.

These beings are so loving and understanding, it's not like they are going to hold a grudge if you don't meditate, but there's a level of respect that feels really good to be in integrity with.

Ultimately, the real honest truth is, the more we show up, the more shows up for us.

Act accordingly.

With Love,
David Hrostoski | The Galactic Alliance



Review and References

Morning Meditation: Alignment

- Settle into a comfortable and quiet space.
- If you're setting a timer (10-22m), do that now.
- Call in supportive energies, and settle into the new field with a few deep breaths.
- Set your intention: to be aligned with your truest essence; sovereignty.
- Sit to completion.

Evening Meditation: Activation

- Settle into a comfortable and quiet space.
- If you're setting a timer (10-22m), do that now.
- Call in supportive energies, and settle into the new field with a few deep breaths.
- If you're exploring a new energy, call in the specific consciousness you're working with.
- Set your intention: your daily upgrade and activation of light.
- Breathe deeply, move, feel, emote, and allow whatever experience is present through.
- Sit to completion.