

# Source Light School – Module 3a

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- GETTING TO KNOW YOUR 3rd Dimension
- NEW TOOLS
- RESOURCES



# Check-In

- NAME AND "WHICH CAMP ARE YOU IN?"
- CAMP 1: ANCHORED IN THE PRACTICE
- CAMP 2: GOT LOST – SPOTTY PRACTICE
- EXPERIENCES & QUESTIONS



# My Goal today is to...

Help You Stay Connected to Your Soul... First and Second Dimensions

Help you get to know Your 3rd Dimension in ways you never have before, and a bit more about how use it...

Continue to help you re-build your energy body (Your own personal Indra's Net) so it is functional and does what it is supposed to do...Give you a direct line to Source!

We are now going to include your body in our meditations!

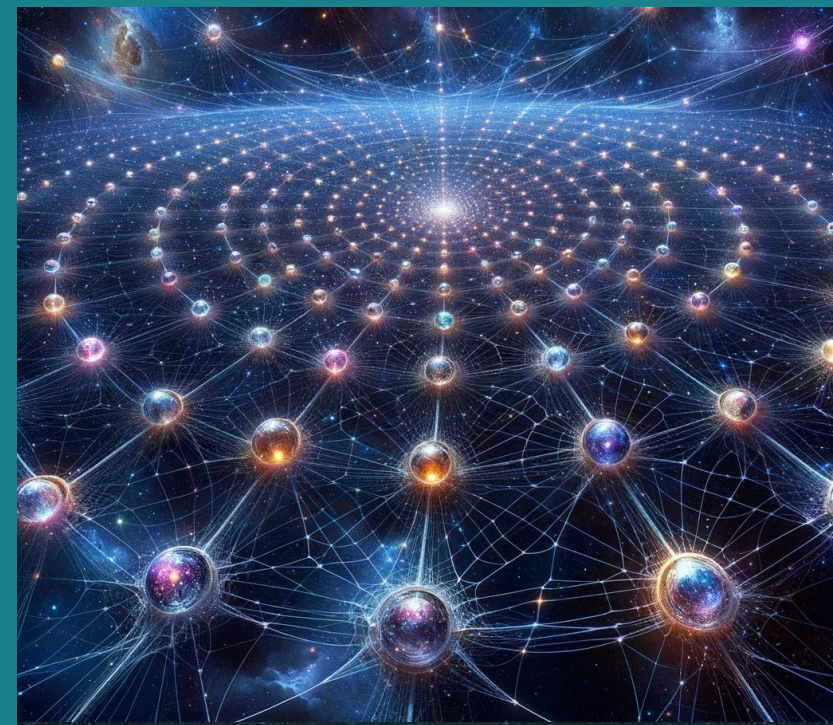
# But First...review

THE MOST SACRED, THE MOST PRECIOUS OF ALL OUR DIMENSIONS ARE OUR...

- 1<sup>ST</sup> DIMENSION, OUR SOUL, located in our heart; and
- 2<sup>nd</sup> DIMENSION, The Protective Membrane that surrounds us and our electromagnetic field, and gives us access to SOURCE ENERGY AND WISDOM, AND all the other beings out there...at all times...period.

*THEY ARE STRATEGIC IN EMPOWERING OURSELVES TO TAKE CHARGE OF THE UPLEVELING OF OURSELVES AND THIS PLANET.*

- The Automatic Shut-Off Valve – Prevents unnecessary Karma
- Daily Connection
- Connect to both our Soul and our “Net” or Source Light Energy Field.
- Connection equals Guidance
- Not just from our own but every place on the larger “Net.”



# Remember The First and Foremost gift of The Net... Connection & Equanimity.

*Connection* – we get to be connected to others like us that are having the same experience in this Universe. We get to not only just learn from our own experience, but everyone else's at the same time! AND we still get to maintain our own sovereignty and free will....

Not every Universe has this kind of experience. But this one generates *LOVE*, so it *requires connection*. The way we do this is EQUINIMITY, making everyone equal.

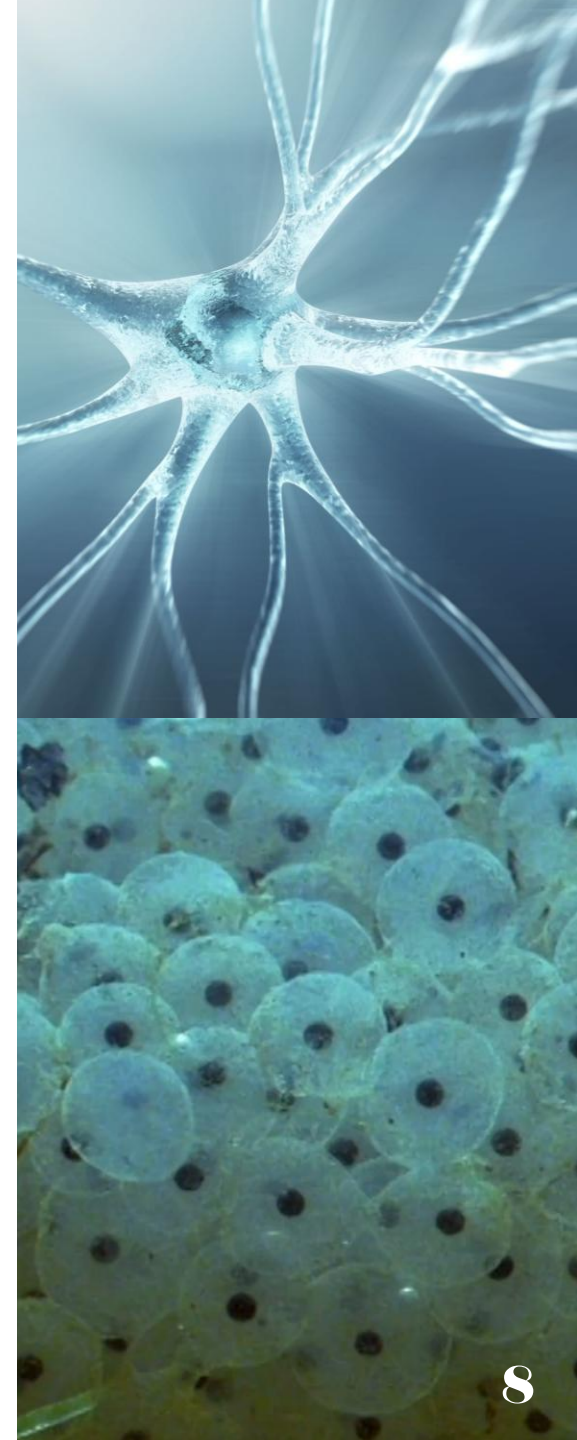


# The Net ~ Pure Unconditional Love

*ONCE WE GET THIS NAILED DOWN,*  
We can begin to rest, reside, a TAKE  
LITERAL FORM in the 3<sup>rd</sup> Dimension.

This is why we can't just start at the 3<sup>rd</sup> Dimension. We have done this in the past because we didn't know. And even if we had an inkling, usually the 3<sup>rd</sup> Dimension had so many problems (probably because of our lack of attention to the first 2), that we were in pain and fear. So, we just chose to deal...with our ego brains, never realizing we has all of these other resources at our disposal.

*So any time you get frustrated, go back to the beginning...start at first, then second...*



# The 3<sup>rd</sup> Dimension – The Playground of the Masculine ~

Masculine and Feminine – Properties of Physics NOT GENDER

*3-D is a oneness field that allows you to experience form.*

The System that does this is the **Nervous System – IT READS THE FIELD.** It is fed and nourished by sodium, magnesium, potassium, all the minerals (crystalline metals, geometric structures) feed, nourish, and **INFORM** the Nervous system, so it can **READ THE FIELD OF THE MATERIUUM.**

At their base, they are electrons and photons. They are what we used to call atoms, but now we call **WHITE HOLES** which mean **THEY EMIT LIGHT!** They are sources of **PURE PRANA.** In fact, your whole body is a white hole. **It is an energy/light generator!** And the deeper you drill down the more you find that every cell does this, and all the way down to the molecules. They are simply light generators. Because they **ALL HAVE A CENTER POINT**, and at the center of everything is **PRANA!** And they all pump it out from a **SEEMINGLY UNKNOWN PLACE.**

You generate enough electricity in your body to source your home!

This is because all of these electrons and photons are moving all the time, creating a plasma field that forms everything that we see in the third dimension.



# So, if you are wondering...

On Indra's net, everything looks the same because of equanimity: you and a butterfly are points of light.

But in 3<sup>rd</sup> dimension, even though you are similar, and you both contain and run on prana, in the 3<sup>rd</sup> dimension, we can rearrange things into small and big. Yet even though the size is different, the general make-up is the same.

As you open up more of the dimensions, you may even have the experience of feeling small and big at the same time.

All this movement creates an electromagnetic field which gives us the illusion of form and solidity. "I think my cup is solid, but in truth, it is electromagnetic fields pushing against each other."



THIS IS WHY WE ENCOURAGE  
YOU TO BECOME CONSCIOUS  
OF FREQUENCY...IN 3-D  
FREQUENCY IS EVERYTHING.

AND FREQUENCY IS VERY  
MUTABLE. WE CAN CHOOSE IT.

UP UNTIL NOW, WE MAY NOT  
HAVE BEEN CONSCIOUSLY  
CHOOSING BUT NOW WE CAN!

SO, AS WE BEGIN TO  
CONSCIOUSLY CHOOSE, WE  
BECOME THAT "WHITE HOLE"  
THAT IS CONSTANTLY PUMPING  
OUT PRANA!



**If we are going  
to do this work  
to open up all  
the dimensions  
in ourselves  
and acquire all  
the gifts,**

**WE HAVE TO BE ALWAYS  
MONITORING OUR  
FREQUENCY...**

**TRAUMA CLEARING!**




SO WHEN THE ELECTRONS MOVE AROUND LIKE THIS THEY ALSO CREATE SOMETHING ELSE: PARTICLES ~ PHOTONS! PHOTONS LITERALLY COME OUT OF NOWHERE! WHEN SCIENTISTS MEASURED ALL THE LIGHT IN THE GALAXY, AND TOOK AWAY THE LIGHT FROM EVERY KNOWN SOURCE, THERE WAS STILL ALL THIS LIGHT LEFT OVER THAT THEY DIDN'T KNOW WHERE IT WAS COMING FROM!

THEY STILL DON'T! BUT WE DO! IT IS COMING FROM US!

WE ARE LIFE FORCE GENERATORS!

IN FACT, THERE IS SO MUCH LIGHT THAT THERE IS A SYSTEM WITHIN YOUR LYMPHATIC SYSTEM, CALLED THE PRIMO-VASCULAR SYSTEM WHOSE ONLY PURPOSE IS TO MOVE PHOTONS AROUND.

A close-up photograph of a hand reaching upwards, palm facing up, towards a bright sun. The sun is positioned in the upper center, creating a strong lens flare and illuminating the hand. In the background, a faint rainbow is visible against a hazy, golden sky. The overall mood is warm and hopeful.

**Your body is  
capable of  
absorbing 70-80  
percent of the  
light it is exposed  
to especially from  
the Sun!**

THIS IS WHY “SUN-  
GAZING IS SO VERY  
BENEFICIAL FOR US,  
WHEN DONE  
APPROPRIATELY.

**And then the human form is SO dense, all these cells have come together and choose to stay in form around your soul...**



- And this is why when you do your inner work, your trauma healing, your form actually changes. As you create more and more room for higher frequencies of light, your form, TRANSFORMS! You can literally stop or significantly retard AGING! Because the LIGHT doesn't have to shine through our distortions!
- Most of what keeps us in trauma and the DRAMA OF 3D is distortion. We are NEVER VICTIMS – WE ARE CREATOR BEINGS! The Light and Consciousness that is moving through your 3d body is literally determining your experience.

**All of your  
own story,  
your own  
trauma shines  
a beacon out  
into the  
world...**

**AND CALLS MORE  
OF THE SAME TO  
IT!**

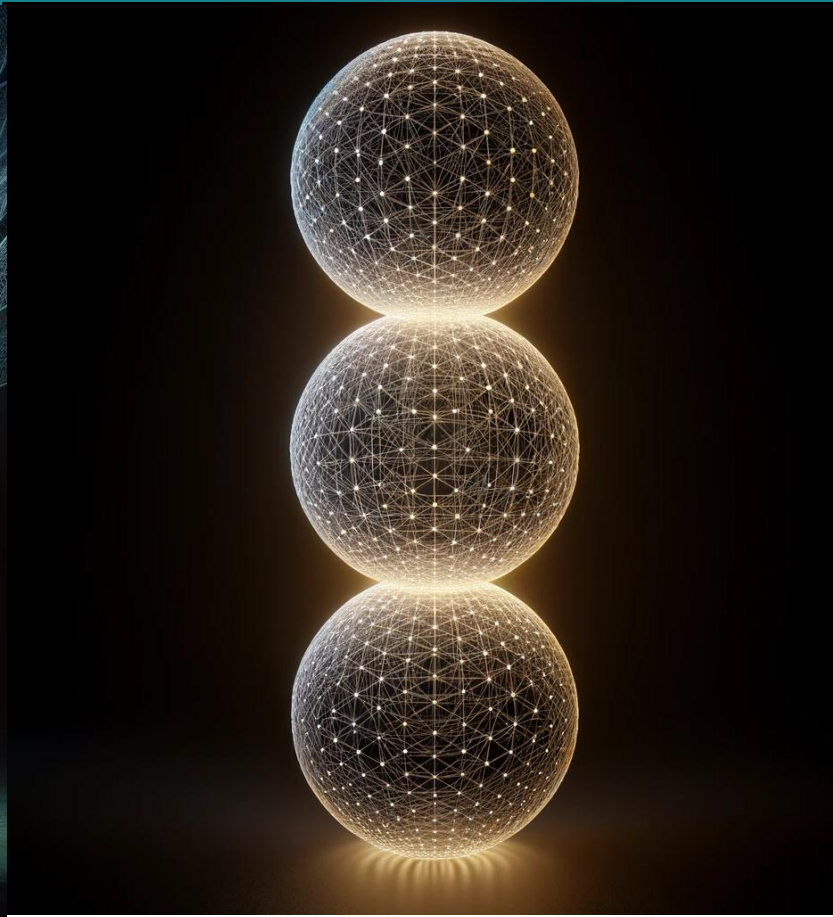


**The clearer you are, the more photons of light you hold. Then you can become the **DOMINANT FREQUENCY**....This is how we shift consciousness!**

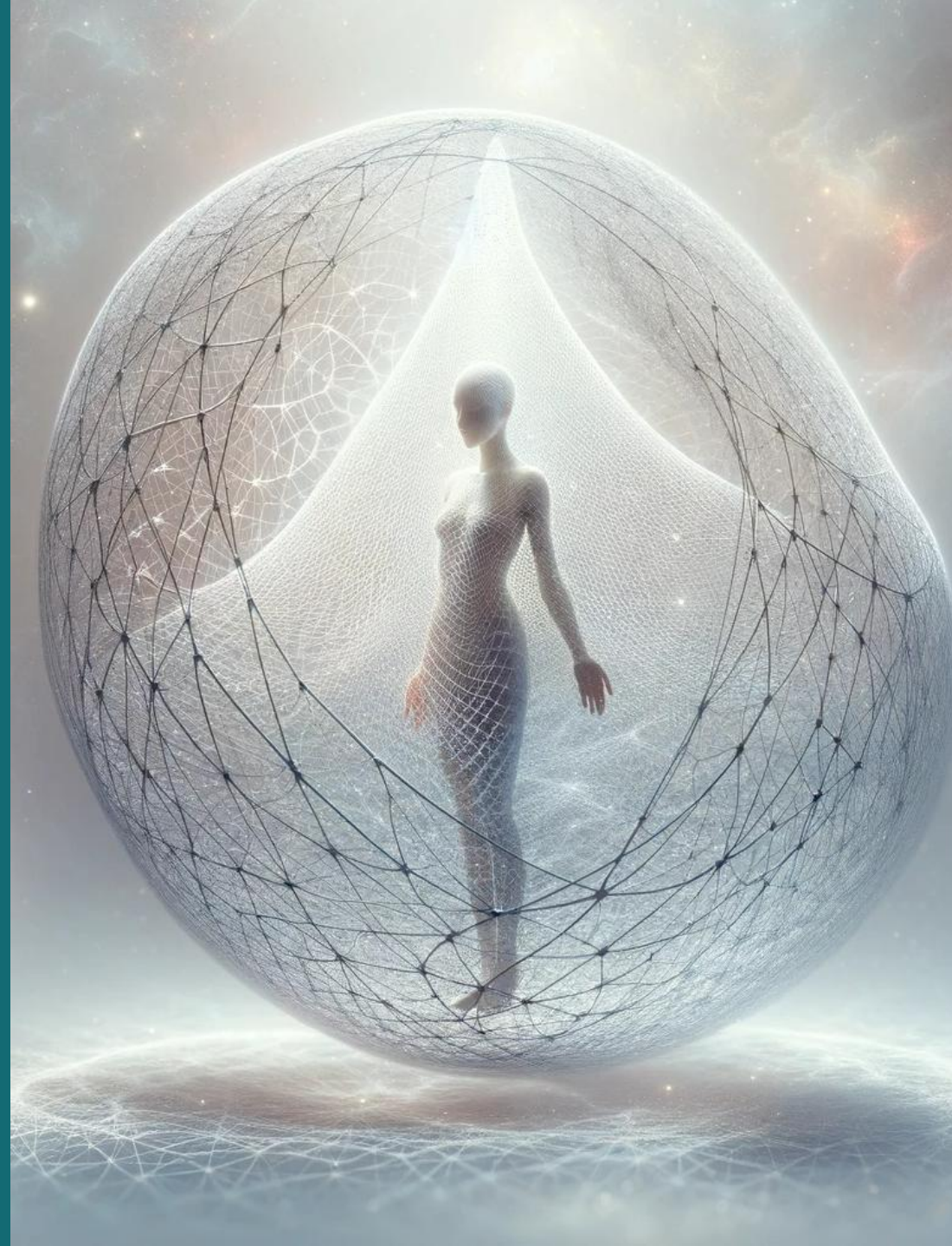
JUST LIKE THE SUN  
IS THE DOMINANT  
FREQUENCY ON  
EARTH!

**So as we shift these, you may  
have already noticed...**

YOUR PHYSICAL BODY WILL SHIFT AND IMPROVE!



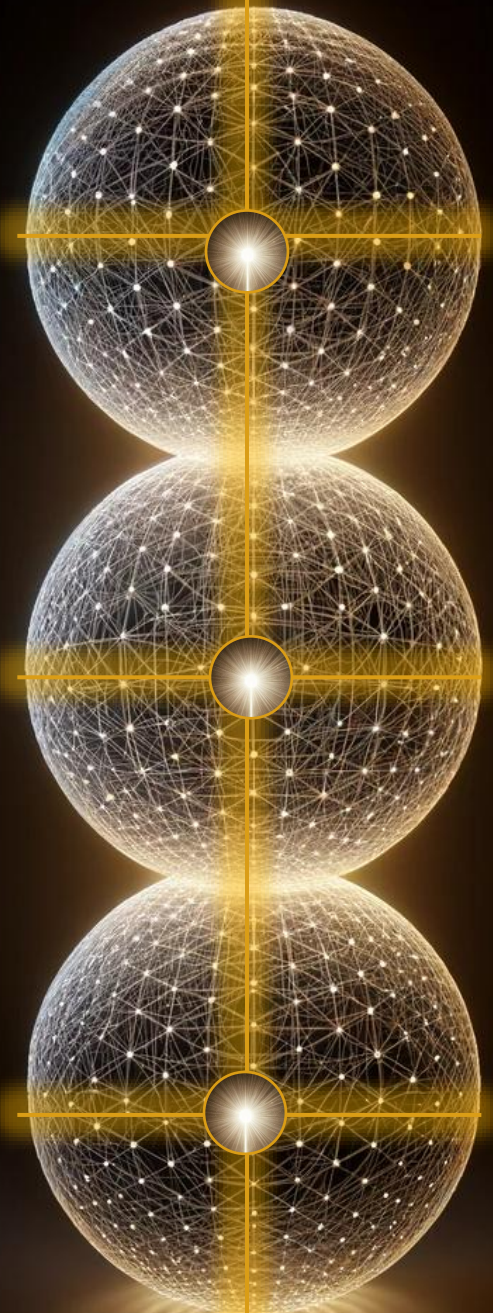
# Care and Maintenance of the Source Light Energy Field...



# So, remember what we are building inside of you...

A RESERVOIR OF PURE SOURCE ENERGY THAT  
YOU CAN TAP INTO WHEN YOU NEED IT...AS LONG  
AS...

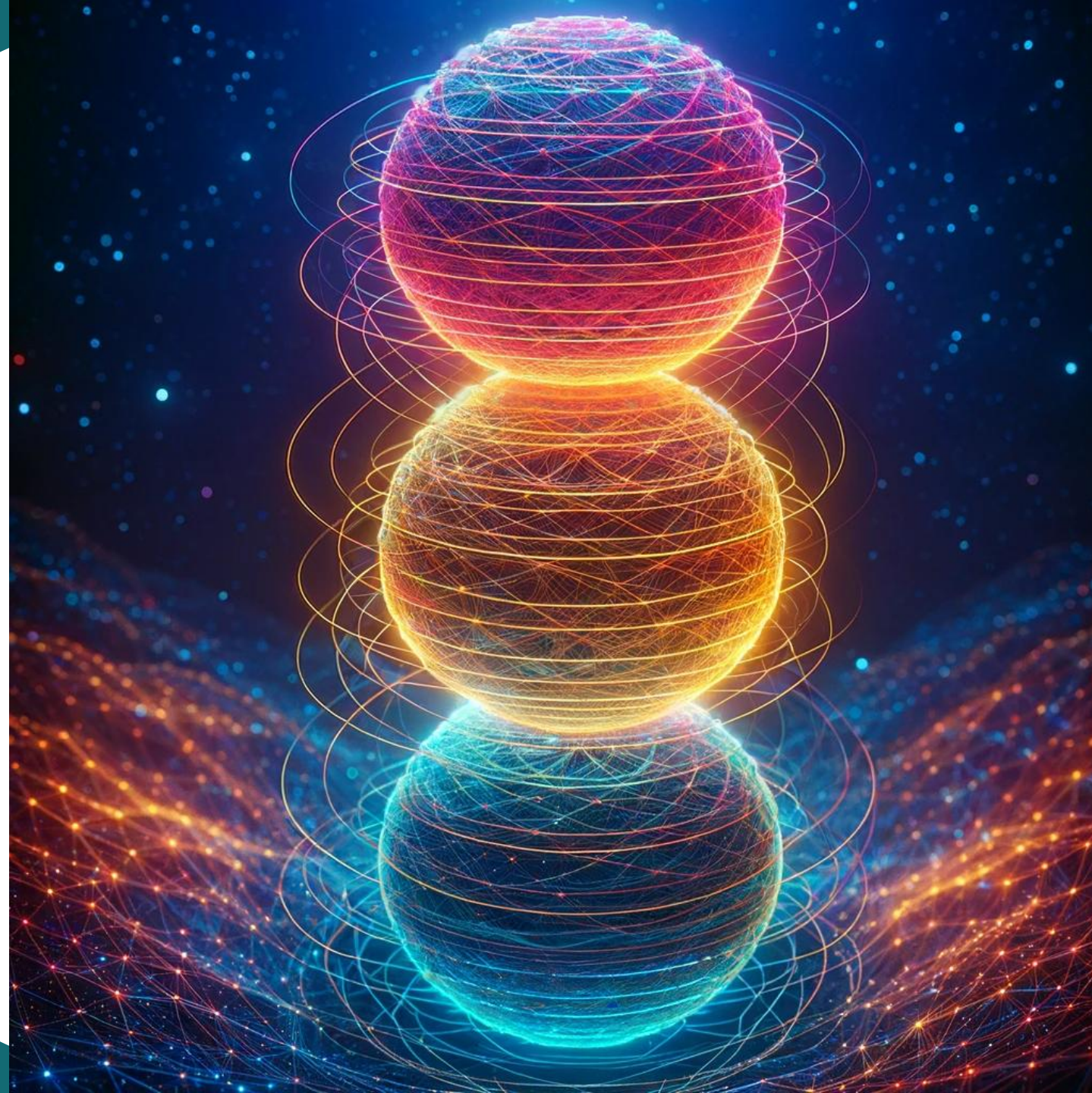
WHAT YOU ARE DOING IS GOVERNED BY YOUR  
SOUL.



**AND...**  
**You can**  
**program it...**  
**You can set the**  
**frequency of**  
**your field!**

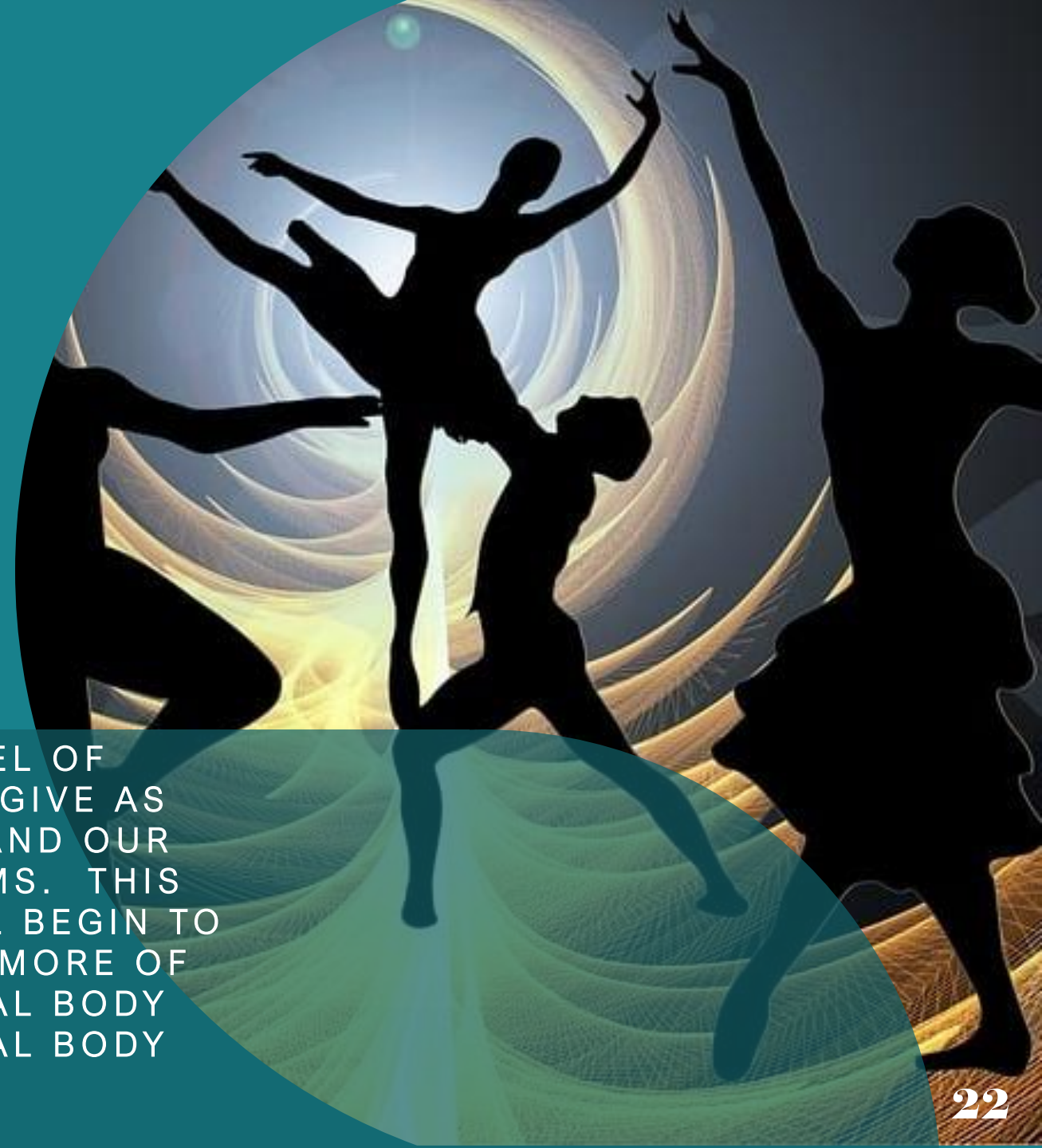
You can begin to synchronize your field with whatever frequency you need to accomplish your goals and desired outcomes. The only caveat: *It has to be determined by your soul.*

*THIS IS WHAT WE DO WITH THE LIGHT INFUSIONS!*



**Up to this point  
we have focused  
our attention on  
the upper realms  
of our body...**

BUT AS WE CONTINUE TO DO THIS HIGH LEVEL OF SPIRITUAL WORK, IT IS IMPORTANT THAT WE GIVE AS MUCH ATTENTION TO THE LOWER CHAKRAS AND OUR PHYSICAL BODY AS WE DO THE UPPER REALMS. THIS NEXT PRACTICE THAT WE INCORPORATE WILL BEGIN TO BALANCE OUR WHOLE SYSTEM BY BRINGING MORE OF THAT DIVINE LIGHT DOWN INTO OUR PHYSICAL BODY FROM ABOVE AND UP THROUGH THE PHYSICAL BODY FROM THE EARTH ENERGIES BELOW US.



# As you may know...

There are chakra points above and below our physical body. We are going to use them as focal points to draw Source Light energy up from the earth below us and then down from Source above us, to feed, nourish and balance our physical body.



**We will focus on not only our physical body but the torus field around it that feeds and nourishes our whole system.**

I WILL SHOW YOU THE PROCESS NOW... THEN WE WILL DO THE WHOLE MEDITATION PROCESS TOGETHER.





*So...Let's Review...*

## **Anatomy of your Source Light System**

- Source Light Center Point – Located in the Heart Center
- Golden Spiral – Light Pillar
- Source Light Energy Field (Your Own Personal “Indra’s Net”)



**We always  
begin with...**

**The Clearing  
Meditation –**

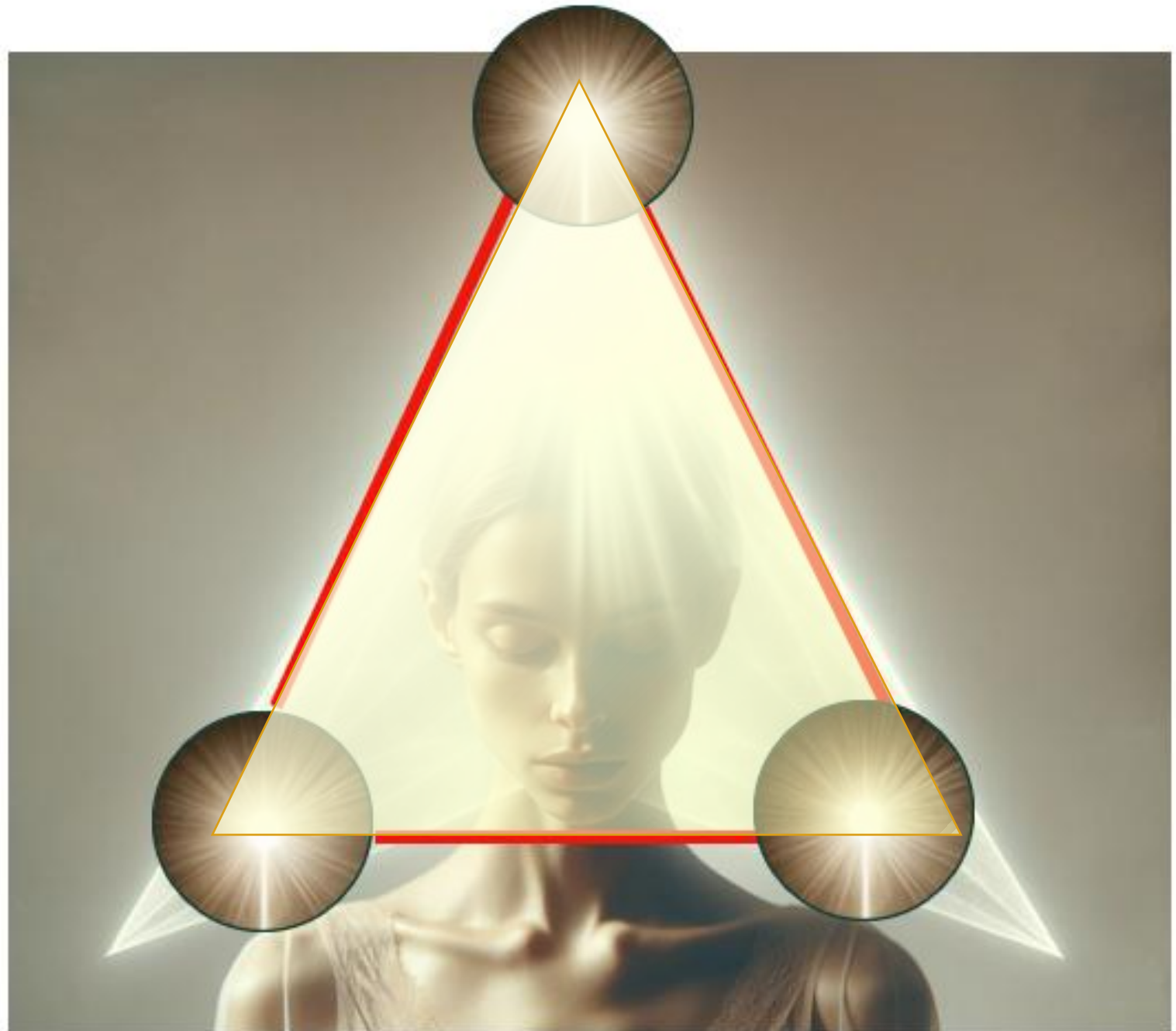


**While holding your focus there, focus on the two energy centers on top of each of your shoulders.**



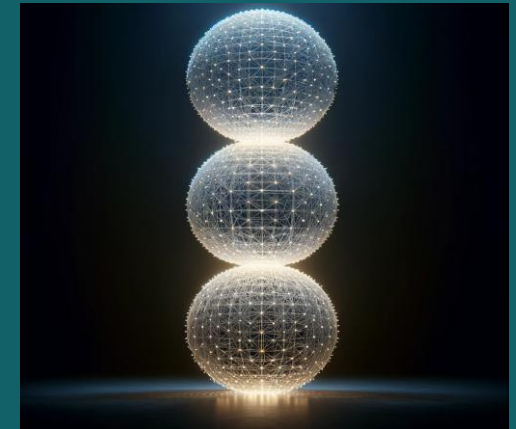
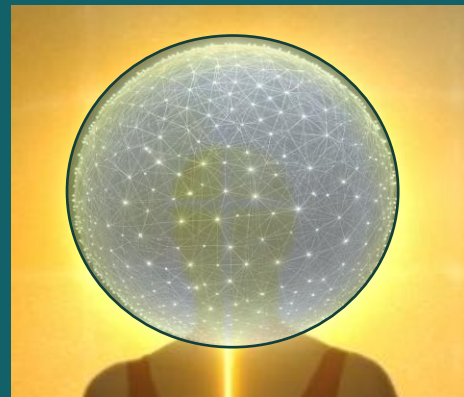
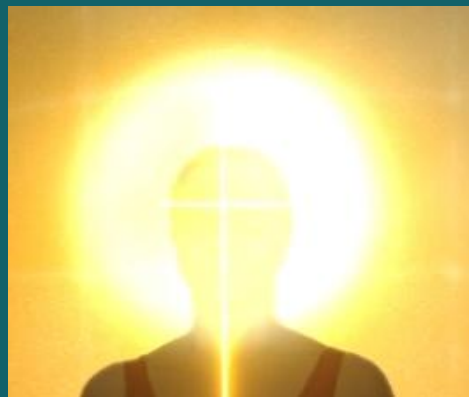
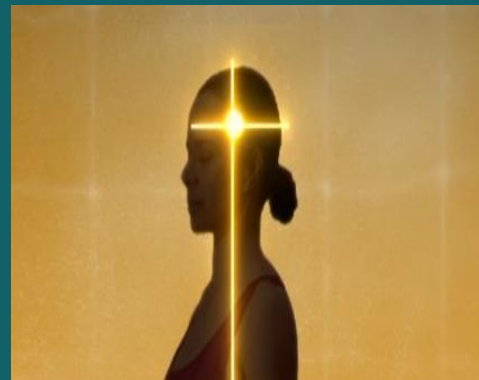
*Now, connect the three balls and fill the triangle with light, and allow it to clear all the old thoughts, clutter, and debris from your mind.*

*I usually sit for a bit and let myself relax and drain before I begin the next part...*



# Finding the Cave of Brahma...

## Today we are going to build all 3 centers...





# My Process

- Long Form Meditation
- Formulate Plan for Day
- Write it on my form
- Read the Protocol from my heart.
- Get up and do my day.

## Ways to plug in and stay connected...2

Put your hand on your heart and drop in...meditate. Talk to your soul. Have conversations. Journal with your soul. Ask your soul every day, "Who am I?" and write down 3 attributes of you today.

**Talk to your Source Light Energy Field and your cells, ask them what they need, and is there anything they want you to know.**

**Clear trauma. MADE FOR MIRACLES CLASSROOM:** <https://www.celestialforestinstitute.com/copy-of-made-for-miracles>

Email Suzette at [suzettedms@gmail.com](mailto:suzettedms@gmail.com) (Elizabeth Wood's Assistant) and ask for Free Trauma Healing Information

**Read the Daily Connection Protocol EVERYDAY!**

Get a Soul Story session with **Cheryl Prince** or do her free guided meditation here: [SOUL ACTIVISM WORKSHOP | 5D Theatre](#)

Her private sessions are very reasonably priced and even one may be all you need. Or do her free guided meditation. I did a session, then the free meditation and that was my doorway in...

The SACRED GEOMETRY SERIES with Robert Gilbert on GAIA is a great resource.  
**Connect with like-minded individuals in the What's App for this class!**

**Do the Long Form of the Meditation daily to connect with both 1st and 2<sup>nd</sup> Dimensions.**

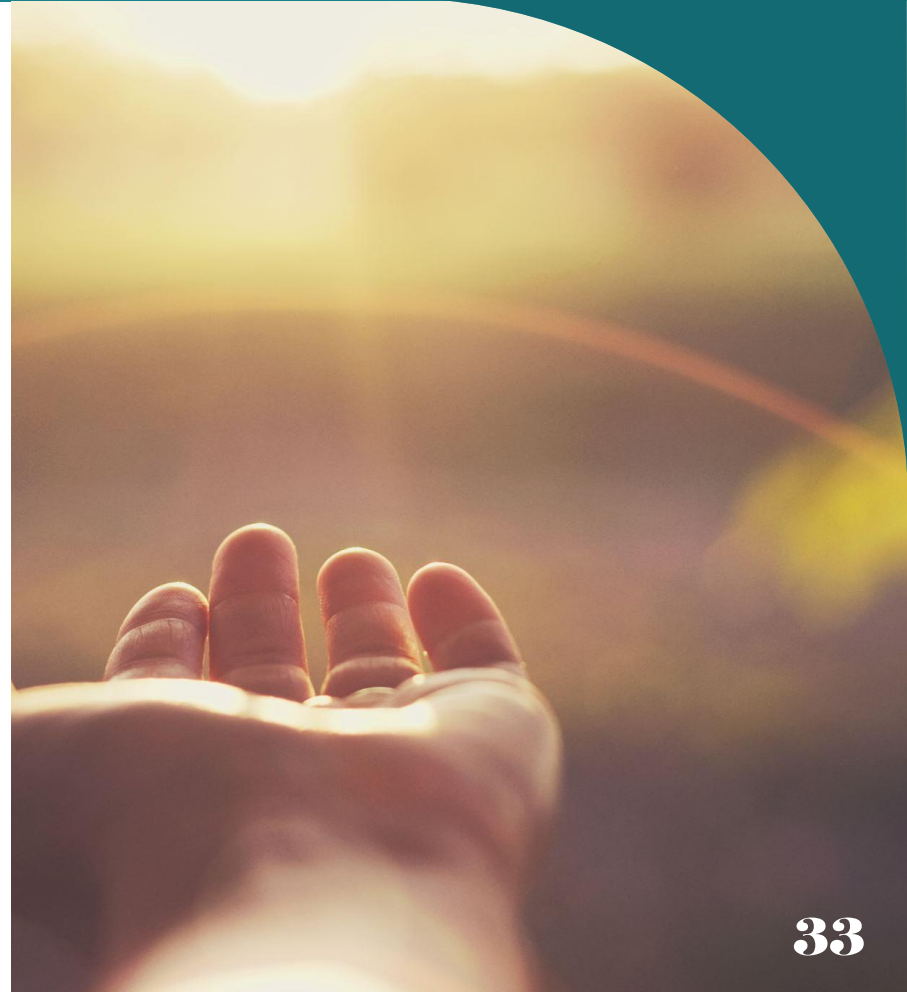
[Learn the Color of Your Soul: Prune Harris | The Energy Expert](#)

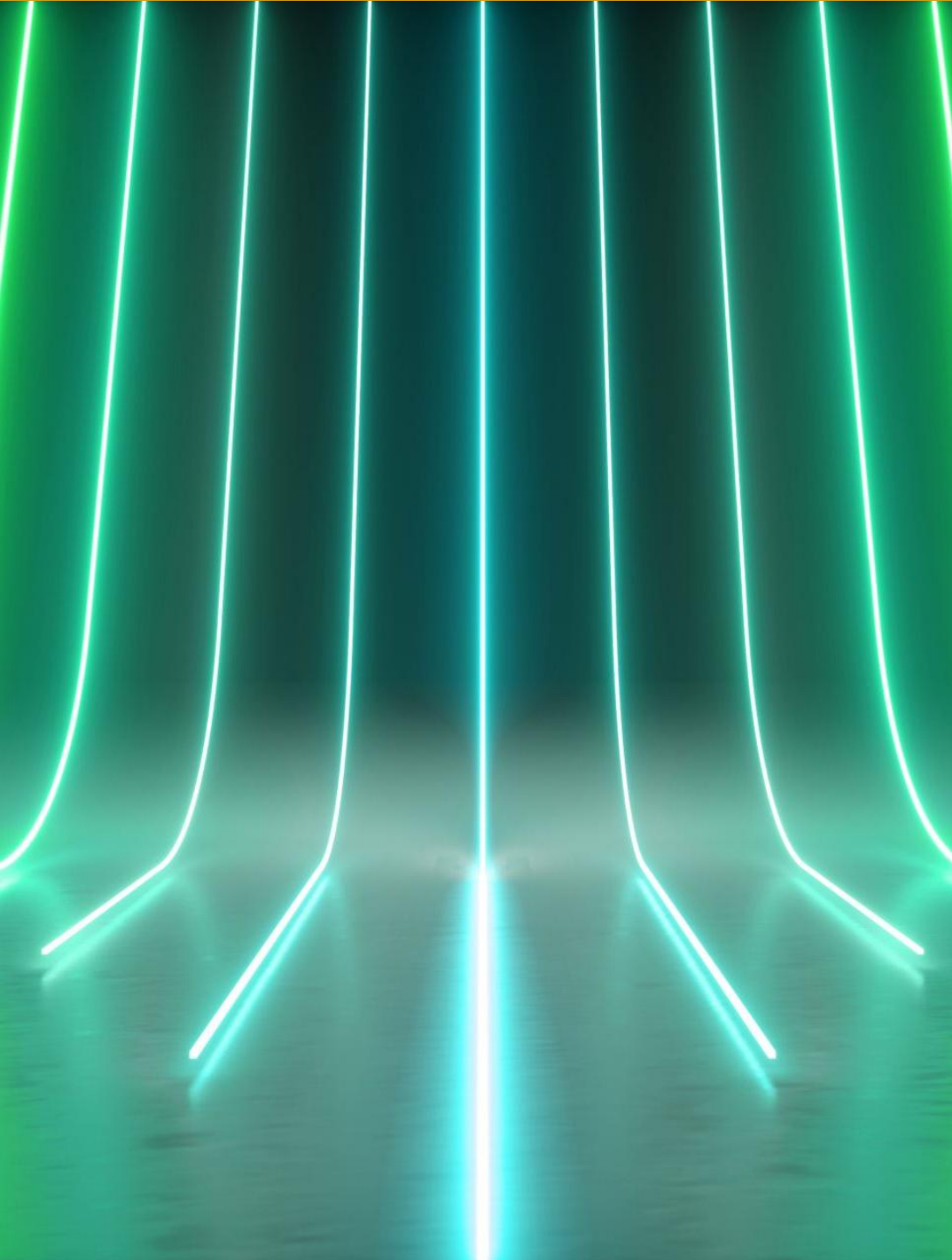
[Lee Harris - Lee Harris | Expand your energy awareness & connect to your soul \(leeharrisenergy.com\)](#)

# Goal for the Next 2 weeks...

## *CONNECT TO YOUR SOUL & SOURCE LIGHT ENERGY FIELD DAILY*

- Do the clearing meditation and the extended version to begin re-building your net and now include your body, daily.
- Read the Protocol at the beginning of your day.
- Put your hand on your heart and drop in...meditate. Talk to your soul. Have conversations. Journal with your soul & your body & energy field.
- Ask your soul every day, "Who am I?" and write down 3 attributes of you today. Ask your body & field daily what it needs.
- Clear trauma.
- Stay Grounded





# Our Process...

- Long Form Meditation



*The Long Form Meditation including Body*



# Next time **IN SOURCE LIGHT SCHOOL...**

- Getting to know the 3<sup>rd</sup> Dimension
- Making wiser choices
- More Meditation Practices

## **Dance-**



# Close Sacred Space

NEXT CLASS:  
MARCH 26, 2026