



Source Light School – Module 2a

With Kathy Forest

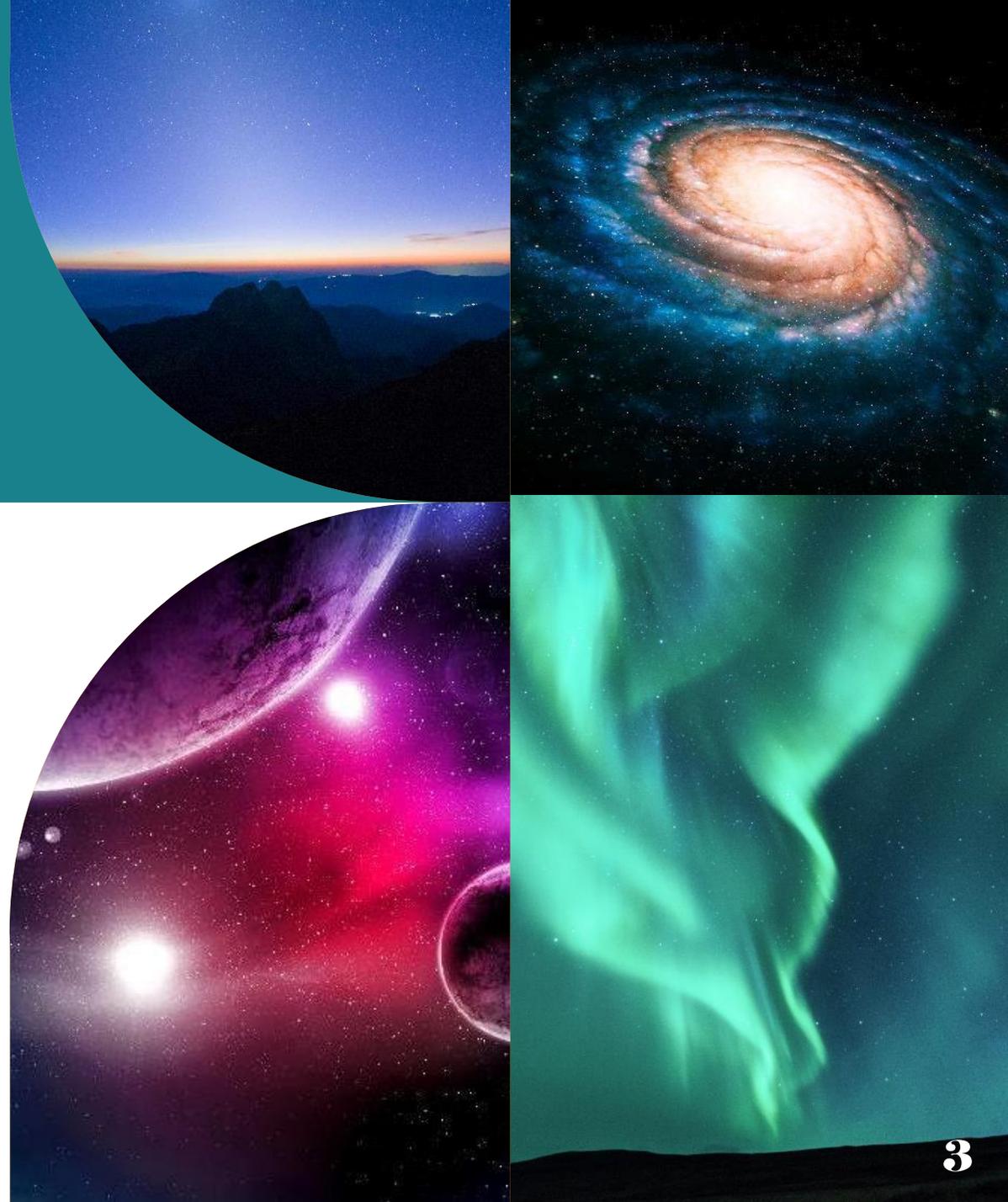
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- HOW HAS IT BEEN DOING THE PROTOCOL?
- How has TRAUMA CLEARING been going?
- REVIEW OF WHY WE ARE HERE...
- GETTING TO KNOW YOUR 2nd Dimension
- NEW TOOLS
- RESOURCES



Check-In

- NAME AND ONE WORD
- QUESTIONS



My Goal today is to...

Help You Stay Connected to Your Soul... First Dimension...

Help you get to know Your 2nd Dimension a bit more & explore how to connect with and use it...

Continue 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!

Help You begin to use these tools to heal your life and our world.

What is the 2nd Dimension?...

In between first dimension, the thought or idea of a thing, and third dimension, the literal out-picturing of the thing, is that liminal in-between space: the place where all the building blocks reside, the mixing bowl of potentiality.

It has been described in many esoteric traditions and the ones from India call it Indra's Net. It has been described like this:

“Far away in the heavenly abode of the great god Indra, there is a wonderful net which has been hung by some cunning creator in such a manner that it stretches out infinitely in all directions. In accordance with the extravagant tastes of deities, the creator has hung a single glittering jewel in each “eye” of the net, and since the net itself is infinite in dimension, the jewels are infinite in number. If we arbitrarily select one of these jewels for inspection and look closely at it, you will discover that in its polished surface there are reflected all the other jewels in the net, infinite in number. Not only that, but each of the jewels reflected in this one jewel is also reflecting all the other jewels so that there is an infinite reflecting process occurring.”

-Avatamsaka Sutra

(There is a bit of controversy over whether or not Indra is a masculine for feminine deity, but you get the idea.) This is a very basic and somewhat rudimentary explanation but gives us a place to begin.



Everything in physical form has one!

Most of us can't see this place. It is that liminal space where everything is formed. This idea of it gives our 3-d minds a way to understand it.

I like to think of it as the fabric of all possibilities...some have called it a non-material substance that thinks...

It has many purposes...communication is the first one everyone focuses on, its how we connect with everything around us, but it also had another very important purpose which we will learn about this week.

(Do not confuse this with the electromagnetic field – that is 3-d only!)

And... just like everything else, we can care for it and build it with our attention.

But how do we find it? How do we find our own Indra's Net or what we refer to as our Source Light Energy Field?

And what is the nature of it?



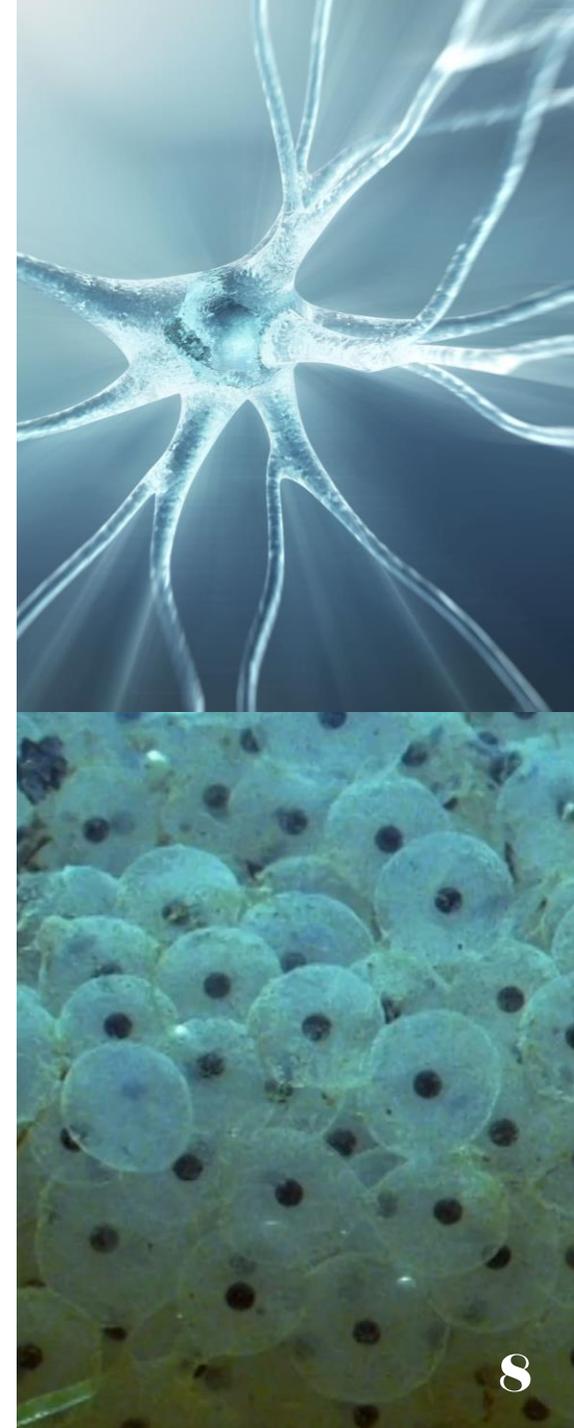
**Just like
your soul,
we FALL
BACK into
it...**

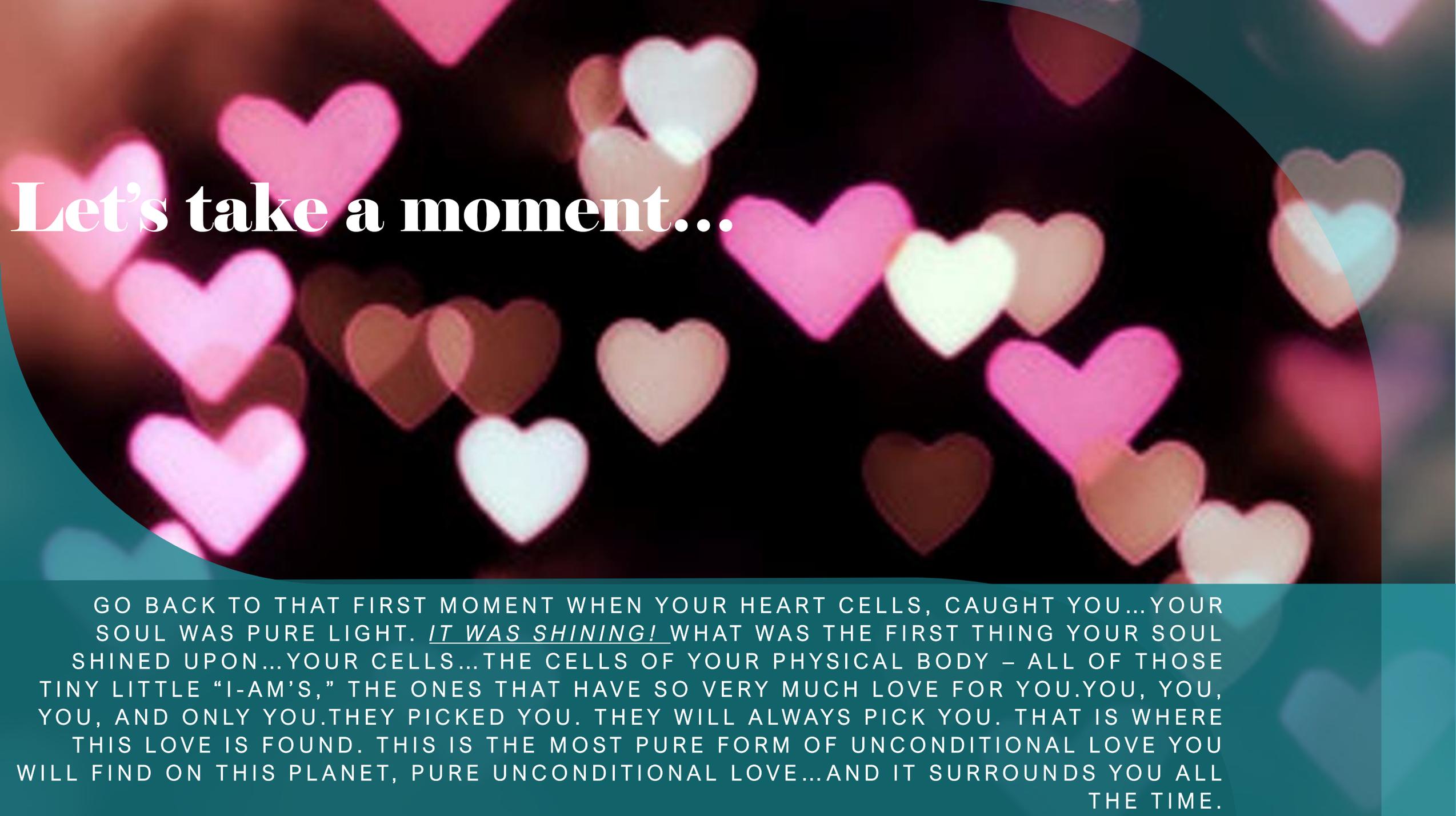
Remember those cells that caught you when you arrived here as a soul?

Those cells that remember your essence, the BIG LOVE you brought with you...

Your Source Light Energy Field is like a big blanket of that love surrounding your whole body ALL THE TIME!

It is your creation, protection field. It was designed to hold you and keep you safe AT ALL TIMES, while still allowing you to complete your Soul's Mission & plan *AND* allowing you your free will!





Let's take a moment...

GO BACK TO THAT FIRST MOMENT WHEN YOUR HEART CELLS, CAUGHT YOU...YOUR SOUL WAS PURE LIGHT. IT WAS SHINING! WHAT WAS THE FIRST THING YOUR SOUL SHINED UPON...YOUR CELLS...THE CELLS OF YOUR PHYSICAL BODY – ALL OF THOSE TINY LITTLE “I-AM’S,” THE ONES THAT HAVE SO VERY MUCH LOVE FOR YOU.YOU, YOU, YOU, AND ONLY YOU.THEY PICKED YOU. THEY WILL ALWAYS PICK YOU. THAT IS WHERE THIS LOVE IS FOUND. THIS IS THE MOST PURE FORM OF UNCONDITIONAL LOVE YOU WILL FIND ON THIS PLANET, PURE UNCONDITIONAL LOVE...AND IT SURROUNDS YOU ALL THE TIME.



**Just like hug of a loving
mother...**

THIS NET WAS DESIGNED TO
HELP YOU REMEMBER WHERE
YOU CAME FROM...THE LOVE
YOU BROUGHT WITH YOU. IT
IS MADE OF THE SAME STUFF
YOUR SOUL IS.

**Unfortunately,
this may not have
been everyone's
experience...**



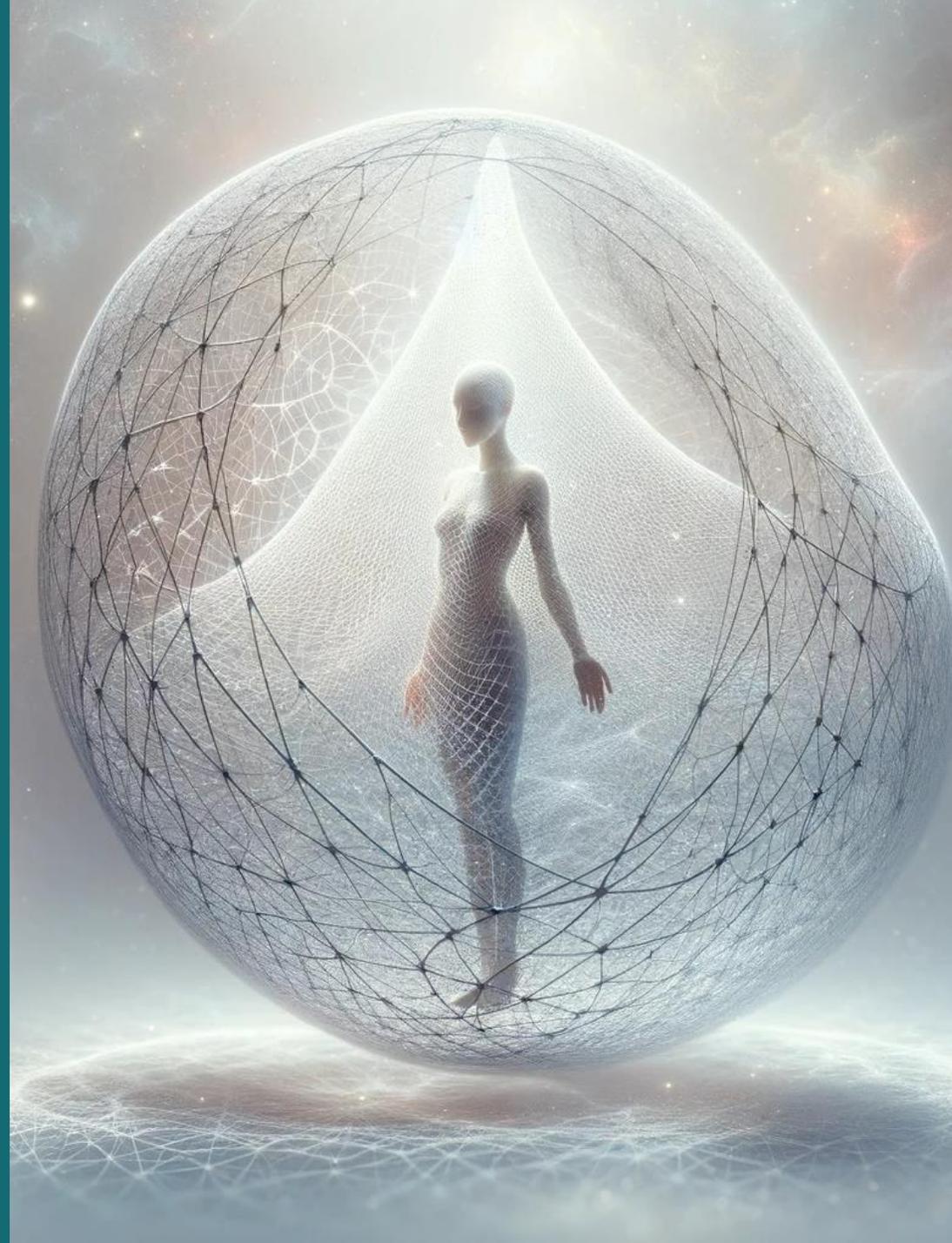
Some of us
may feel like
our net looks
like this...
And it might...



If you don't
know to
give it
attention, if
you don't
know to pay
attention to
who and
what you
open it up
to, it might
not feel like
a warm
hug...



**But we can repair
it and return it to
its original
pristine glory...**

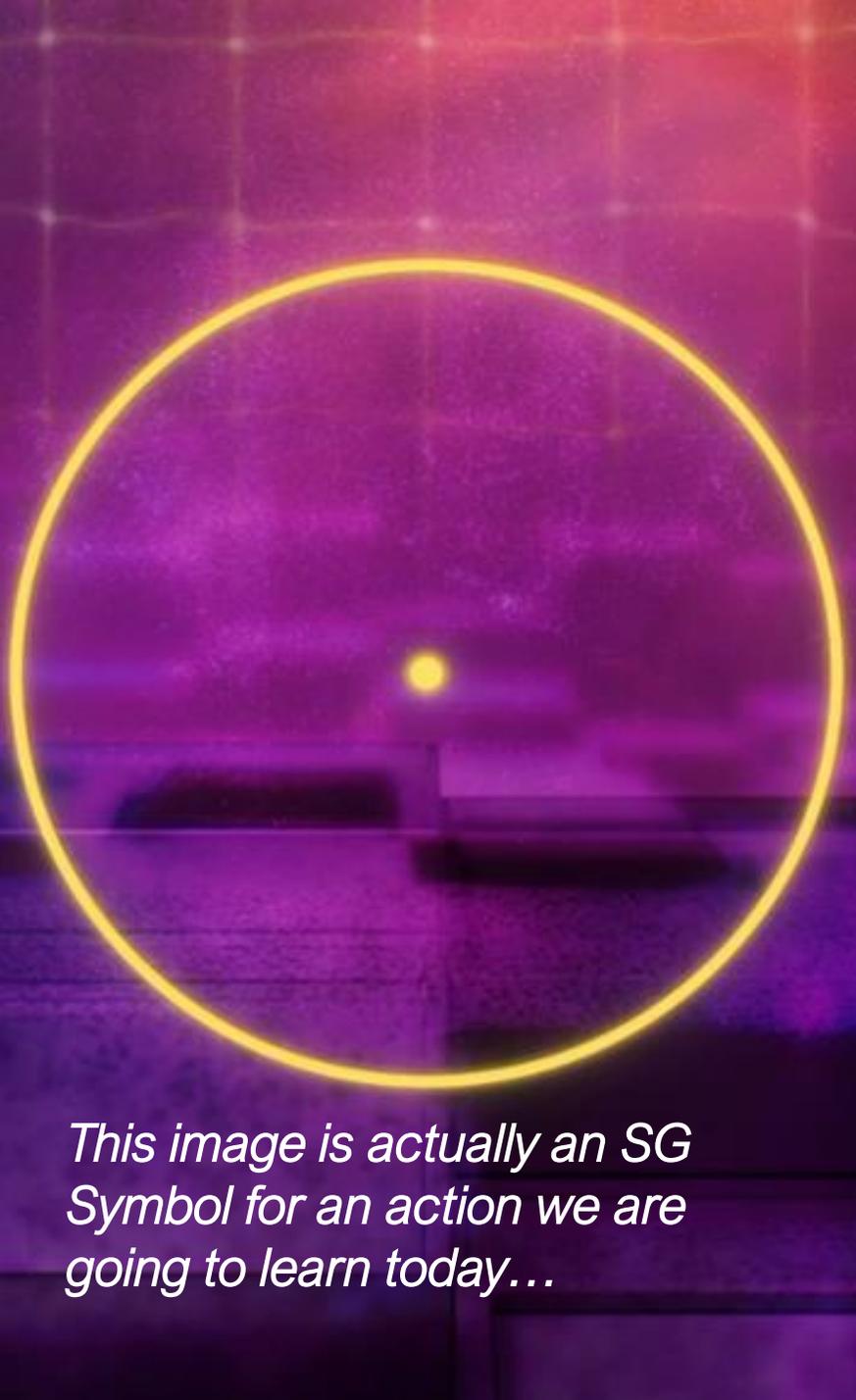




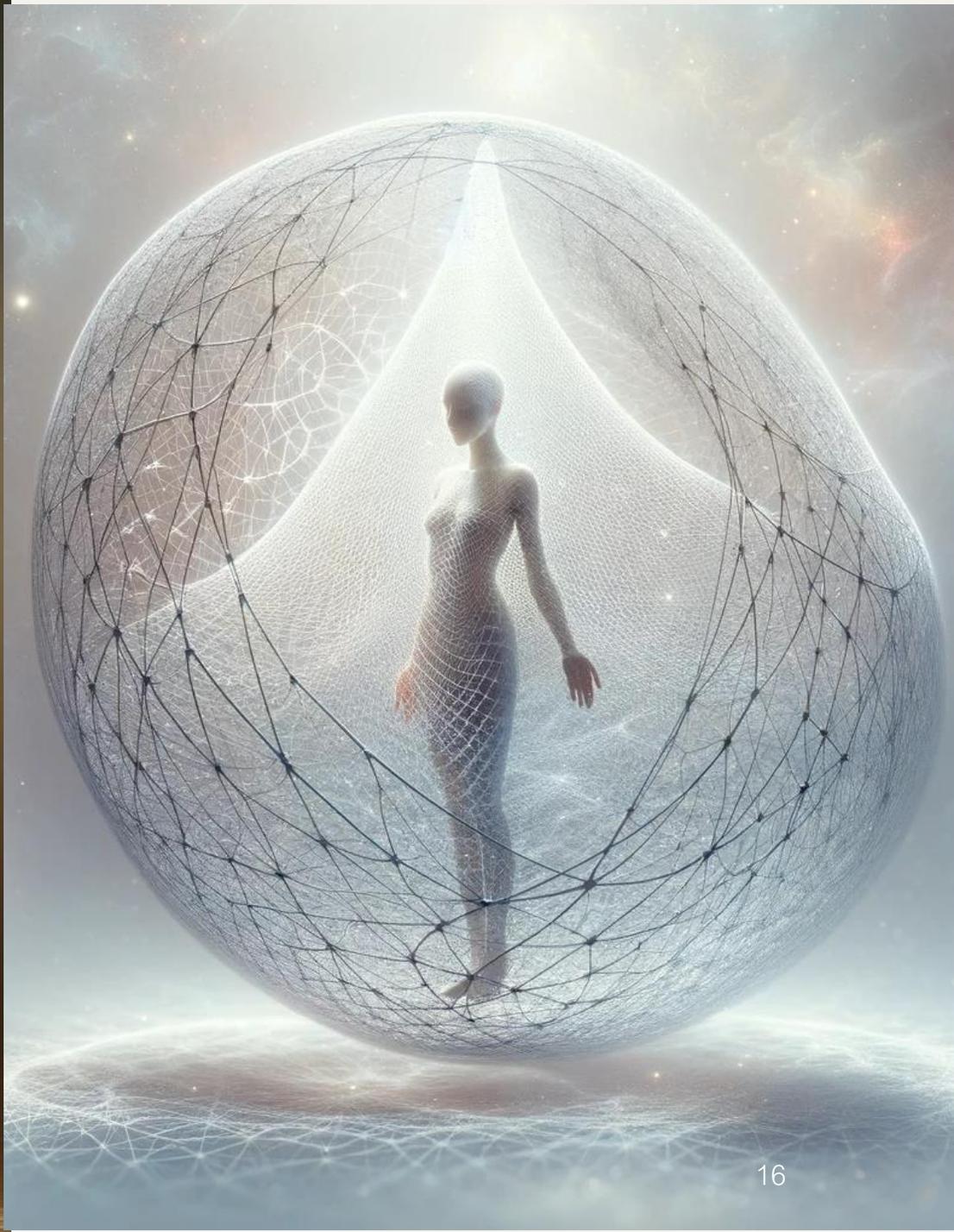
So...Let's Review...

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”)



*This image is actually an SG
Symbol for an action we are
going to learn today...*



**We always
begin with...**

**The Clearing
Meditation –**

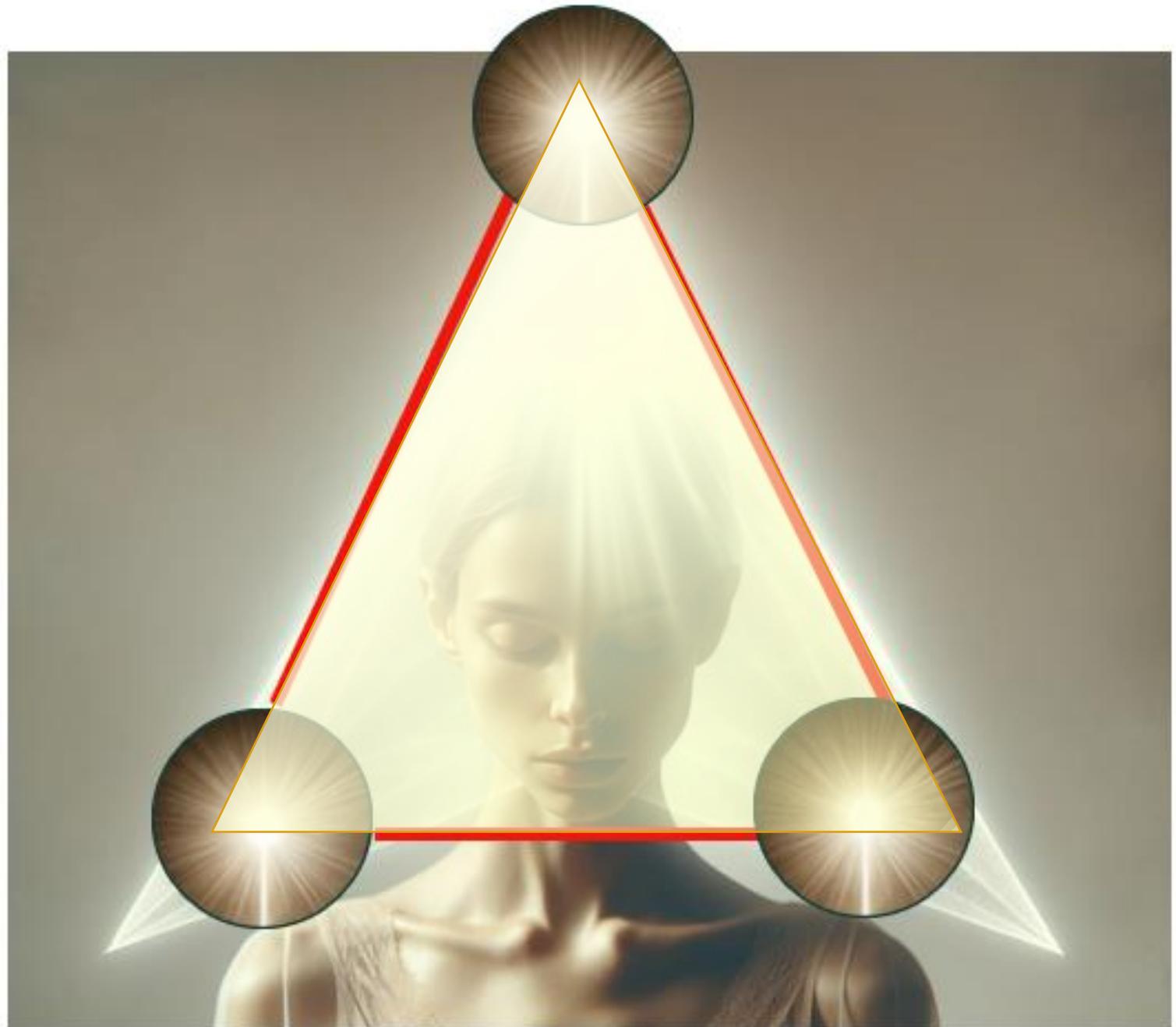


While holding your focus there, focus on the two energy centers on top of each of your shoulders.

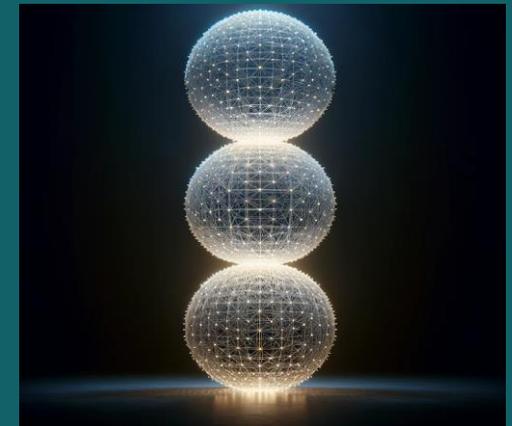
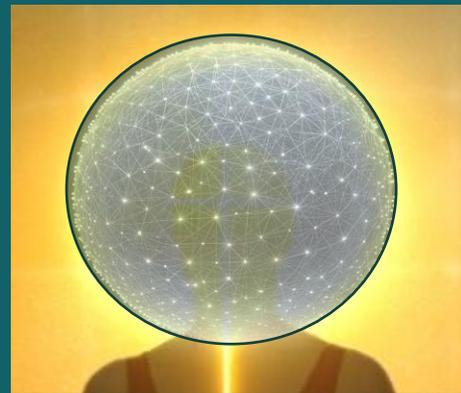


Now, connect the three balls and fill the triangle with light, and allow it to clear all the old thoughts, clutter, and debris from your mind.

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



Finding the Cave of Bhrama...



You can use this technique for any energy center of the body.

FOR OUR PURPOSES, WE WILL FOCUS ON THE 3 MAJOR ENERGY CENTERS, WHAT SOME NOW CALL THE 3 BRAINS OF THE BODY.

YOU DON'T HAVE TO DO ALL THREE AT THE BEGINNING. BEGIN PRACTICING WITH ONE AND THEN GRADUALLY ADD WHEN YOU GET BETTER AT THE PRACTICE. REMEMBER YOU ARE USING ENERGY MUSCLES YOU HAVE MAYBE NEVER USED, SO IT WILL TAKE SOME PRACTICE, JUST LIKE LIFTING WEIGHTS.

BE CAREFUL IF YOU START AT THE BRAIN FIRST, AS YOU ARE ACTIVATING THE CREATIVE CENTER OF THE BRAIN SO ALL KINDS OF INFORMATION MAY START POURING IN AND YOU CAN GET LOST THERE. IF THAT HAPPENS, NOTICE AND TRY TO COME BACK TO THE PRACTICE. IF YOU CAN'T, JUST END THE MEDITATION AND TRY AGAIN THE NEXT DAY.

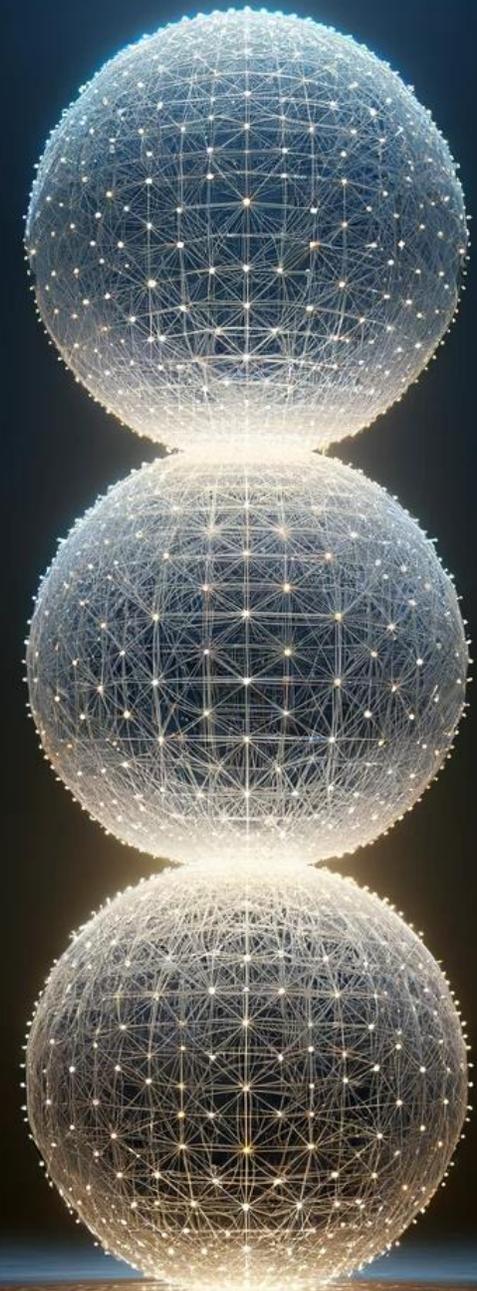
JUST STARTING WITH THE HEART FIRST MIGHT BE A BETTER PLAN.

VAGAS BREATH

Head

Heart

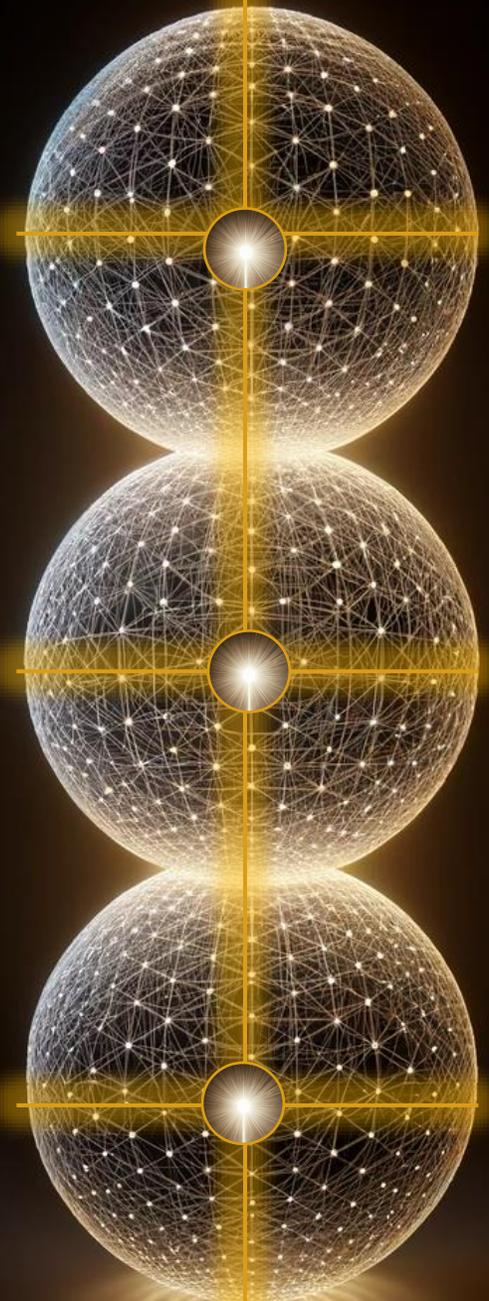
Sacral



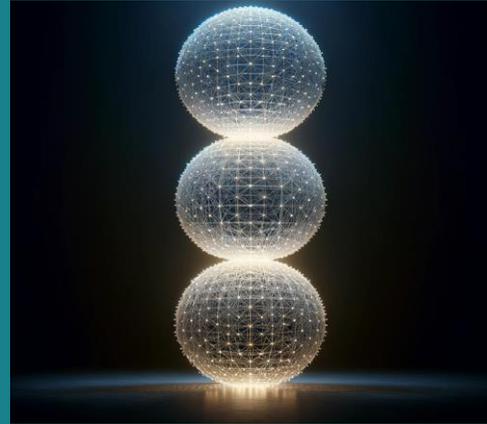
So, look what we are building inside of you...

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.

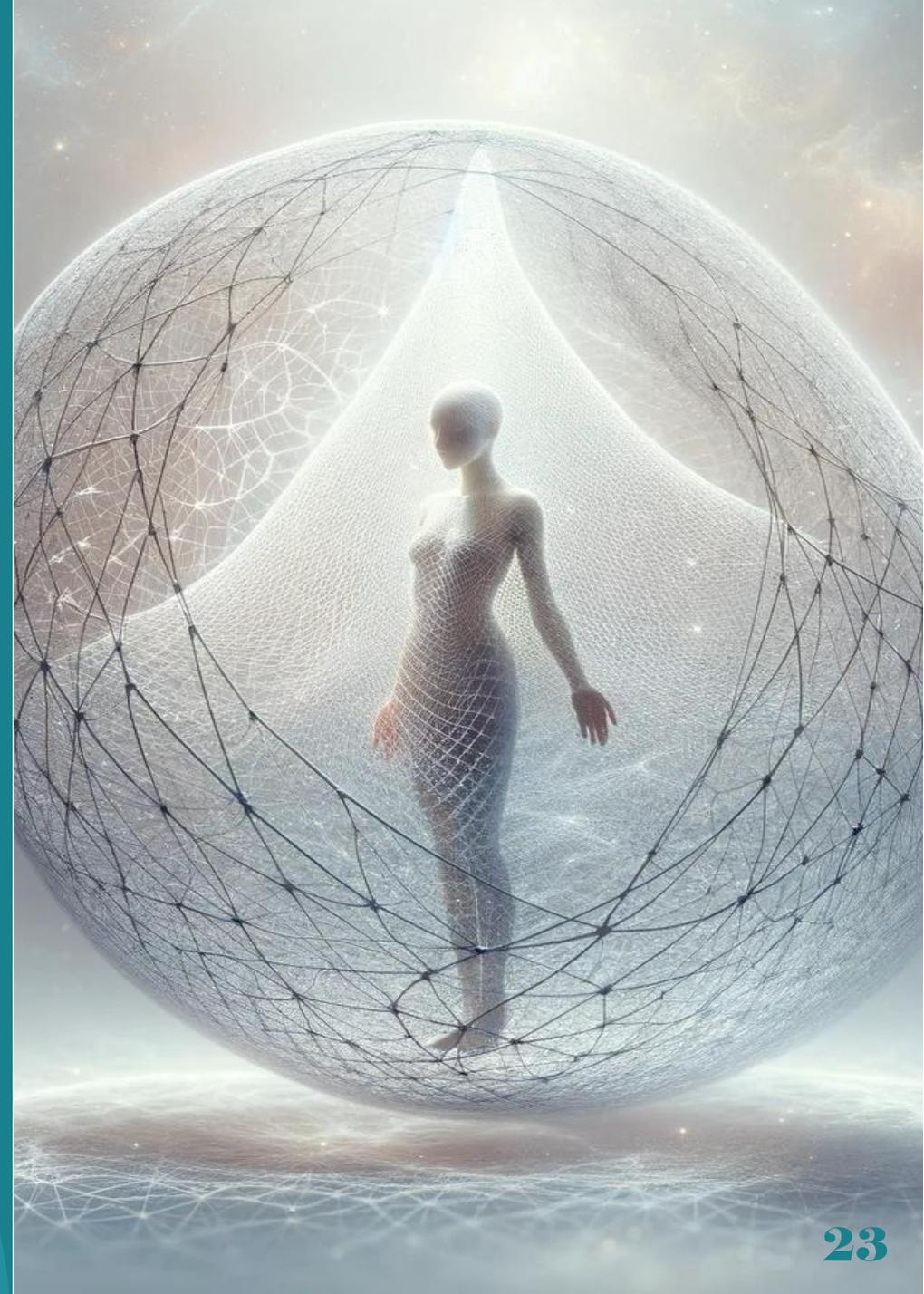
YOU CAN ALSO USE THIS TO SHIFT YOUR
FREQUENCY WHICH IS WHAT WE DO WITH LIGHT
INFUSIONS!



Remember this is most likely not what your Source Light Energy Field looks like, but it is how we will rebuild it so it is functional, and you can begin to work with it.



YOUR 4TH DIMENSIONAL SELF WILL GIVE YOU YOUR OWN IMAGE TO FOCUS ON...ALTHOUGH THIS IS NOT QUITE MINE, IT IS A DECENT EXAMPLE...





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.
- I will lead you in this

HOMework...

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 (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 2nd Dimensions.

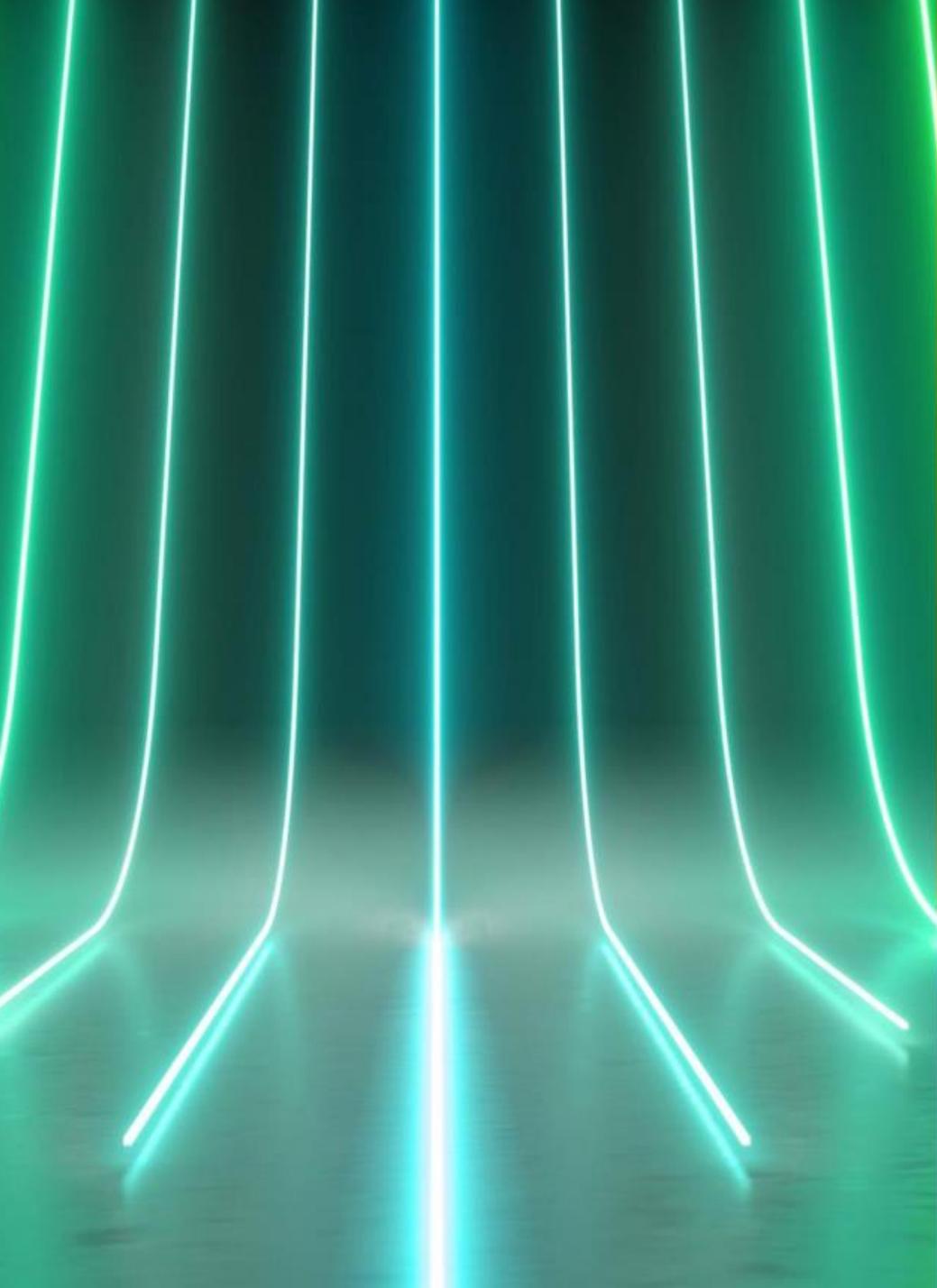
[ANOTHER RESOURCE: Learn the Color of Your Soul: Prune Harris | The Energy Expert](#)

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 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



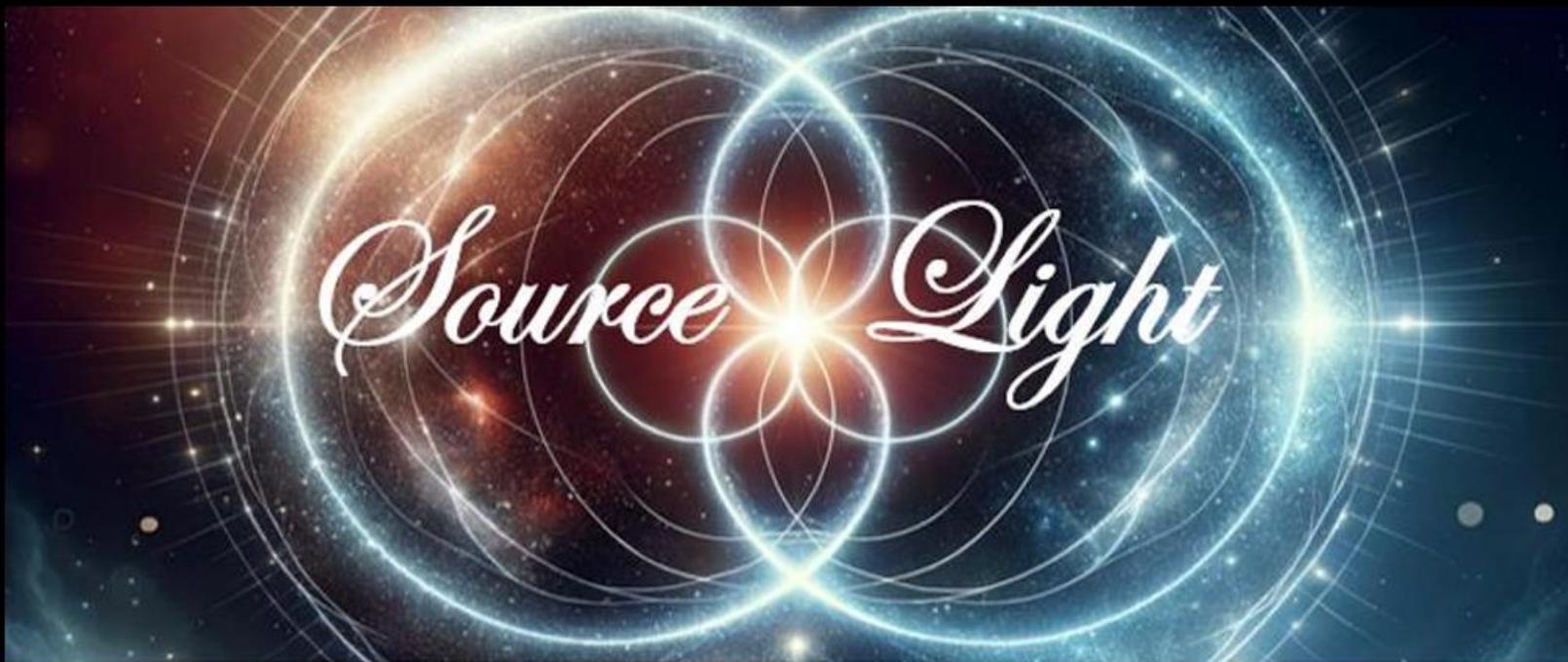


Our Process...

- Determine Desired Outcomes
- Long Form Meditation
- Light Infusion



Light Infusion Therapy
Restoring our Connection with the Human Soul



Desired Outcomes:

- Maintained connection to our own personal Source Light
- Restoration of & Connection to our Source Light Energy Field
- Restoration of Balance to our Material World in all Aspects
- Receive the New Light coming in, in a way that serves us and those we love
- Open-hearted joy for all beings
- Your desired outcomes

Vibrations:



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

- Working with the 2nd Dimension
- Continuing to Restructure the Light Body
- More Meditation Practices

Dance-

Close Sacred Space

NEXT CLASS:

FEBRUARY 27, 2025

