



Source Light School

With Kathy Forest

Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN – Newbies – How Much Prep have you done?
- INTRODUCTION – The Back Story
- The Journey of Your Soul – Light Infusion
- GROUNDING – And Why It's Important
- TRAUMA CLEARING – What it means
- THE PROTOCOL
- TOOLS & RESOURCE



**My Goal for this program is
to Help You Engage Your
Soul... First Dimension...**

**Introduce You to Your 12
Dimensions & their
gifts...and give you tools to
access them...**

**Help You begin to Use them
to heal your life and our
world.**



Introduction

The Source Light Story...

- What happened with me...
- Why this and Why Now?
- What we have discovered over the past 2 years... (Accessing Light from our own Soul is the Key to helping our bodies adjust to the new light coming in and so much more!)

Advantages of Connecting to Source Daily...

- You begin to make decisions from your wisdom not your fear.
- You decrease the vibration of panic in your creations.
- More confidence.
- You aren't afraid anymore.
- You begin to learn REAL TRUST
- You begin to manage your life better.
- Things just get easier.
- Life gets more fun.
- You can't wait to get up.
- You are excited for each new day.
- Life has sparkle again.
- Creativity just keeps coming!



Some background to begin...

WE ARE LIVING IN VERY AUSPICIOUS TIMES...

This is because the Planet, herself is going through deep and profound transformations –MAINLY IN THE FORM OF MORE LIGHT!

And more and more LIGHT IS HITTING THE PLANET AND IT IS JUST GOING TO KEEP COMING.... ALL KINDS OF IT...

- More cosmic light as we move deeper into the photon belt..
- More Galactic Light as we are beginning to crest the Galactic Rim – the first indicator of the approaching Golden Age..
- More Solar Light from the Sun in the form of Solar flairs like the one on NEW YEARS DAY, the biggest in years..and there's been bigger ones since then!
- Not to mention any other light from other planets that decide to join the party!

Why is that important?

It is having very dramatic effects on our bodies and our psyches.

We are 12-Dimensional Beings having a 3-Dimensional Experience.

We were designed to have access to all 12 of these dimensions and the gifts that they can bring us.

But in order for that to happen, we need to get our 1st and 2nd Dimensions online.

Unfortunately, most of us don't know anything about them.



The truth is, we were supposed to be able to access those gifts so we could restore our planet and save our home. In fact, our human species is the only one capable of this. Our DNA is special. There is nothing like it anywhere.

We were supposed to have these up and functioning so that when the Galactic Light hit, we would be ready. But, well there were a few complications.

So now as more Galactic Light is hitting the planet, your dimensions are waking up. If you don't understand this, it can make you feel crazy. And cause other symptomology: depression, high sensitivity, medical reactions, like migraines, dizziness, and digestive issues, to name a few. This is because our bodies are not prepared to digest this much light this quickly.

AND, because as this much light shines through our field it can shine through and trigger all of our old unresolved TRAUMA.



The good news is that all this
can be remedied by
reconnecting with the place right
inside of your body

THAT KNOWS...

WHO YOU REALLY ARE...

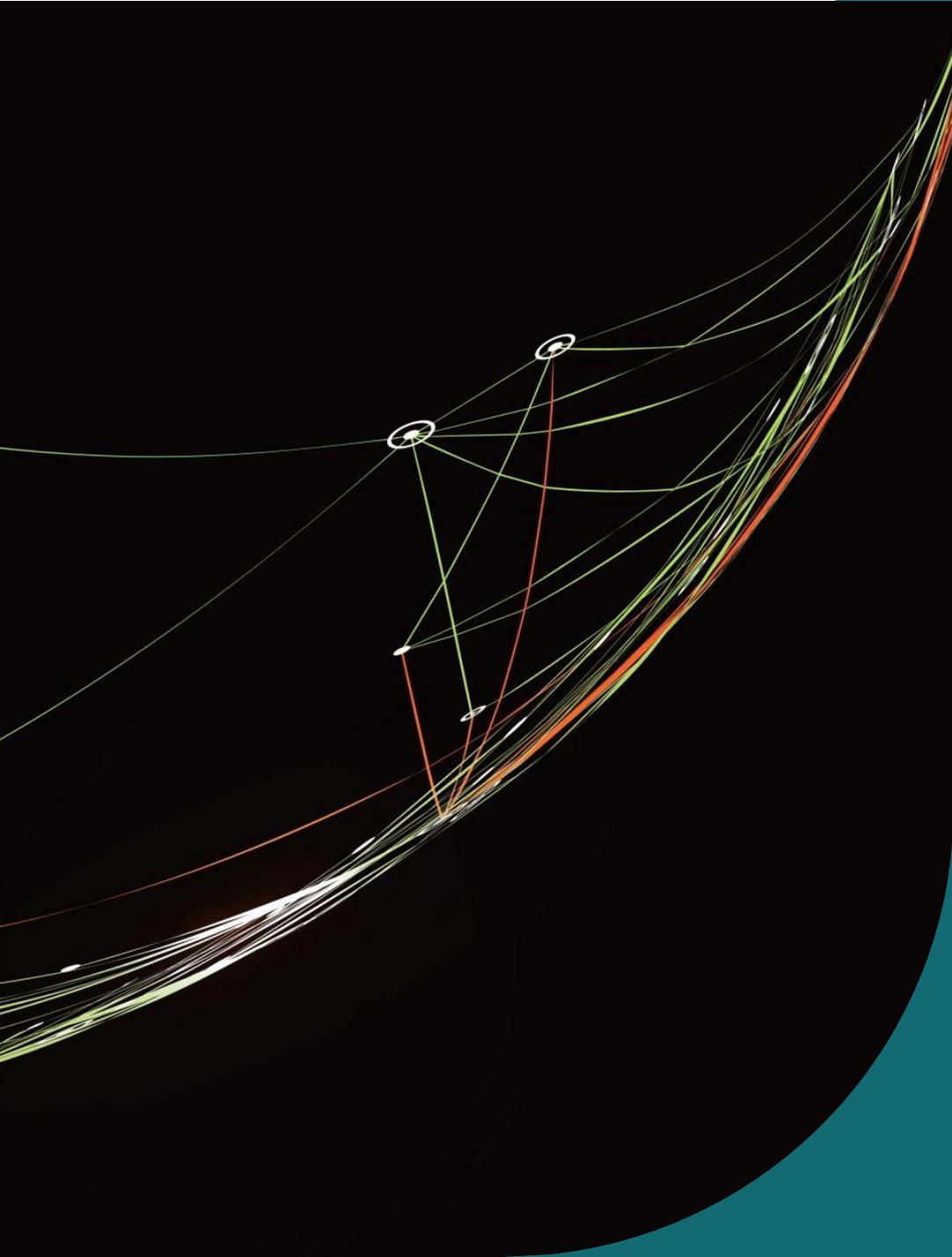
WHY YOU ARE REALLY HERE...

*HOW YOU HAD ORIGINALLY
PLANNED TO DO IT....*

A PLACE THAT KNOWS...

*THAT PLACE...
IS YOUR SOUL.*





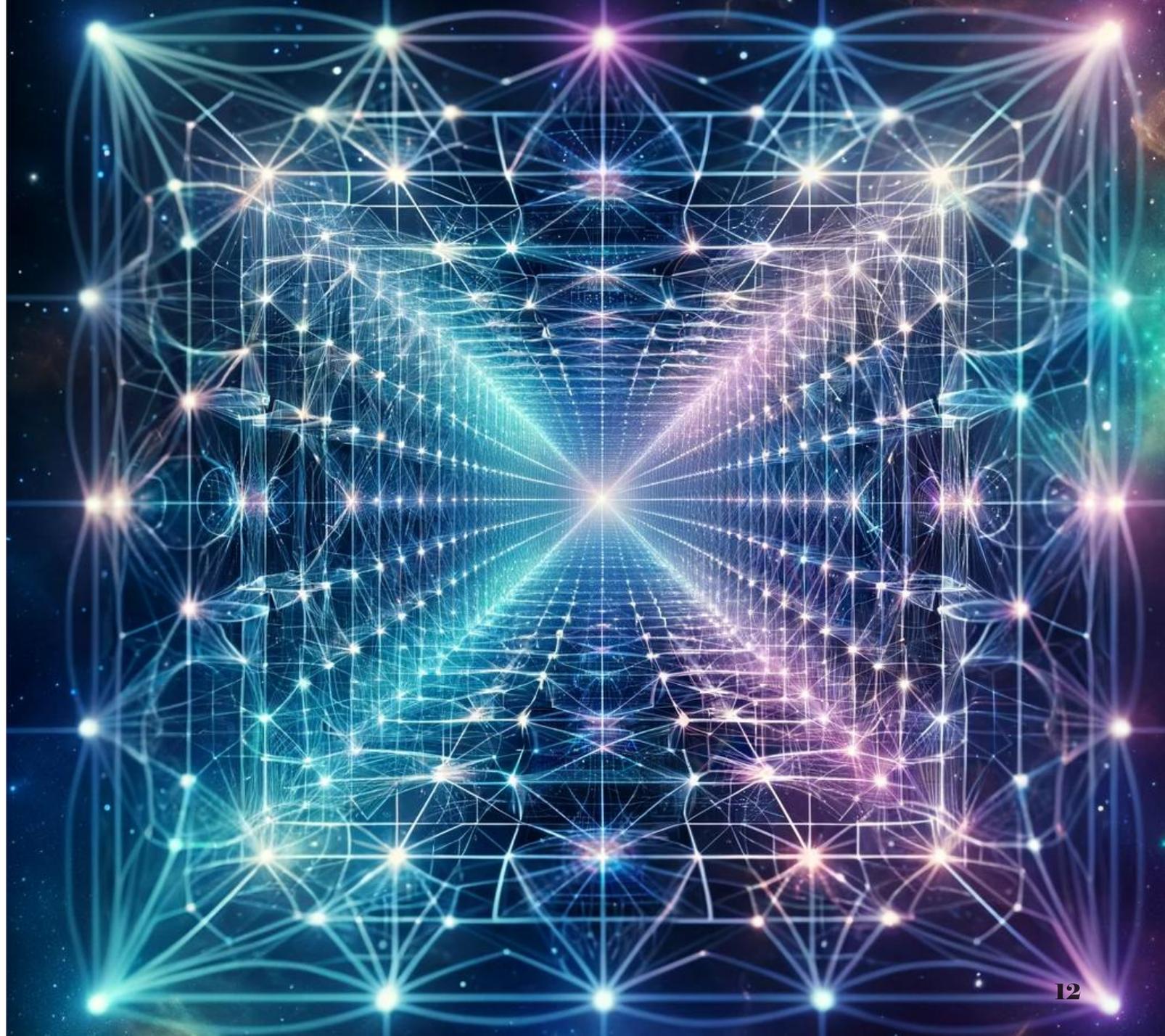
My Plan from here..

- Take you on the Journey of Your Soul & Let you experience a Light Infusion
- Go over the Protocol – the Main tool this week
- Grounding and Why it's Important
- Trauma Healing
- Homework

That there is a **LOVE** bigger and deeper and wider than we can imagine or even take in with our tiny minds...

It is **REAL—TANGIBLE**—You can feel it and know it. It is not about religion or gods & goddesses. This is about **REAL TANGIBLE** vibrational energy—**PRANA**—lifeforce—**ALIVE and REAL**...it is what keeps you alive! ***IT IS MEASURABLE!*** And all of it is concentrated in a tiny little seed—the seed of you...***your origination point...the tiny little cell of LIFE that lives inside your heart...literally.***

In order for our lives to work, we have to go back to origination point...we have to have the experience of remembering who we are at **SOUL LEVEL**. That light—that feeling—that knowing—that wisdom.



The *only way* we can have access to all 12 dimensions, and truly know how to drive the car, is if we have access to *FIRST DIMENSION, OUR SOUL (and turn the steering over to our SOUL.)*

The following information is from, *Elizabeth Wood*.

Did you know that the original cell...the one that was the first on the scene when you arrived here on the planet...is still alive and well inside your heart, literally.

Because the *heart is one of the few organs that doesn't regenerate*. And because *it is the place where life begins*, that seed of God Source, that spark of the Divine is still happily alive and well inside of you. And most of the same physical cells that welcomed your soul to the planet are all still there! Your Spark, your seed of your soul is residing in you right now. You can feel it!

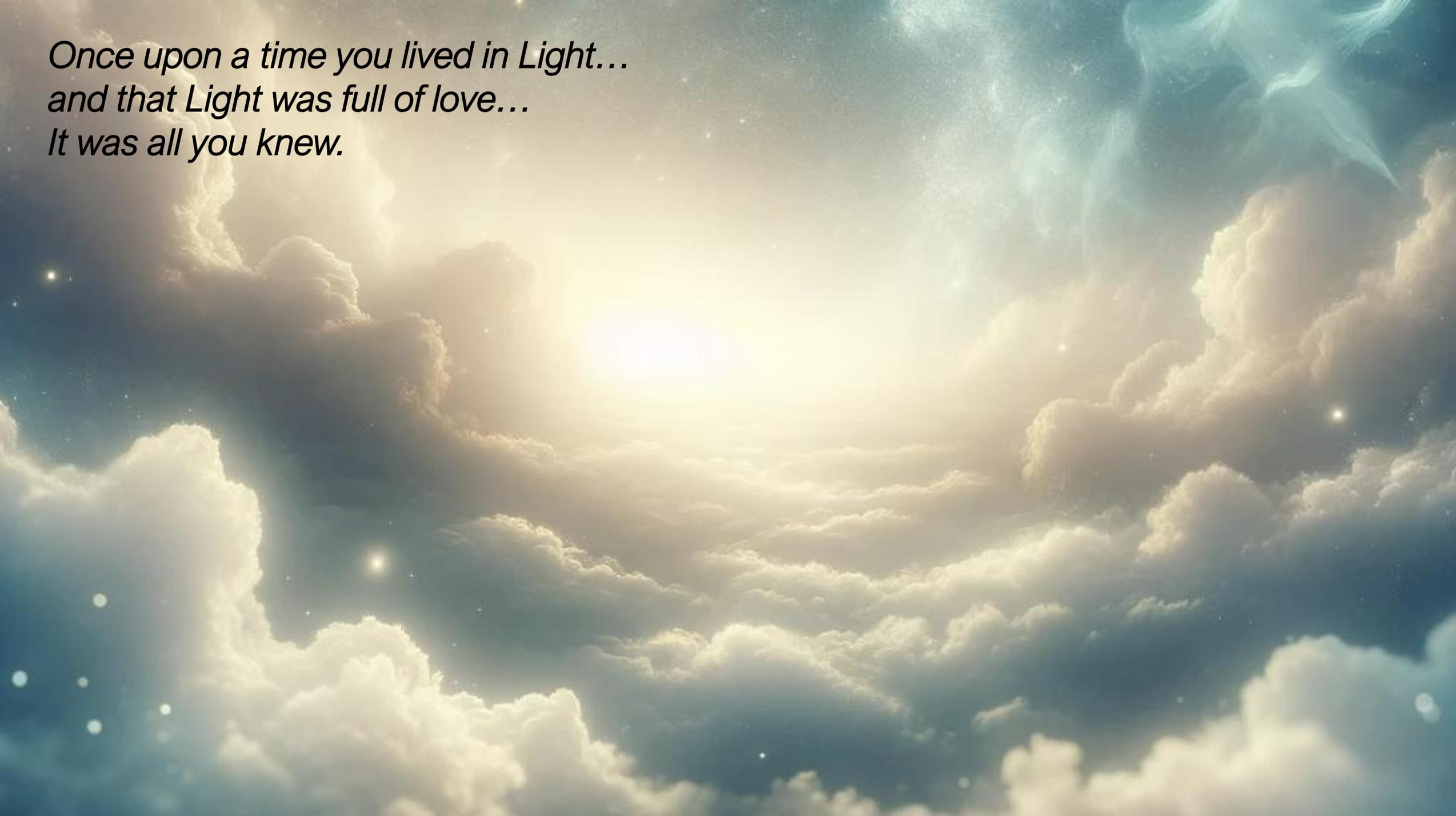


**You can find that...
Take a moment...
Close your eyes...
Put your hand on your
heart...
Sink in...
Ask to feel your soul...
Ask your heart to take
you there to connect with
that original cell.
What does it feel like?**

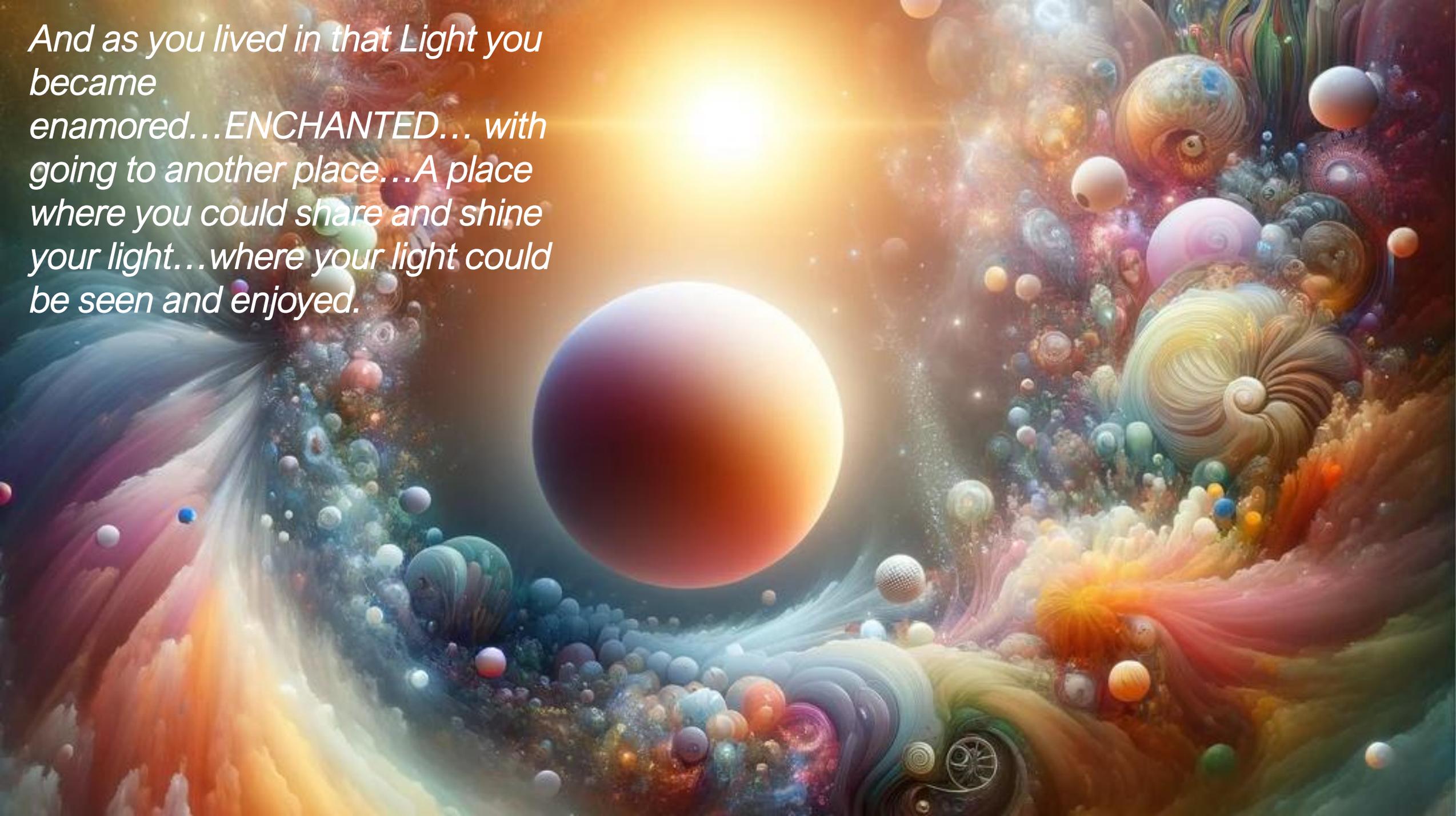
**But before we go in
deeply, there is a story I
want to share...**



*Once upon a time you lived in Light...
and that Light was full of love...
It was all you knew.*



And as you lived in that Light you became enamored...ENCHANTED... with going to another place...A place where you could share and shine your light...where your light could be seen and enjoyed.



*Because everyone
knows that if you just
stay surrounded by
light, you can't really
see much...and your
soul gets bored...*



*So you decided to visit
Earth...*





You dreamed of this place
for a really long time...you
started as a “baby angel.”
Dreaming, dreaming,
dreaming of going...

A futuristic space scene featuring a planet in the foreground with a glowing green and purple energy trail swirling around it. In the background, a bright star with a lens flare effect is visible, along with several smaller planets and a dense field of stars. The overall color palette is dominated by deep blues, purples, and greens.

*There was lots to do
to prepare and it
took even longer to
get you ready to
go...*

And then one day, your BIG SOUL SELF came to have a chat with you.

She said, “You know, it’s been a while since you first planned to go to Earth. And then you had to prepare and so that took even more time...and things, down there, well, they have changed a little...

There’s more people there...
There’s more stuff there...
There’s just MORE there...

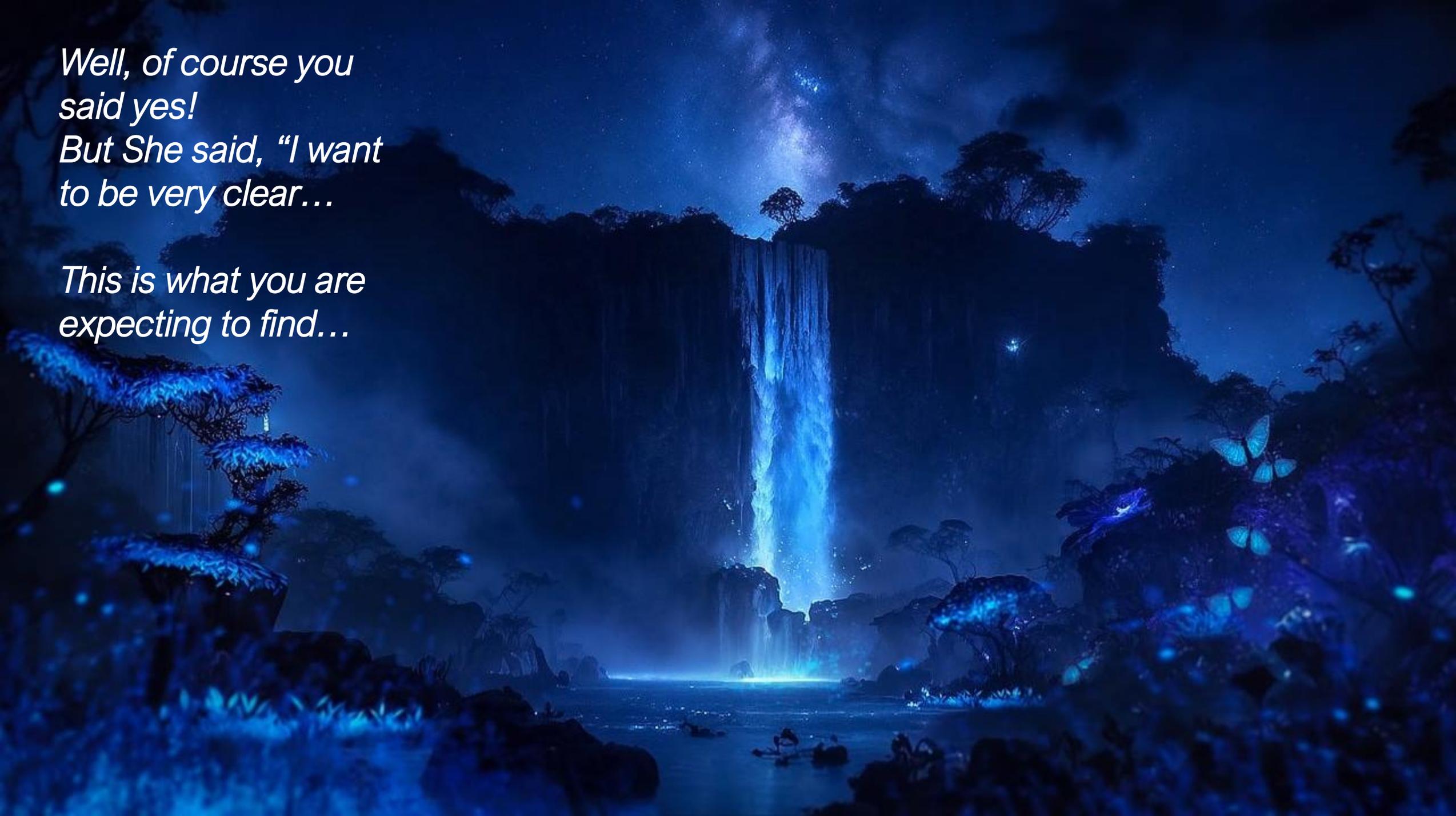
But that also means...
More learning,
More growth,
More challenges,
More opportunities to love.

So...do you still want to go?”



*Well, of course you
said yes!
But She said, "I want
to be very clear..."*

*This is what you are
expecting to find...*





*But you may
find this...*



Or this...

So, the question
is...do you still want
to go?

You obviously know
the answer to that
question....



A composite image featuring a view of Earth from space at night, showing the illuminated continents and oceans. The Earth is surrounded by numerous sperm cells, each with a glowing head and a long, thin tail, appearing to orbit the planet. The background is a dark, starry space.

And go, you did...
You and thousands of others like you...



*And you
brought
your bright
shiny self
down here
to shine!*



*You found the
perfect spot!
Exactly right for all
you had planned!*



You landed
in the middle
of a beautiful
forest and a
very loving
gardener
caught
you...

*She held you and
prayed over you and
blessed you and very
lovingly planted you in
the soft soil so you
could grow...*



*This was a strange
and wonderful
place you found
yourself in. It felt so
different to be
confined in a tiny
little space. You
were so used to
expanding your
light...Shining so
bright!*



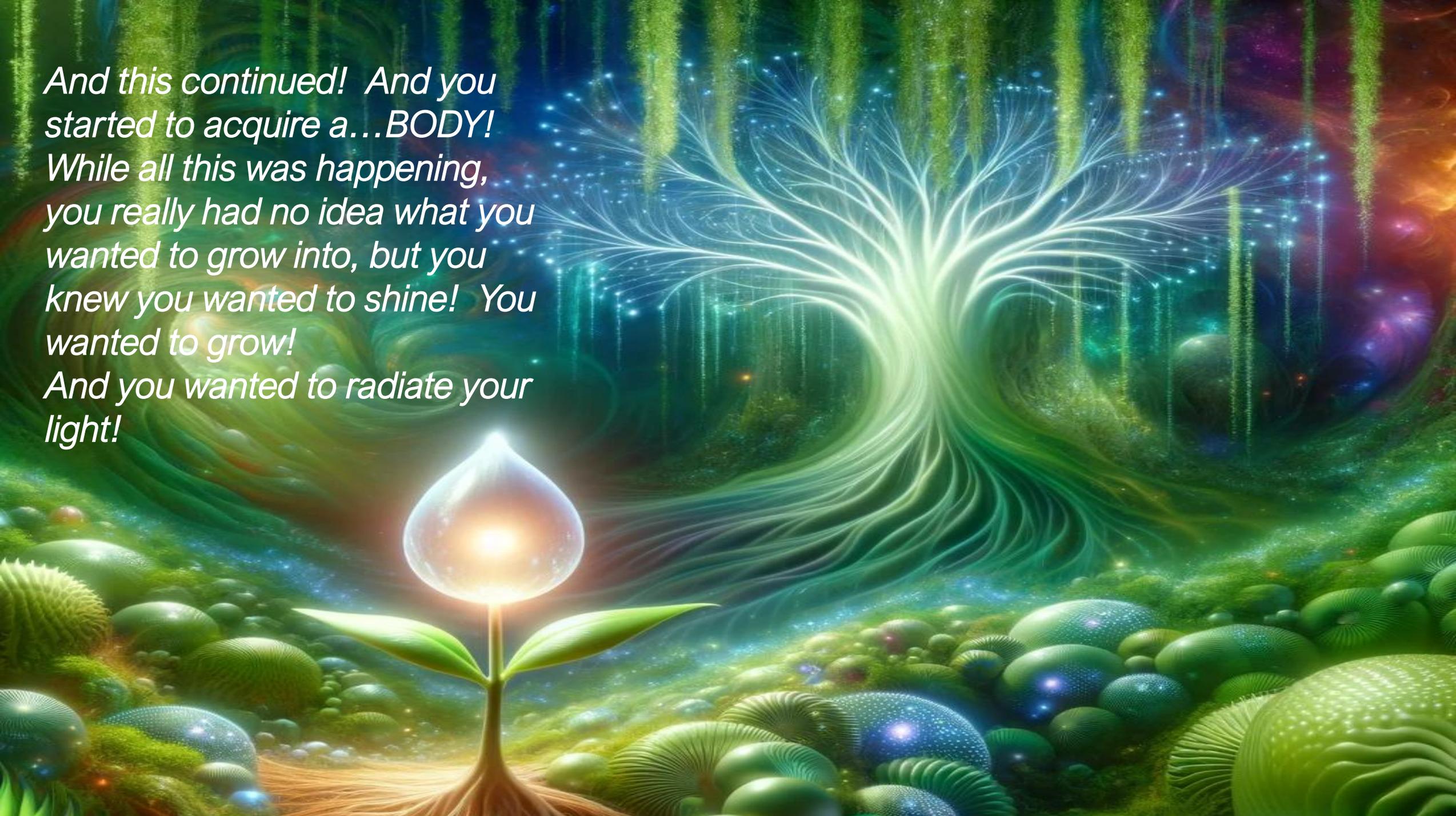
*But you loved the beauty and diversity of this amazing place, and you began to let your light expand and grow **INSIDE** your body!*



*And grow, you did.
Expanding from your
seed self, your light...the
literal essence of who
you are, seemed to
expand into all the cells
of this new body and
make you BIGGER!*

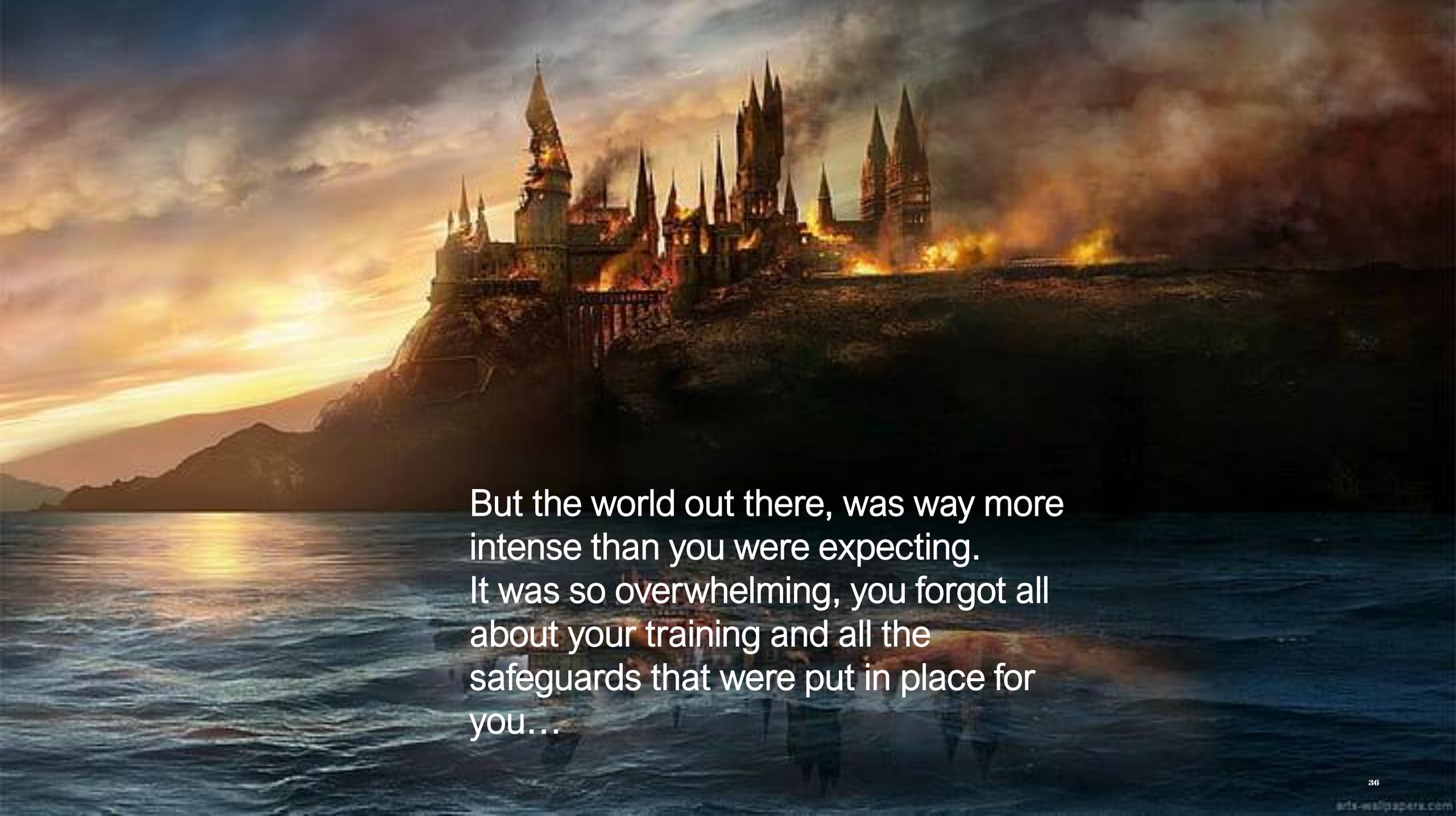


And this continued! And you started to acquire a...BODY! While all this was happening, you really had no idea what you wanted to grow into, but you knew you wanted to shine! You wanted to grow! And you wanted to radiate your light!



And soon the time came for
you to move out of this safe,
protected and **ENCHANTED**
place... out into the real
world...



A dramatic scene of a castle on a cliff at sunset. The castle is illuminated by the golden light of the setting sun, and there are flames and smoke rising from the structure, suggesting a battle or destruction. The sky is filled with dark, heavy clouds, and the sun is low on the horizon, casting a long, bright reflection on the water in the foreground. The overall atmosphere is one of intense action and conflict.

But the world out there, was way more intense than you were expecting. It was so overwhelming, you forgot all about your training and all the safeguards that were put in place for you...



*One of the promises
you were given was
support... there would
be guidance and
helpers to support
you...*

*You really did come
designed to “root”
yourself into the earth
like this seed, and you
really still do have a
cord that looks similar
to this one that literally
connects you to your
divine home... YOU
HAVE A DIRECT LINE!*



It really looked more like this...It was designed to be your own personal home around your body...your own personal connection to where you came from...it was supposed to help you remember what you really came here to bring...there were ways you could connect with it...it would help you feel safe and protected...



As you grew, the plan was for you to be able to stay rooted to the earth and connected to your home...



Unfortunately,
that's not what
happened...not
for very many
people at all..





So many of us may feel like our protective home looks like this...

And most don't
even know they
have one...

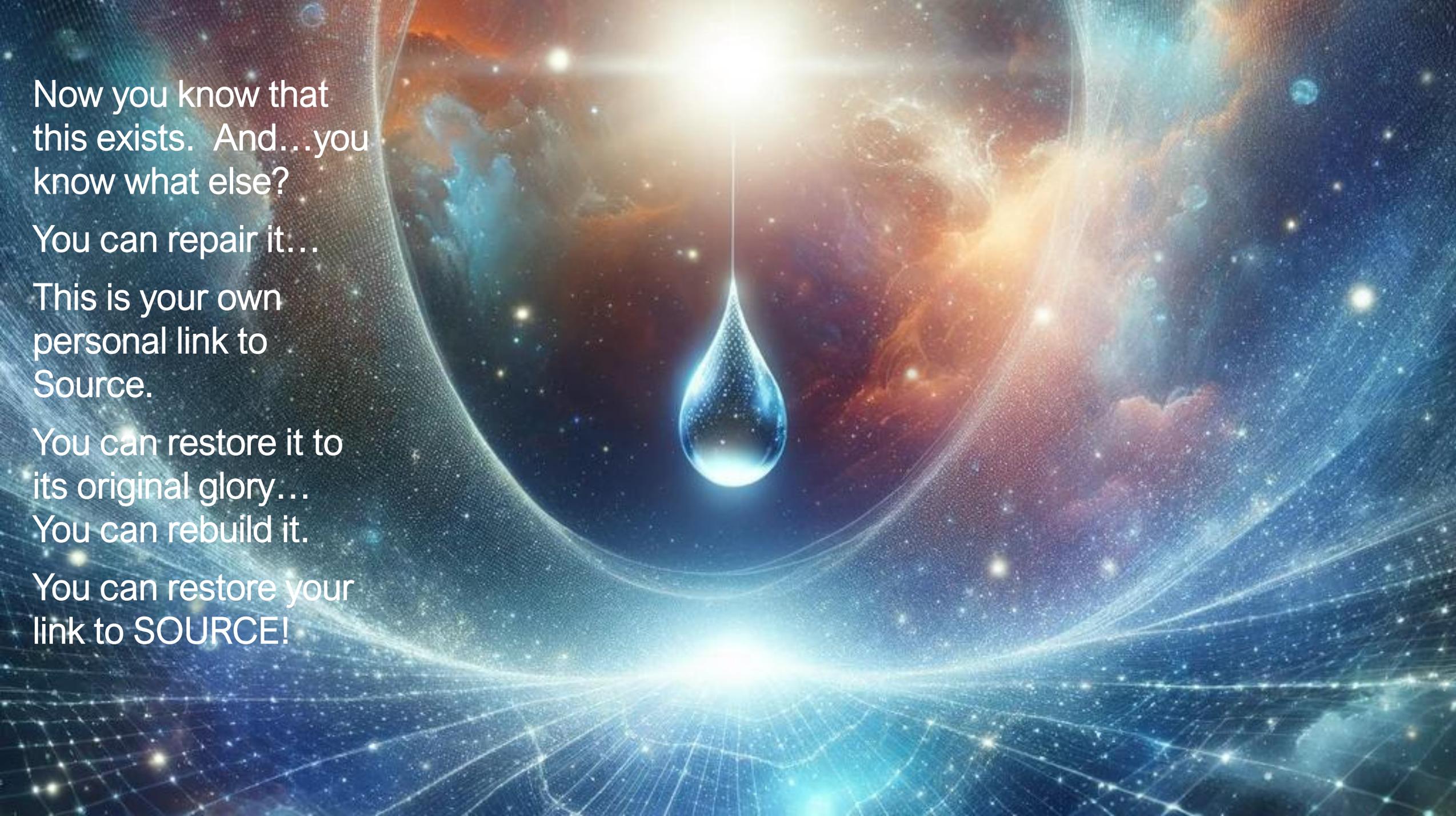
You certainly didn't
get taught or
coached in how to
use it.

Most have no idea
where to find 1st or
2nd Dimension...



UNTIL
NOW...





Now you know that
this exists. And...you
know what else?

You can repair it...

This is your own
personal link to
Source.

You can restore it to
its original glory...

You can rebuild it.

You can restore your
link to SOURCE!

So, it's time
to have a
chat with
the part of
us that
knows
how...





THE BIG US...



**That tiny seed inside of us that
holds our SOUL...**

*So, settle back and
let's have that chat,
now...*

*That chat with your
soul...*





Light Infusion Therapy
Restoring our Connection with the Human Soul



Desired Outcomes:

- Maintained connection to our own personal Source Light
- 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:

The Process..

The Goal is...

- To Connect to your First Dimensional Self, Your “I AM Presence,” Your Soul, Your Source Light Everyday.
- To literally put IT in charge, rather than “Ego-Fear” mind.
- To allow the transformation to happen...
- To begin to coach it and tell it what you need, so you begin to work together as a team.





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”)

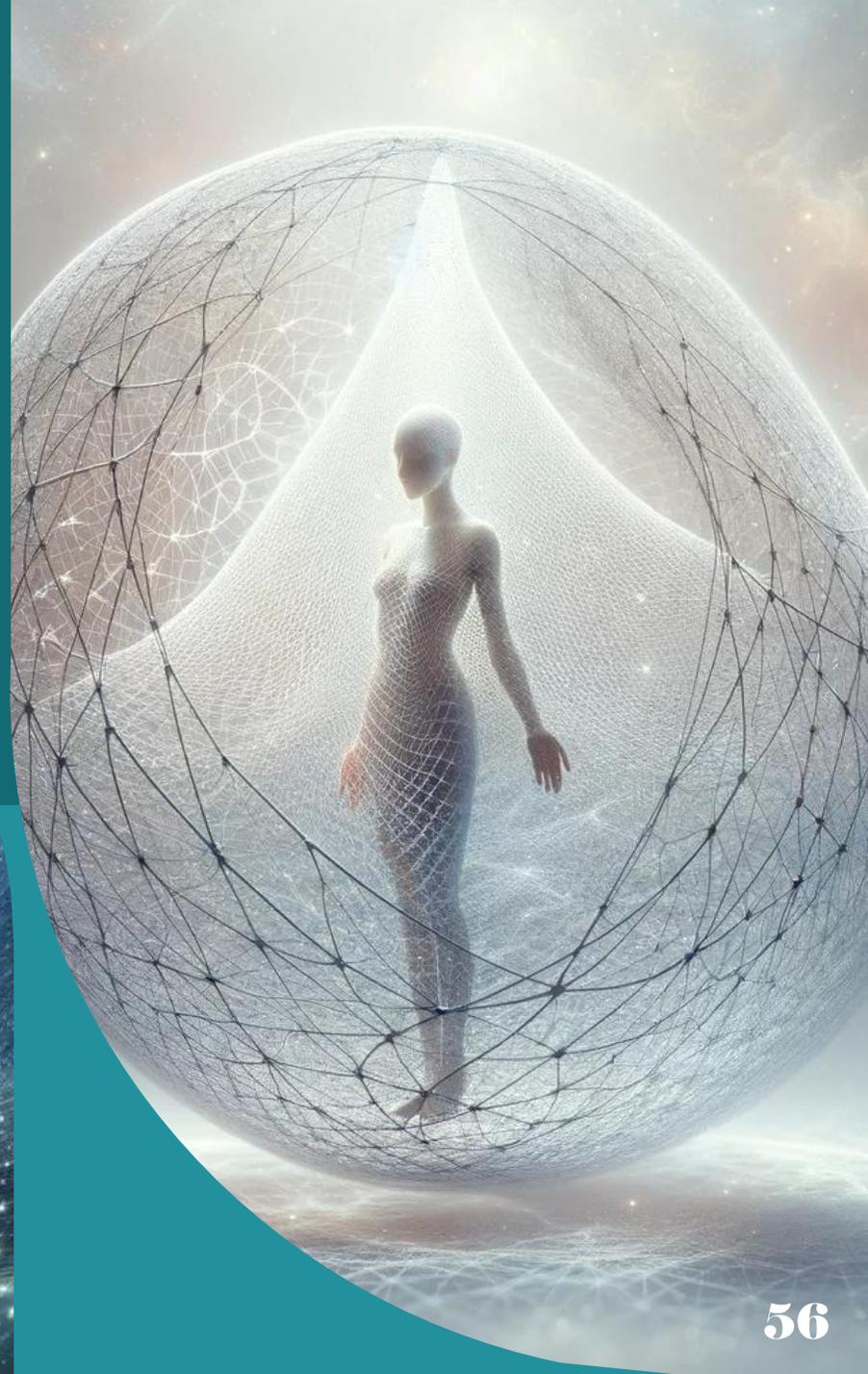
Source Light Point



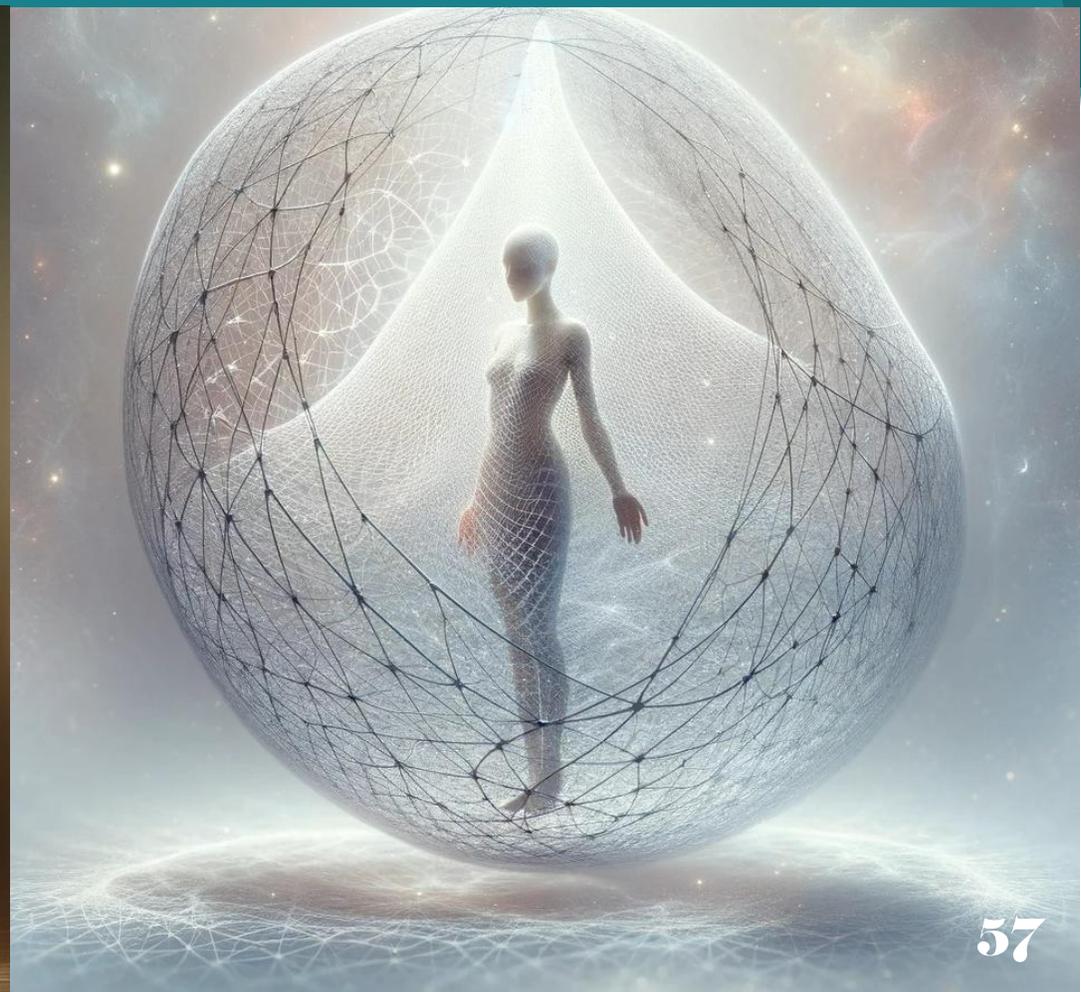
The Golden Spiral



The Source Light Energy Field



The First Step...



Protocol

SOURCE LIGHT DAILY CONNECTION PROTOCOL

I acknowledge and connect to my **Source Light (Soul, I-Am Presence)**.

I shine my **Source Light** through my **Golden Spiral** and activate my **Source Light Energy Field**.

I choose the frequency of safety, contentment, and harmony throughout this day.

I activate within my Merkabah the harmony of the Sacred Geometries of this planet.

I activate all **Source Light Symbols** and the 60 light frequencies in my **Source Light Point**, my **Golden Spiral**, and my **Source Light Energy Field**.

I infuse into my **Source Light Point**, my **Golden Spiral**, and my **Source Light Energy Field** the actuality of (State Desired Outcomes).

I activate the harmonies of these geometries, outcomes, and frequencies within **my Source Light Energy Field**, and shine these energies into my world to bless everyone, everything, and every situation I meet.

I ask **to connect to** my **Source Light Energy Point** and my **Source Light Energy Field**, and to connect my field to and through the **Source Light Energy Field of Gaia**.

Source Light Prayer

I ask that my Source Light System be cleared of anything not supportive of my Source Light. May I stay in alignment with Love and My Source Light. May my light shine and bless all beings. And so, it is.

Goal for the Next 2 weeks...

CONNECT TO YOUR SOUL 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.
- Ask your soul every day, "Who am I?" and write down 3 attributes of you today.
- Clear trauma.
- Stay Grounded



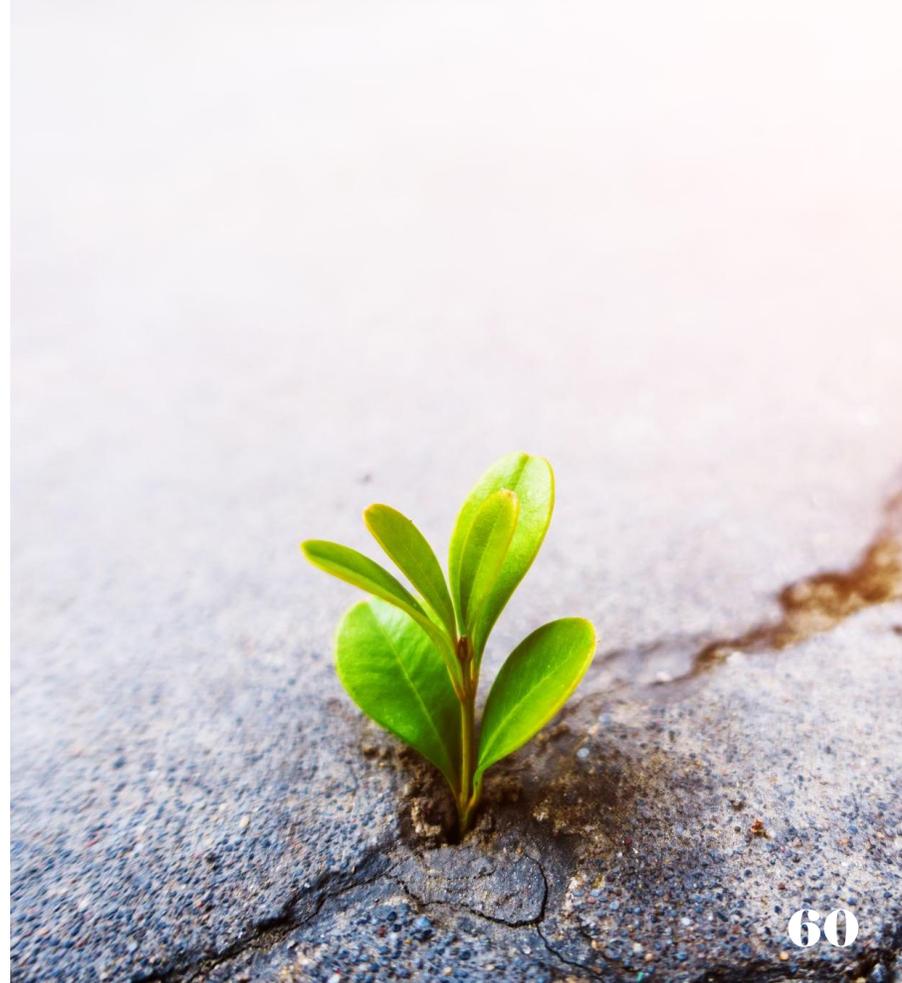
Why Clear Trauma

What happened to me was triggered by all the NEW LIGHT hitting the planet.

- It is going to start happening to everyone – it could be great or horrible!
- Clearing trauma can help determine that it will be great!

Tools and Resources:

- Made for Miracles
- Free Resources from Elizabeth Wood for Trauma Clearing:
suzettedms@gmail.com





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Date: _____

Goals & Desired Outcomes:

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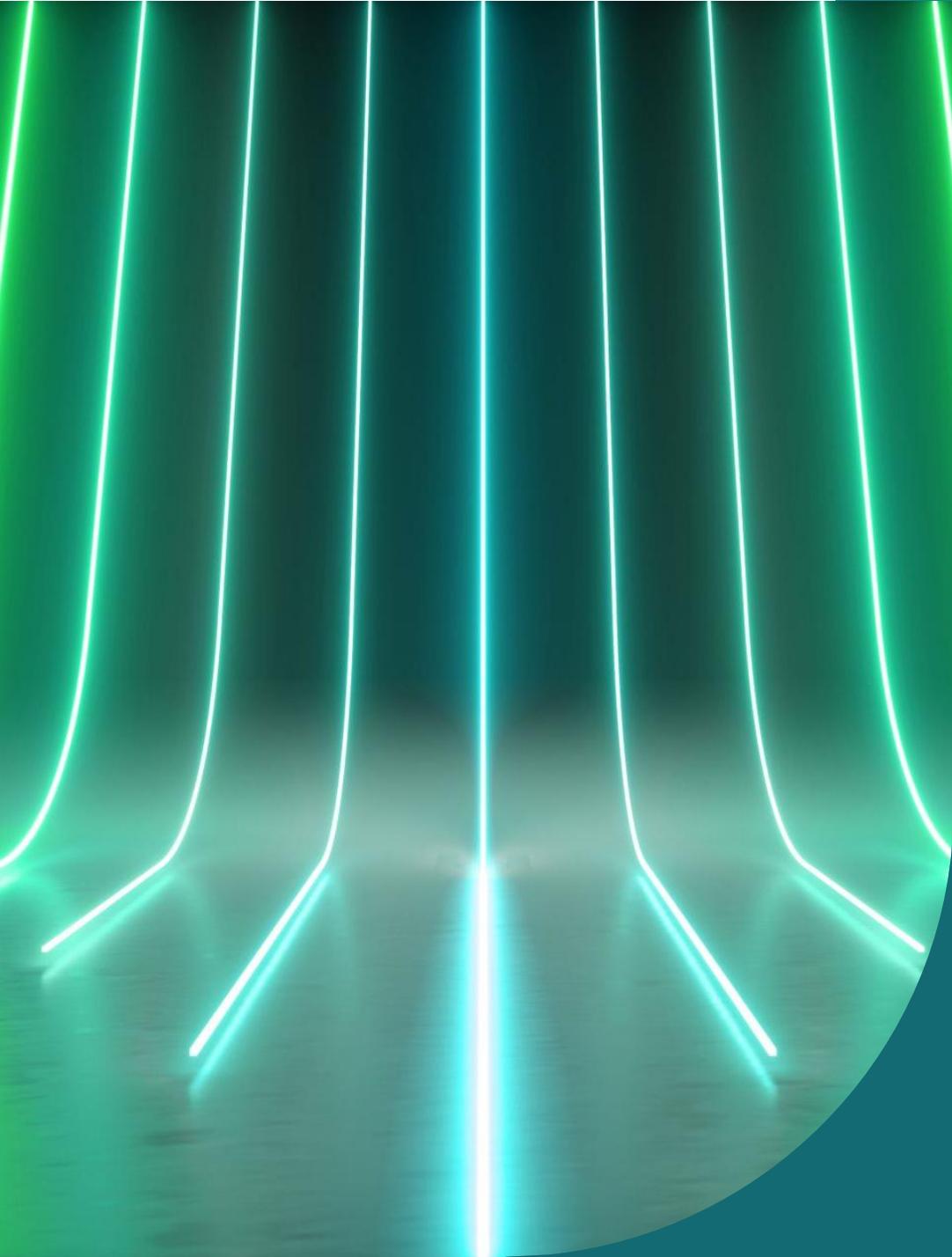
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SOURCE LIGHT FREQUENCIES

1. **Abundance (profusion)** the production and collection of more than enough, flowing in as it is backed by the intent to spread the wealth for the betterment of the ecosystem you reside in.
2. **Appreciation (recognition)** the loving and humbled awareness of and gratitude for a gift that has been shared from the self, others, the forces of nature, or the workings of the Universe at large.
3. **Autonomy (selfless independence/Self-Governance)** the ability to stand on one's own in action, mind, heart, and soul.
4. **Balance (equilibrium)** finding sovereignty with your opposites and working with them in tandem to create a smoother experience.
5. **Belonging (kinship)** a feeling of Om, and feeling accepted and valued alongside those around you and within your environment.
6. **Celebration (commemoration/honoring, joyful observance)** paying your gratitude and awareness to a person, place, or cycle in a way that excites. Elevating accomplishment and cycles with the energies and graces of ceremony.
7. **Clarity** The precision of thought, action, and vibration moving in synchronization towards your goal, decision or solution.
8. **Connection (relationship/bonding)** the creation or awareness of a mutual bond/relationship between yourself, others, the planet or any other sentient being, and/or your Sourcing Power.
9. **Contribution (provision)** The giving of gifts or talents to a purpose larger than the self; to assist in achieving a shared goal.
10. **Constancy** Dedication through free will. The action of seeing the task through regardless of whether the time is turbulent or pleasant. Staying reliable regardless of how your world is out-picturing in front of you.
11. **Compassion** Sympathy and empowerment through unconditional love. An understanding of the unmet needs of others, and providing them with selfless care, companionship and love.

The Source Light Frequencies...





My Process

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

Homework

- Read the Source Light Protocol Daily
- Get in the Classroom and **USE THE RESOURCES!**
- Do some of the sample meditations in the classroom
- Listen to Class 1 from last year to get a more in-depth overview.
- Explore Trauma clearing as needed
- Stay Grounded





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

- Getting to Know Your Soul
- How to Work with Your Soul
- More Meditation Practices
- What Is Sacred Geometry?

Dance-



Close Sacred Space

NEXT CLASS:

JANUARY 29, 2026