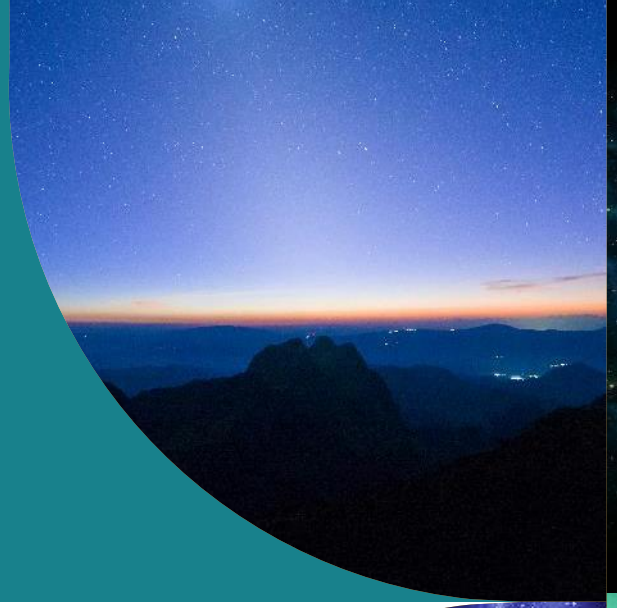
Source Light School Year 2 – Module 3

With Kathy Forest

Calling In Sacred Space…

Open to receive…

Agenda



- CHECK-IN
- REVIEW
- GETTING SERIOUS ABOUT YOUR 3rd Dimensional EXPERIENCE
- 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 – CHANTING???

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 step up your practice to move into our new normal

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!

AS I WAS MEDITATING THIS MORNING, GETTING "THE REST" OF WHAT WE WERE SUPPOSED TO LEARN TODAY…

"SAVOR YOUR HUMAN EXPERIENCE…TREAT IT LIKE A PRECIOUS ELIXIR THAT YOU WANT TO SAVE, HOLD AND CHERISH. TREAT YOUR PHYSICAL BODY LIKE THE AMAZING HUMAN COMPUTER THAT IT IS.

THIS RIGHT NOW, THIS MOMENT IN TIME…IS EXTRAORDINARY. YOU HAVE ALL THE TOOLS YOU NEED TO MAKE THIS JOURNEY EXQUISITE. DO IT."

"AND REALIZE THAT LETTING YOUR SOUL DRIVE, AFTER SO LONG OF BEING EGO-DOMINATED MAY FEEL DIFFICULT. YOU MAY FIND YOURSELF MAKING DECISIONS THAT MAY NOT MAKE SENSE TO YOU…TRUST."

But First…review

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

- 1ST DIMENSION, OUR SOUL, located in our heart; (The new practice we received here was a meditative protocol practice to juice up our field.) and
- 2nd 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. (The new practice here was the Aramaic Chant)

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.

So, take that last part in DEEPLY. This Universe is ***A LOVE GENERATOR!*** Anything ***NOT GENERATING LOVE is not in alignment with this UNIVERSE.***

The Net ~ Pure Unconditional Love

ONCE WE GET THIS NAILED DOWN,
We can begin to rest, reside, a TAKE LITERAL FORM in the 3rd Dimension. So that Love Generator bit…We had that when we came in! We brought it!

This is why we can't just start at the 3rd Dimension. We have done this in the past because we didn't know. And even if we had an inkling, usually the 3rd Dimension had so many problems/distractions (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… This happens when you do the protocol everyday.

So, ask your Soul: Why are you here? What did you come here to do or be?

JOURNAL...

YOU CAME TO BE THE PREDOMINANT FREQUENCY IN THE ROOM.

THIS IS WHY WE ENCOURAGE YOU TO BECOME CONSCIOUS OF FREQUENCY…*REMEMBER!!*

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!

WE CAN BEGIN TO CONSCIOUSLY CHOOSE, SO I WANT TO REMIND YOU OF THE ANATOMY LESSON WE HAD LAST YEAR… *WE ARE BECOMING THAT "WHITE HOLE" THAT IS CONSTANTLY PUMPING OUT PRANA!*

The 3rd Dimension – The Playground of the Masculine ~

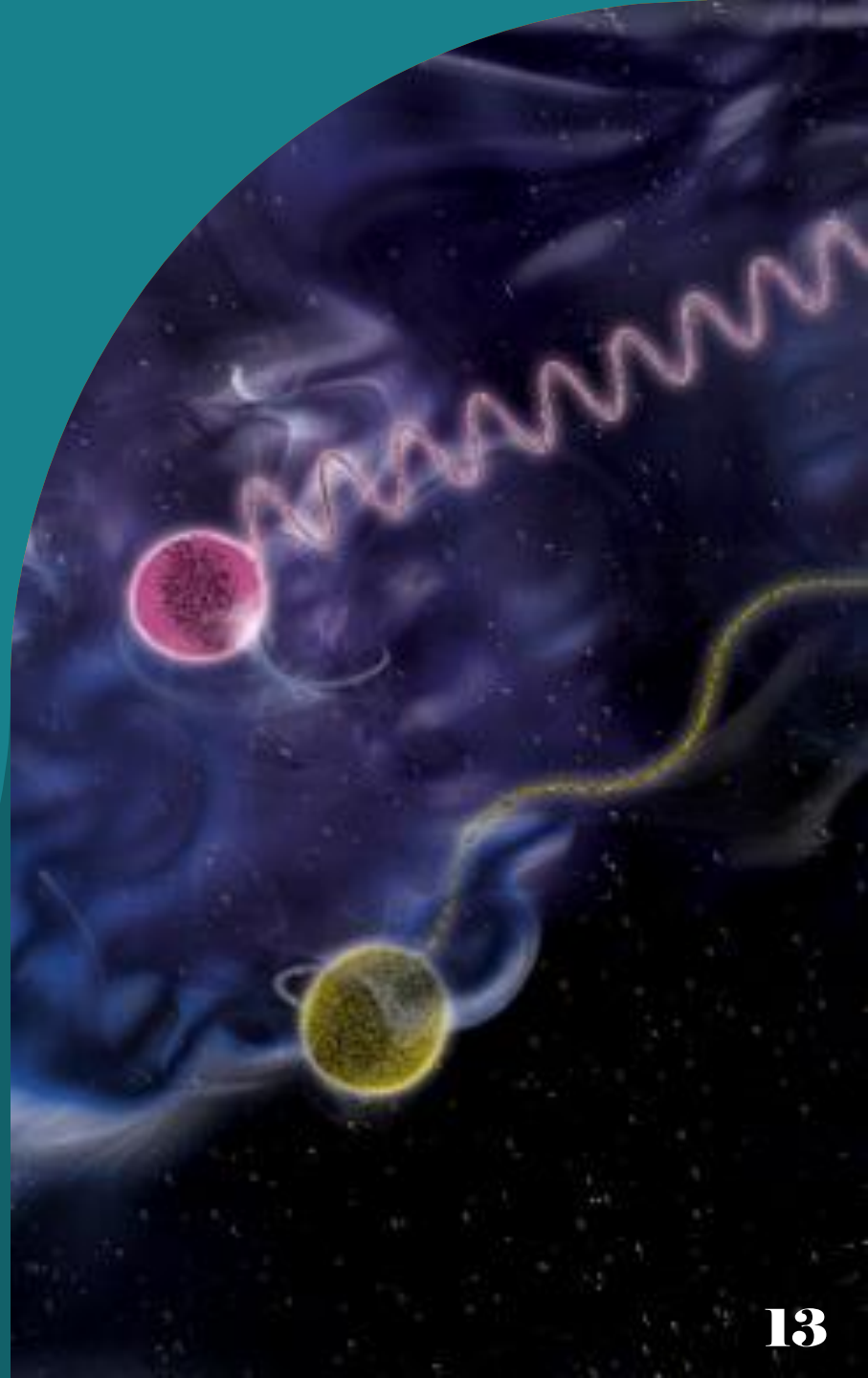
Masculine and Feminine – Properties of Physics NOT GENDER

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 MATERIUM.*

At their base, they (our nerves) 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 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.

SO, THIS IS THE MECHANICS OF HOW WE PHYSIOLOGICALLY DO THIS. *OUR JOB IS TO BECOME THAT "WHITE HOLE" THAT IS CONSTANTLY PUMPING OUT PRANA – LIFE FORCE IN THE SPECIFIC FLAVOR/FREQUENCY THAT WE CAME HERE TO…AND TO DO THAT LOUDLY… OR ALOT!*

The care and feeding of the Nervous System

In order to do this well we MUST TAKE CARE OF OUR PHYSICAL BODY! (CHERISH IT!)

*Remember…*the Central Nervous System – READS THE FIELD. It Since the Central Nervous System is the Master Controller of the 3-D body, lets talk about what might block it from functioning appropriately…

What blocks the Central Nervous System?
INFLAMATION! What causes Inflammation?

*Food that isn't nourishing to our specific body…alcohol…dehydration – not drinking enough water. Remember, it is fed and nourished by sodium, magnesium, potassium, all the minerals. It has to move all that information around, and it takes a ton of water to do that--Way more than most of us drink.

*Being low on sodium, magnesium, and potassium, or other nutrients.

*Being around toxic people that spew a lot of toxic talk or being in low frequency places can cause our vagus nerve to become enflamed.

When your Nervous System isn't well, then everything that comes out of you is distorted. (Like a toxic oil spill in the ocean.) Then the energy frequencies cannot move nearly as easily through the toxic sludge. This is why paying attention to FREQUENCY is so important!

So, The Practical Application…

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

But in 3rd dimension, even though you are similar, and you both contain and run on prana, *in the 3rd dimension*, we can rearrange things … we can get distracted by how others are behaving that are not in the same frequency we are… *The more you focus your attention on something not like the frequency you are bringing, the more you diminish yours.*

Rather that focusing on trying to change them, focus on planting your own seeds in your own garden: *GROW YOUR FREQUENCY! Your frequency: YOUR FLAVOR OF THE LOVE YOU CAME TO BRING.*

We have opened ourselves to all levels of our dimensions… we have the tools. We just need to use them.

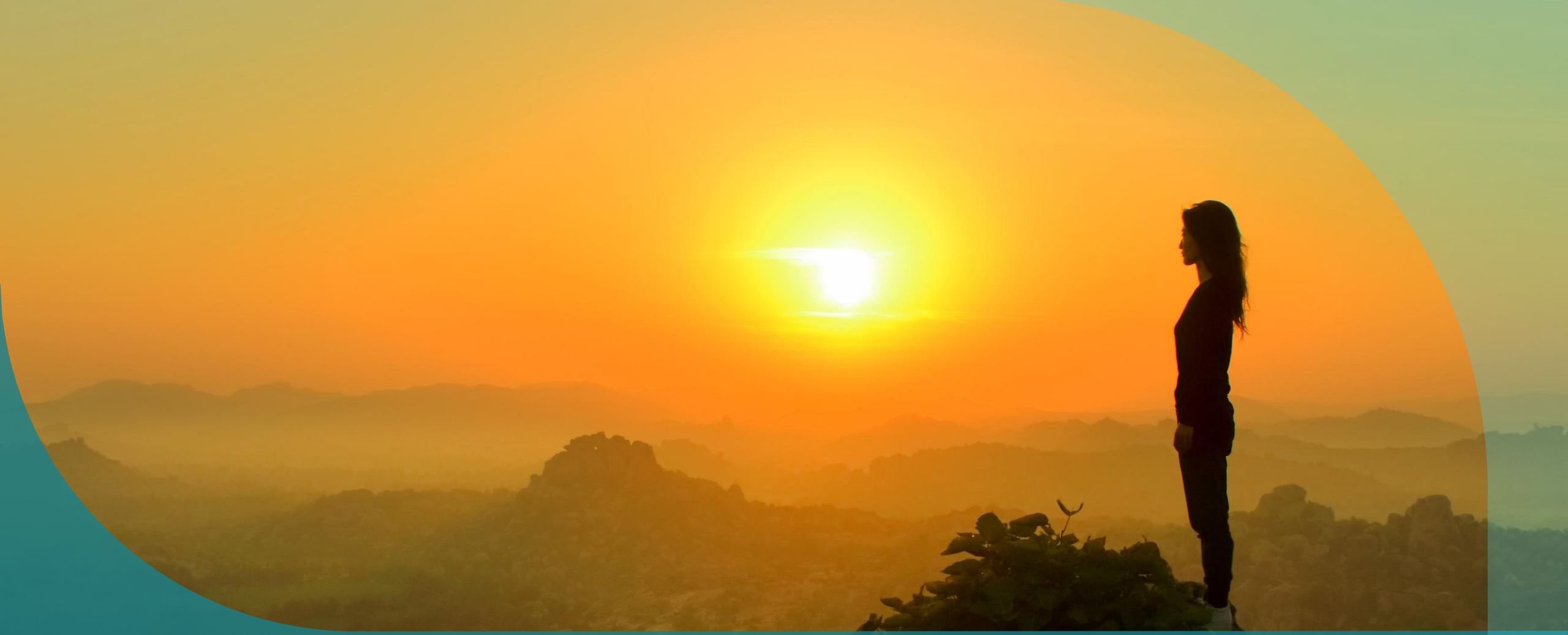
WE WILL ALWAYS HAVE TO BE MONITORING OUR FREQUENCY… AND RAISING IT…

TRAUMA CLEARING!

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

AND CALLS MORE OF THE SAME TO IT!

REMEMBER, IF WE OWN IT, WE CAN CLEAR IT.



Remember, 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!

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.

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)

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.

More ways to become the dominant frequency…

FIRST AND FORMOST: *Make it your INTENTION*! Do a template or a ceremony. Make it a priority!

Do all the things: Protocol/meditation everyday, eat well, dirt time, move your body, sun-bathing, essential oils & essences, sound therapy of all kinds – singing bowls, chanting, meditations, etc.

Give yourself or receive a Light Infusion at the very least monthly, but every 2 weeks is better. (If you haven't had Light Infusion 101, take it. It's coming in April.)

Pay attention to your minerals and water intake! Make sure you are getting enough of both!

Be hyper aware of what you are taking in, especially electronically.(And also toxic people and conversations. OWN YOUR SPACE!) Nature is your friend and ally in this work.

If you have taken the Sophia class, continue to adjust your environment.

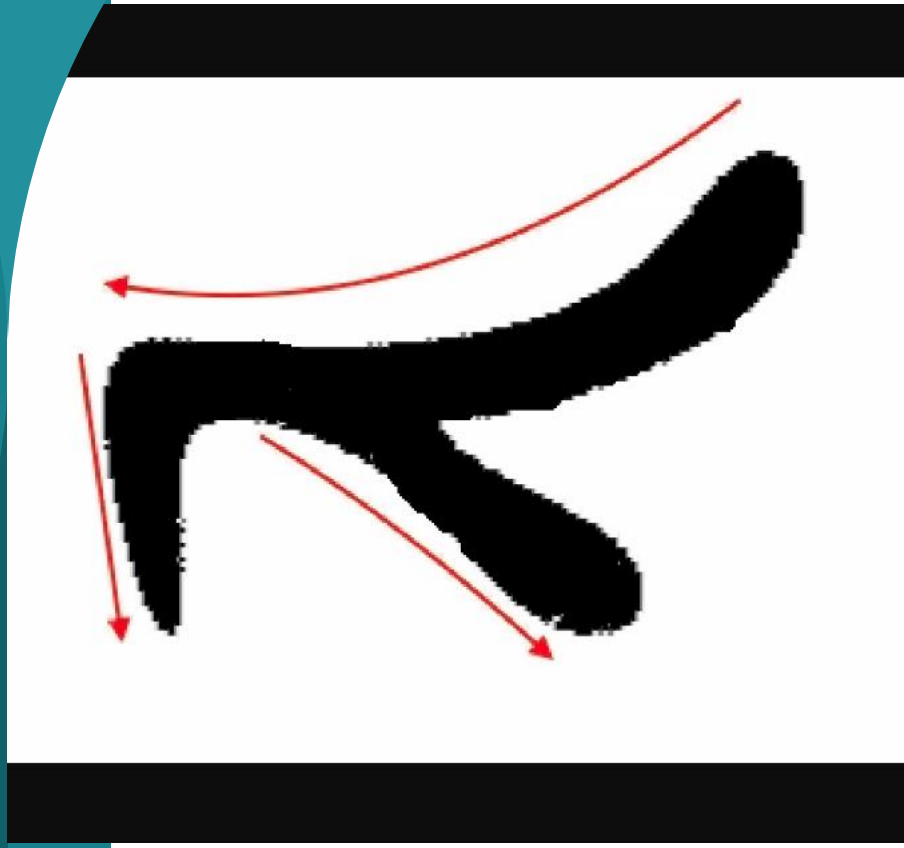
Be the Dominant Frequency…

Make sure your frequency is emanating the frequency of the Universe…

LOVE

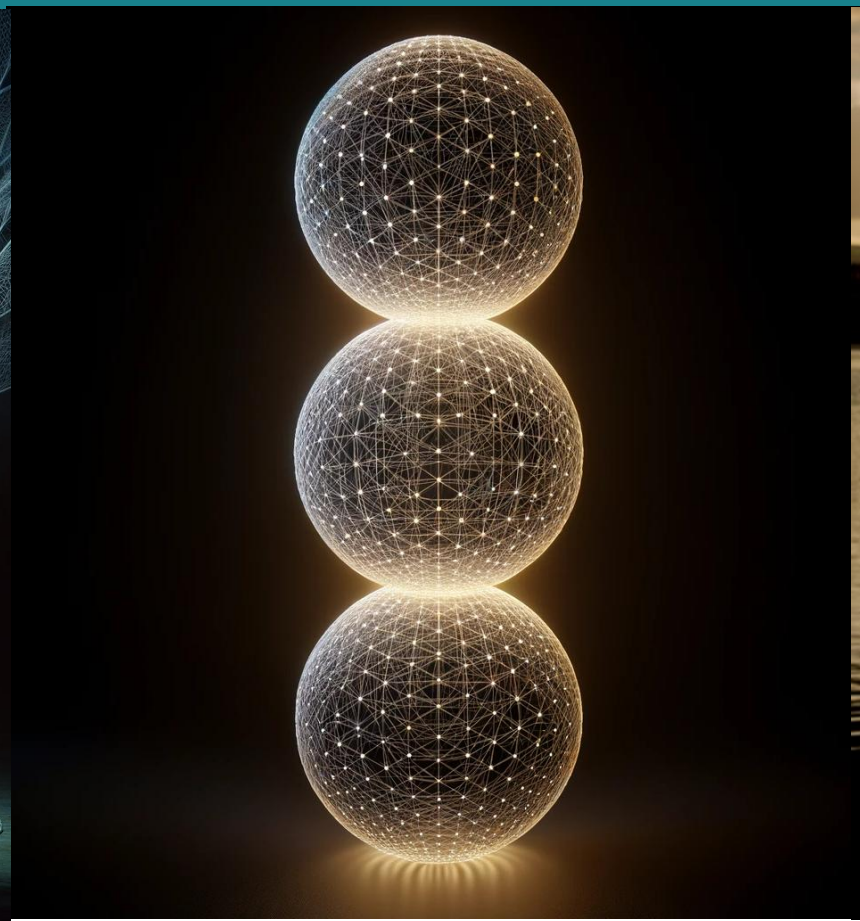
This is the Aramaic Letter that begins the word, Abwoon.

IT IS CALLED “ALLUF.” YOU CAN USE THIS AS A BLESSING TO HEAL *ANYTHING*!



Hopefully as you have done these practices you have noticed significant shifts in your life and body…

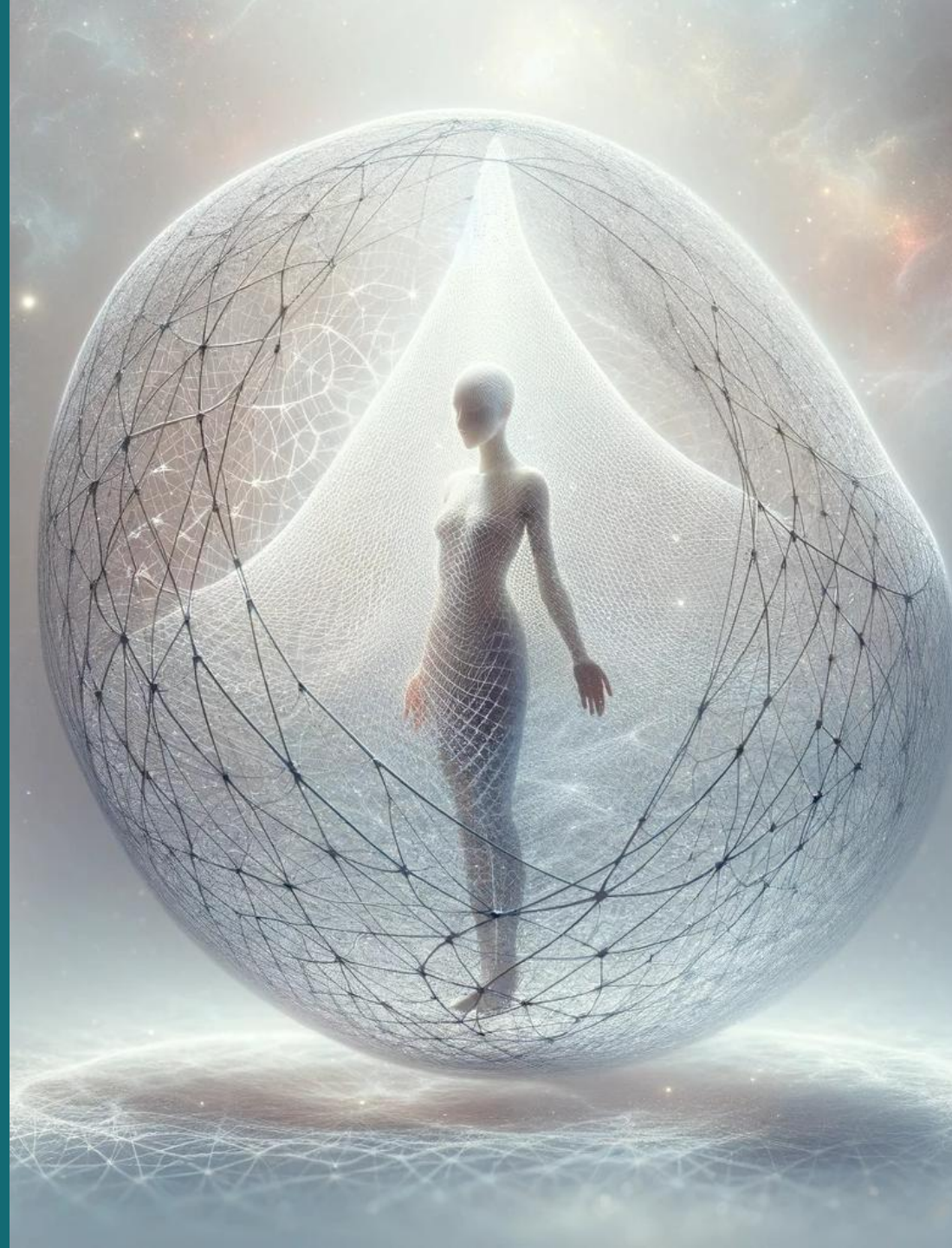
AND YOUR PHYSICAL BODY AND LIFE HAS SHIFTED AND IMPROVED!



Today will do the meditation where we include the body and run energy through our torus field.

Care and Maintenance of the Source Light Energy Field…

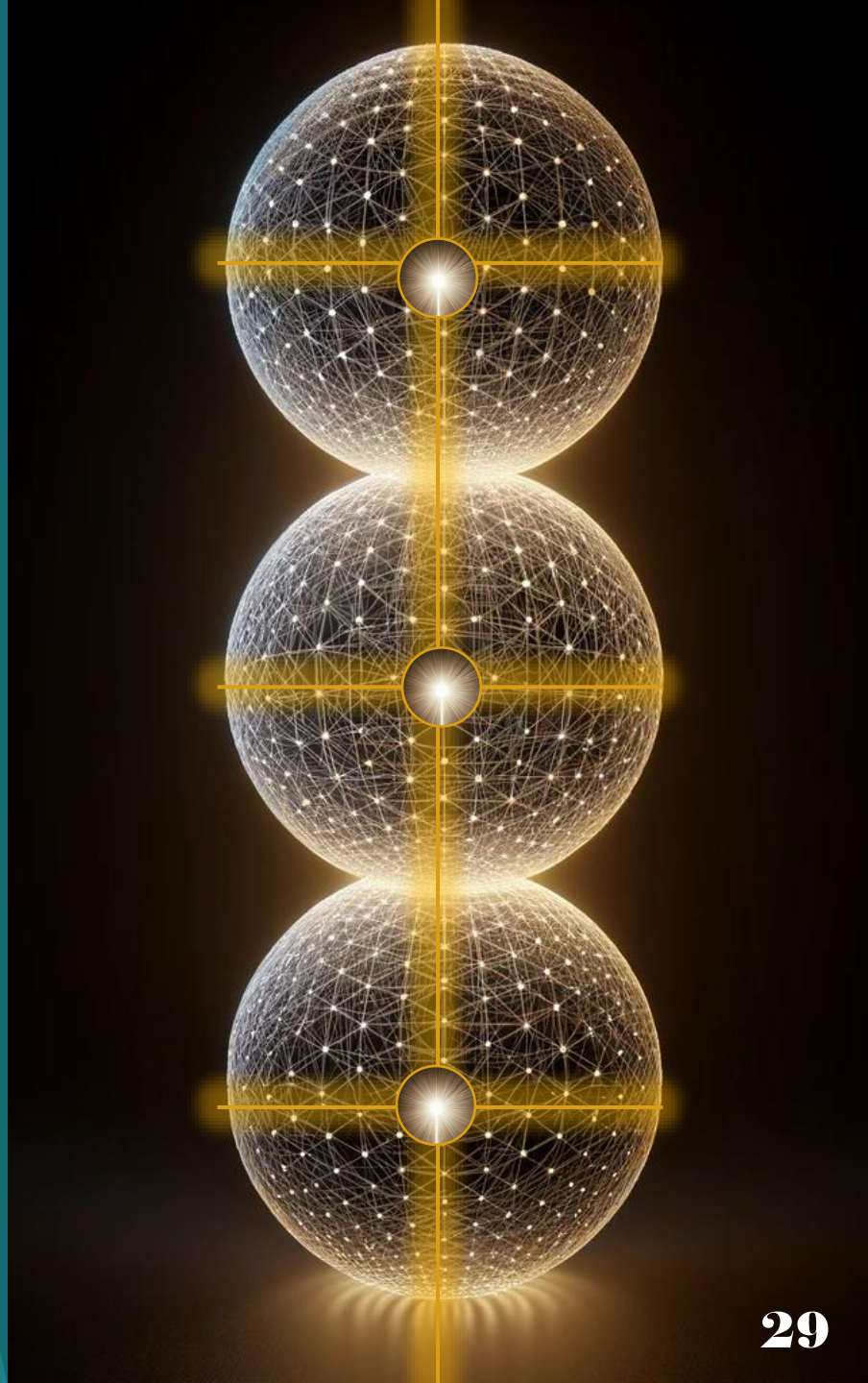
We will review the process so we all remember.



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…

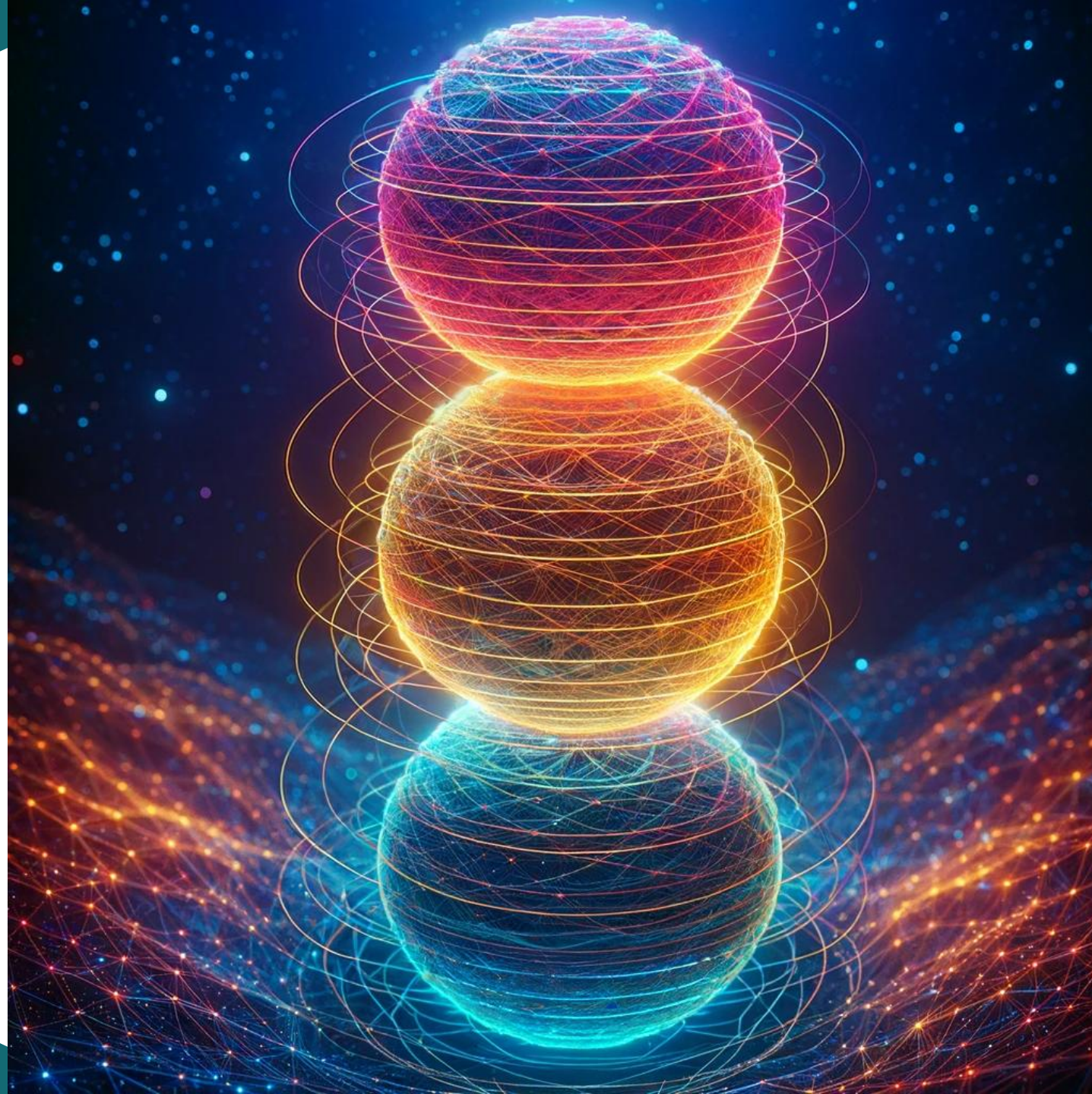
WHAT YOU ARE DOING IS GOVERNED BY YOUR SOUL.



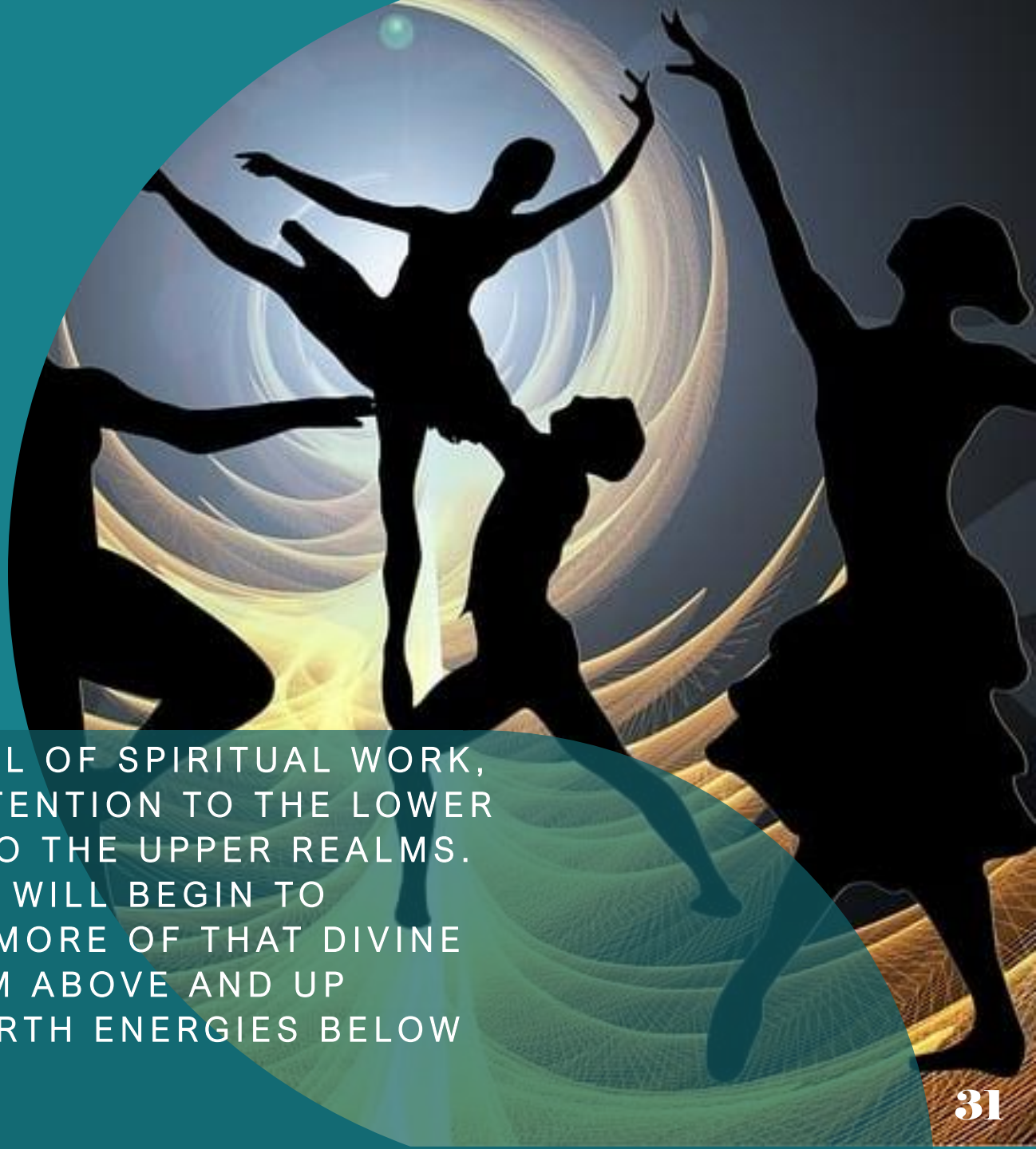
AND…
You can program it…
You can set the frequency of your field!

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 remember…

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.

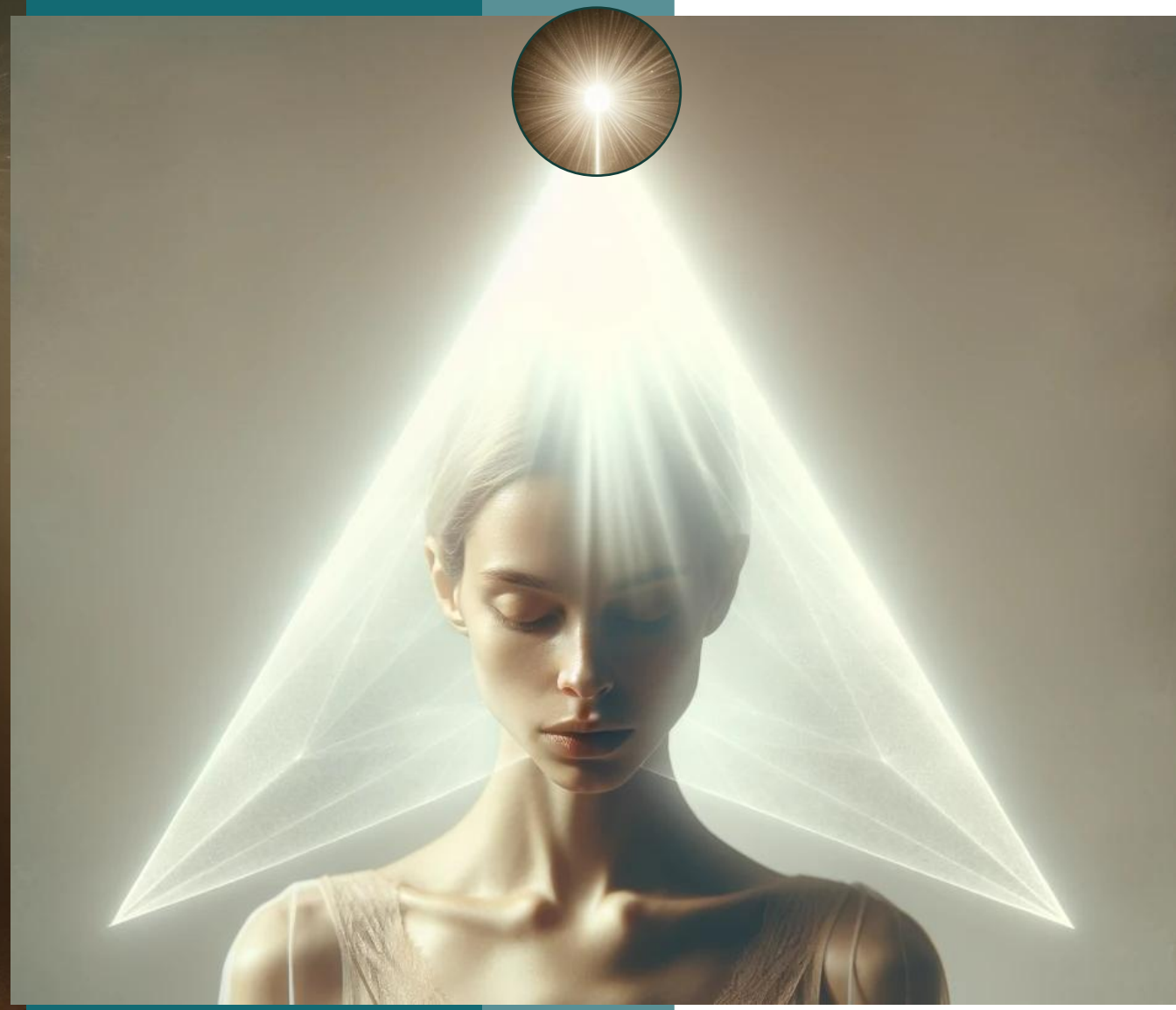
So…Let's Review…

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")

As always, we begin with…

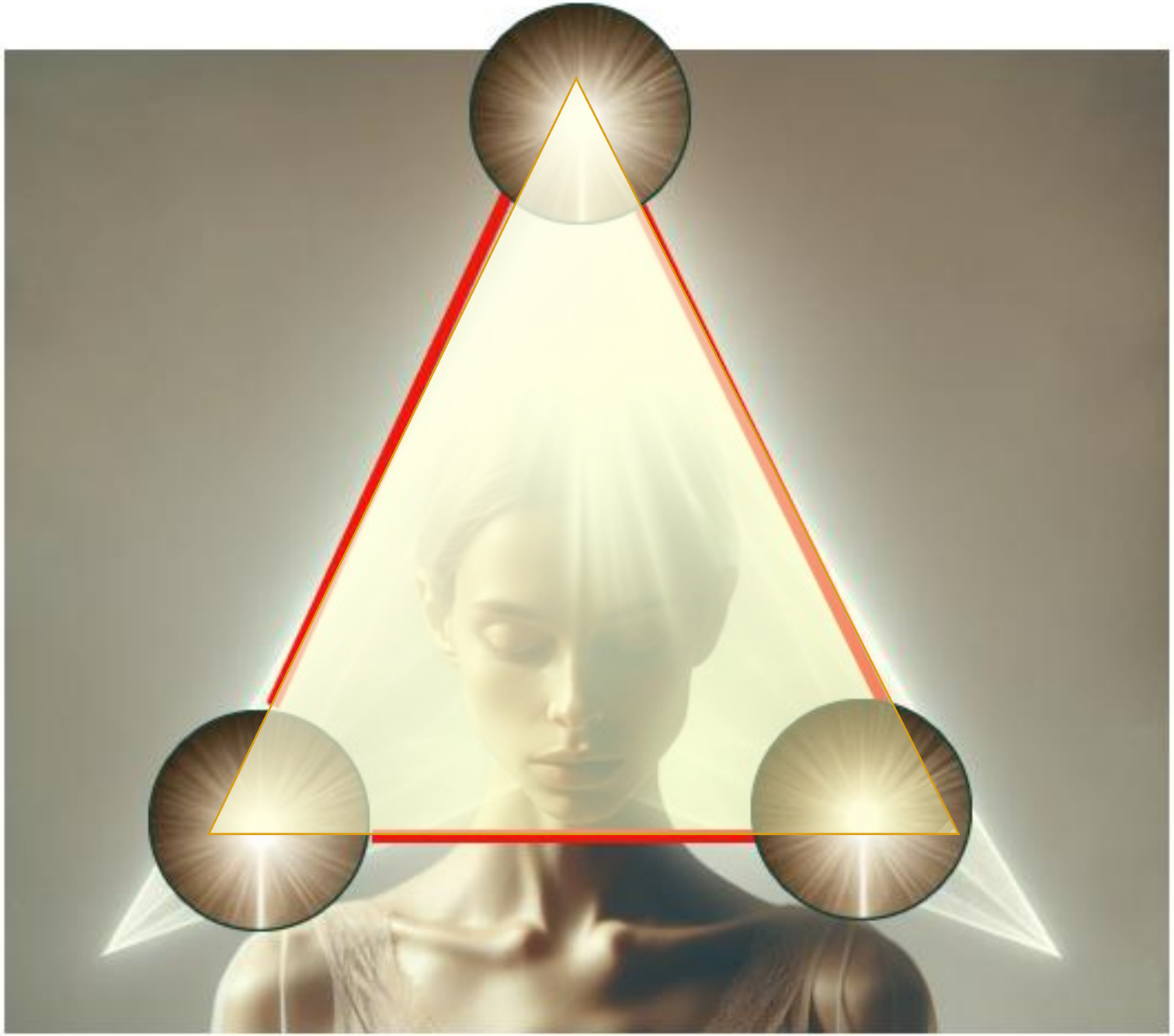
The Clearing Meditation –



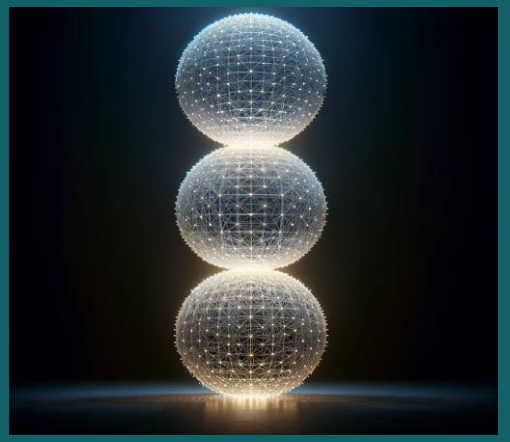
While holding your focus there, focus on the two energy centers on top of each of your shoulders.

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…

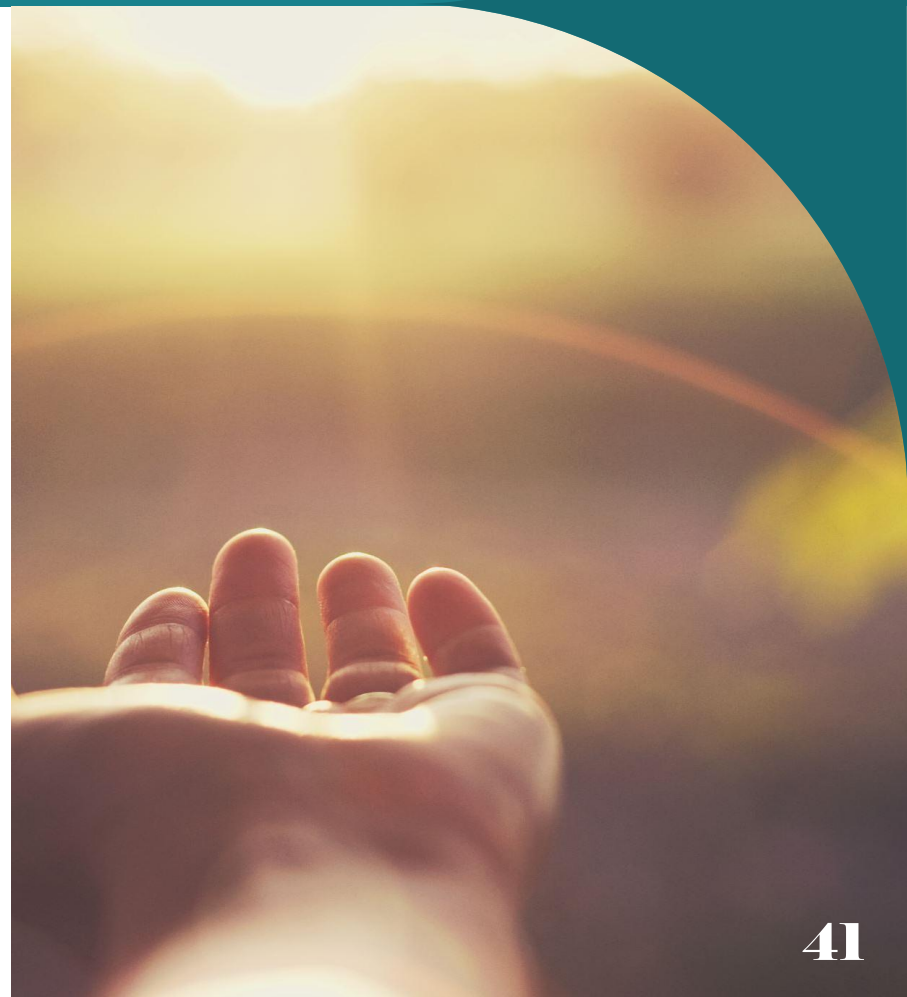


Then we will stand and run the energy through our field.

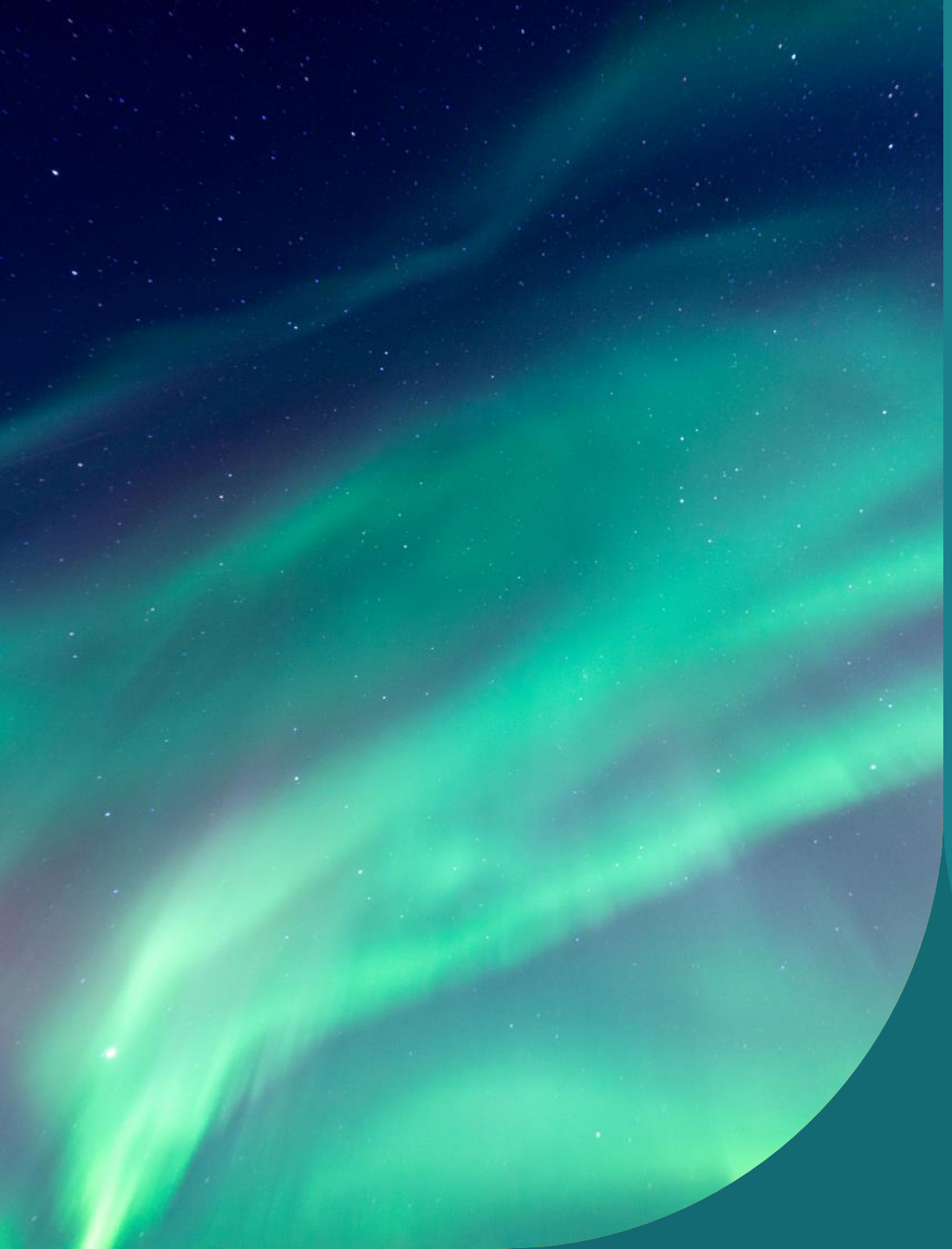
Goal for the Next 2 weeks…

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



The Long Form Meditation including Body



Next time IN SOURCE LIGHT SCHOOL...

- Deepening our 4th Dimensional work!

Dance-

Close Sacred Space

NEXT CLASS:

APRIL 2, 2026