



Source Light School – Module 4a

With Kathy Forest

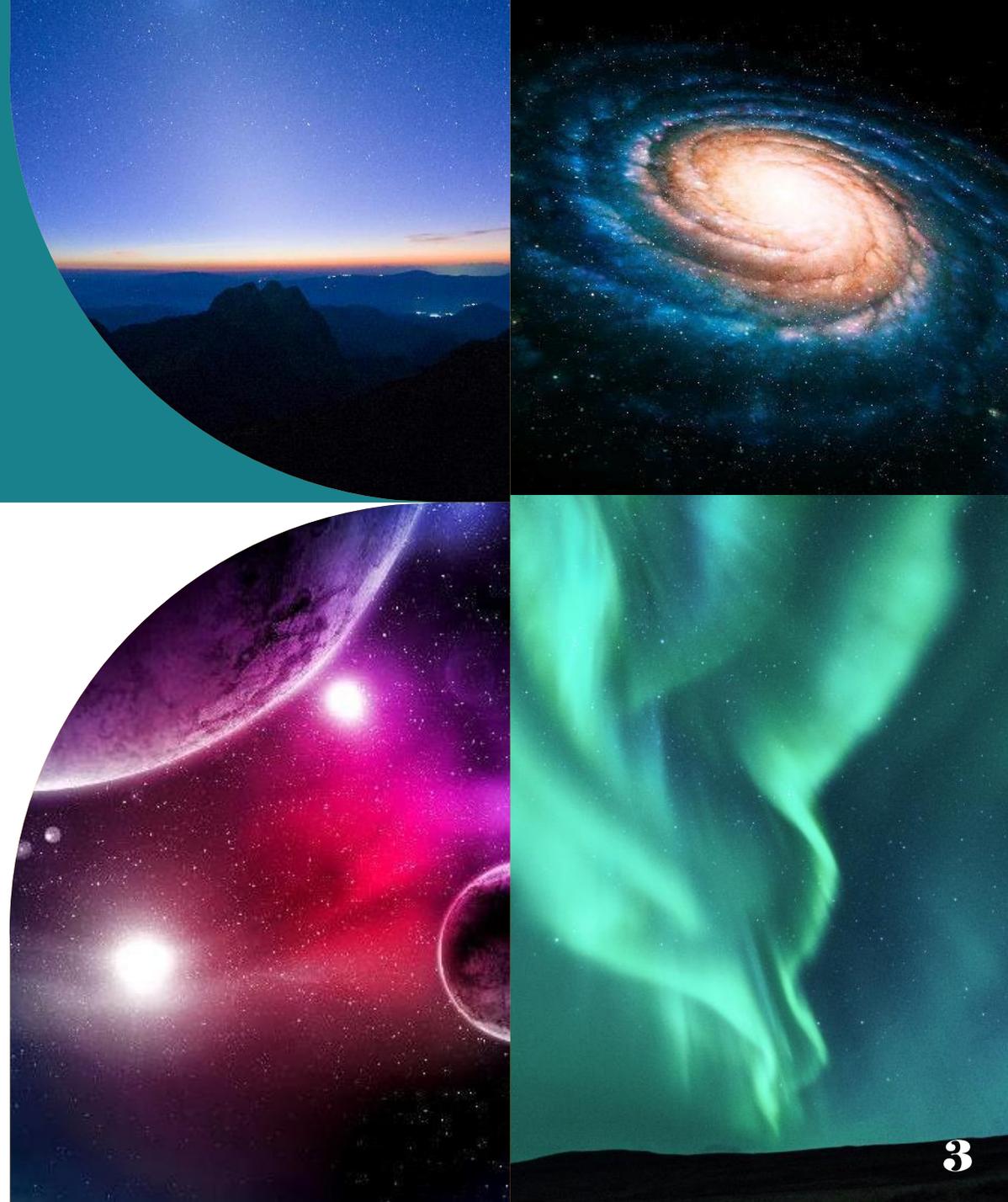
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- INTRODUCTION TO THE 4th Dimension
- NEW TOOLS
- RESOURCES



Check-In

- EXPERIENCES & QUESTIONS



My Goal today is to...

Help You Stay Connected to Your Soul...
First, Second, & Third Dimensions

Introduce you to your 4th Dimension and let
you play with 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 going add another meditation practice
to protect your body in the 4th Dimension.

First...we remember

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

- 1ST DIMENSION, OUR SOUL, located in our heart; 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.

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

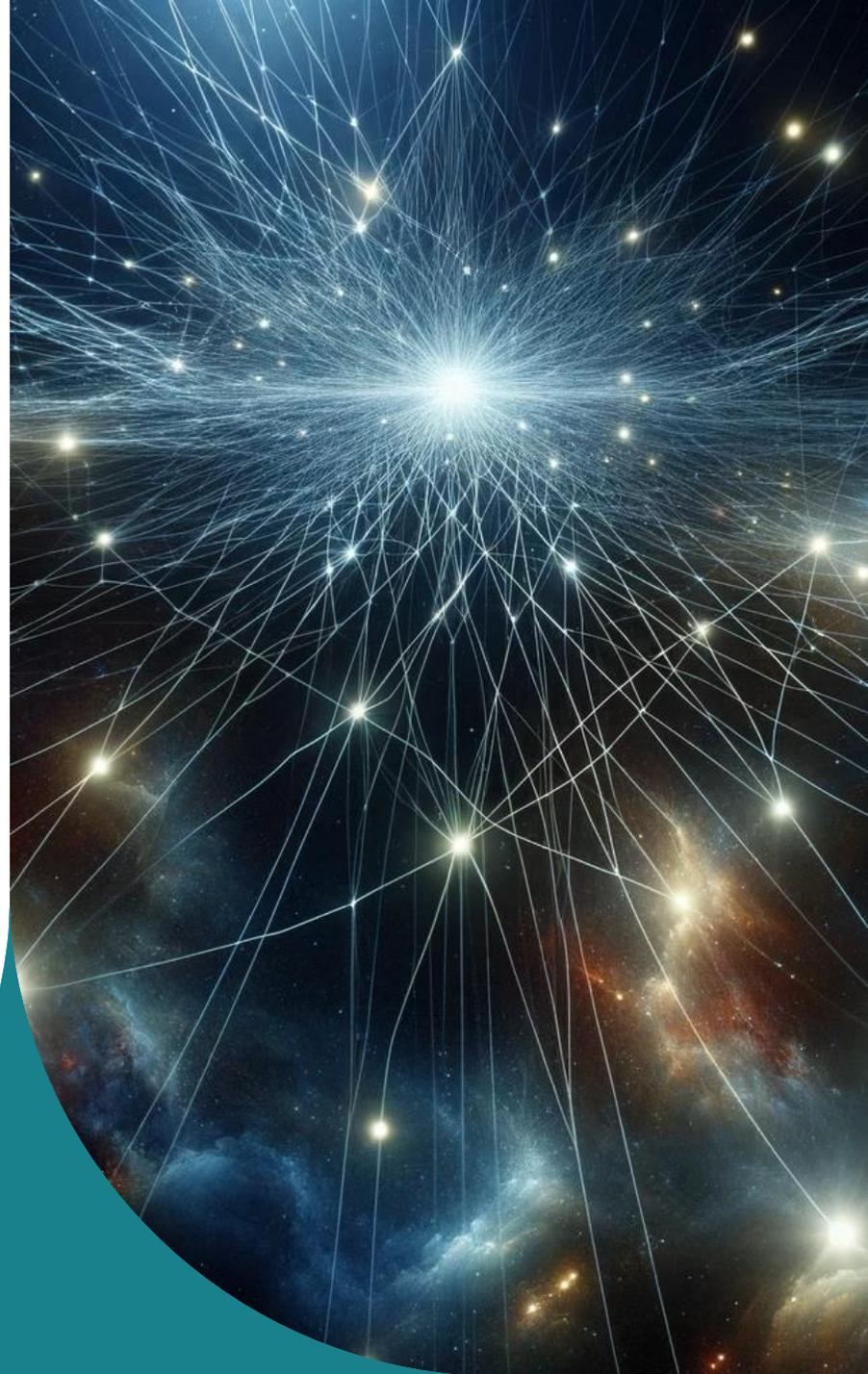
- Our 3RD DIMENSION, our physical body and world is the playground in which we get to experience all these, and the place where we can actually do our work in the physical and see a physical outcome.
- Our 4TH DIMENSION contains all the extra fun tools we can use to make our experience of the 3RD more enjoyable.



The Gifts of these Dimensions...

- *1st DIMENSION – Endless Prana*
- *2nd DIMENSION – Connection and Equanimity* – which means we are not ALONE, and we are TOTALLY ACCEPTED
- *3rd DIMENSION – Physical Experience*

We could spend the rest of our lives here and here's why...



Your Soul Does Not Hate Itself!

- *Yet the main struggle on this planet is worthlessness!*
- Why do you think that is?
- Think about it. When one nation takes over another nation, destructively, what do they do?
- They cut off connection to the outside world (1st Dimension). Then they cut off connection to their original culture (2nd Dimension). Then they cut off connection to resources (3rd Dimension) This leaves the population in a state of full self-loathing, feeling weak and helpless...constantly seeking outside of themselves for something to fill that gaping hole of need inside of them (materialism- which feeds the Beast!).
- OUR ADVERSARIES HAVE DONE A NUMBER ON US. THEY KNEW TAKING AWAY OUR FIRST 2 DIMENSIONS AND PLANTING THE SEED OF SHAME, WOULD CAUSE US TO HAVE A DIFFICULT TIME NOW-AT THIS PIVOTOL TIME IN HUMAN HISTORY!
- So now, it is even more important for us to continue doing our work!



In order to perceive the
expanse of the **Galactic
Realm**, which is what we do in
the 4th Dimension we must
dissolve our worthlessness!

**But we can use all
the tools of the 4th
Dimension to do this.**

We have been!

**And now we are
going to learn how to
do more!!**



So now we are ready for the 4th Dimension!

The 4th Dimension is the Dreaming Body.

The expression of this body in the Physical Realm is the Lymphatic system. It is connected to your sleep cycle. As we have mentioned in earlier classes, our Lymphatic system holds our Primo-vascular system – this Primo-vascular system *moves light through the body* just as the Lymphatic system moves the lymph and fluids through out the body. These systems are both important and are both connected to your 4th Dimensional Self. **This is not woo-woo it is Science.** The mystical world that we live in is verifiable in the actual physical structures of the body. There are 12 different sheaths in the brain. That number isn't random!



*THE DREAMING BODY IS WHERE
THE TOOLS TO WORK WITH THE
3-D BODY LIVE.*

THE DREAMING BODY IS VAST
AND COMPLEX.

IT IS THE PLACE OF
IMAGINATION.

NOT ONLY CAN YOU GO TO THIS
WORLD AND READ THIS
WORLD,(LIKE IN YOUR DREAMS
OR JOURNEYING) BUT YOU CAN
ALSO PLANT SEEDS IN THIS
WORLD TO OUT-PICTURE IN OUR
3-D WORLD. THIS IS WHAT WE
HAVE BEEN DOING WITH OUR
MEDITATIONS AND OUR LIGHT
INFUSIONS. THIS IS WHERE IT
CAN GET REALLY FUN. BUT OF
COURSE, THERE ARE RULES.



The Dreaming Body is one of our most powerful bodies!

In fact, we have been using it this whole time to do the work in this class of rebuilding our Source Light Energy Field.

First of all, IT IS VAST... HUGE – LIKE A HUGE PLACE THAT CONTAINS MANY HUGE PLACES. But because it is in the dream realm, it can do that. A few of the places it contains are...

- *Our Dream World
- *The Bardos – the In-Between Realm – Where the Ghosts hang out
- *Hell
- *All of our Imaginal Worlds
- *Copies of all the Places we have ever perceived
- *It is the place where you can astral travel
- *This is the Place of Prophecy
- *This is the Place of Perception
- *This is the Place of Premonition
- *And really a whole lot more

It is accessible both asleep and awake.



USING THE DREAMING BODY WHILE AWAKE...

When we are asleep the dreaming body takes over. But today we are going to talk about using it while you are awake.

- Dreaming is an act of POWER.
- Dreaming is putting all of your attention on a specific goal or outcome that you want to see manifest in the physical.
- The Dreaming Body is outside the Material. She/He works with the Aether. She works with the Light. She is formless but always helping you to navigate. She manages, processes and cleans up a lot of things all under your awareness.
- In order to get the most from this body, you must keep her clear, and instruct her in what to do. **WE DO THAT THROUGH IMAGINING!**



Imagining is **IMAGE**-ing.

This is the true job of the 4-D Body!

It does many other things which we will get into next week.

But its main job is image-ing a better future for this planet. That is why we are here.

Do not doubt that our Adversaries, who are very organized, have groups of women who this is their only job, but it is NOT imaging a brighter future.

This is why we do ceremony as often as we can. We simply have to begin using our tools to build a better future. And we have to be serious about it.

And it needs to be a future for all, not just our own personal needs.

So as we begin to work with this body, here are some things you can do to get started...

- 1) Get a journal and keep track of your dreams;
- 2) Process the dreams and begin to look at them for messages. I have noticed that the more I focus and the clearer I get, I am finally beginning to remember my dreams!
- 3) Keep doing your TRAUMA CLEARING! ***CLEAR THE SUBCONSCIOUS!***
- 4) MEDITATE, MEDITATE, MEDITATE – the more you use this body, the more it will work for you.
- 5) Do Light Infusions or get them or any other kind of healing work.
- 6) Begin to do active imagination work. (Explanation) Begin today! Imagine the peaceful future of our planet & the USA everyday!



AND REMEMBER...

Your Heart and Soul are **STILL** in charge...

It is very easy to get carried away, to want to manifest all kinds of STUFF and experiences...many of us have been doing that for quite some time.

It is going to be so much better for you if you go slow, practice, clear your inner world and let your heart take the lead.

Remember, we came to serve. That is what this tool is for.

Today's practice is going to give us extra energy from our heart to keep us focused in the appropriate direction.



This is a prayer by Tosha Silver that I use to keep me centered and on track as I begin to navigate using my 4th Dimension appropriately. I say it to my Soul.

Divine Beloved,

allow me to give with complete ease & abundance, knowing

that You are the unlimited Source of all.

Let me be an easy, open conduit for Your prosperity.

Let me trust that all my own needs are always met in amazing ways

and that it's safe to give freely as my heart guides.

And equally, let me feel wildly open to receiving.

May I know my own value, beauty, & worthiness without question. Let me allow others the supreme pleasure of giving to me.

May I feel worthy to receive in every possible way.

Change me into one who can fully love, forgive, and accept myself

So I may carry Your Light without restriction.

Let everything that needs to go, go.

Let everything that needs to come, come.

I am utterly Your own. You are me, I am You,

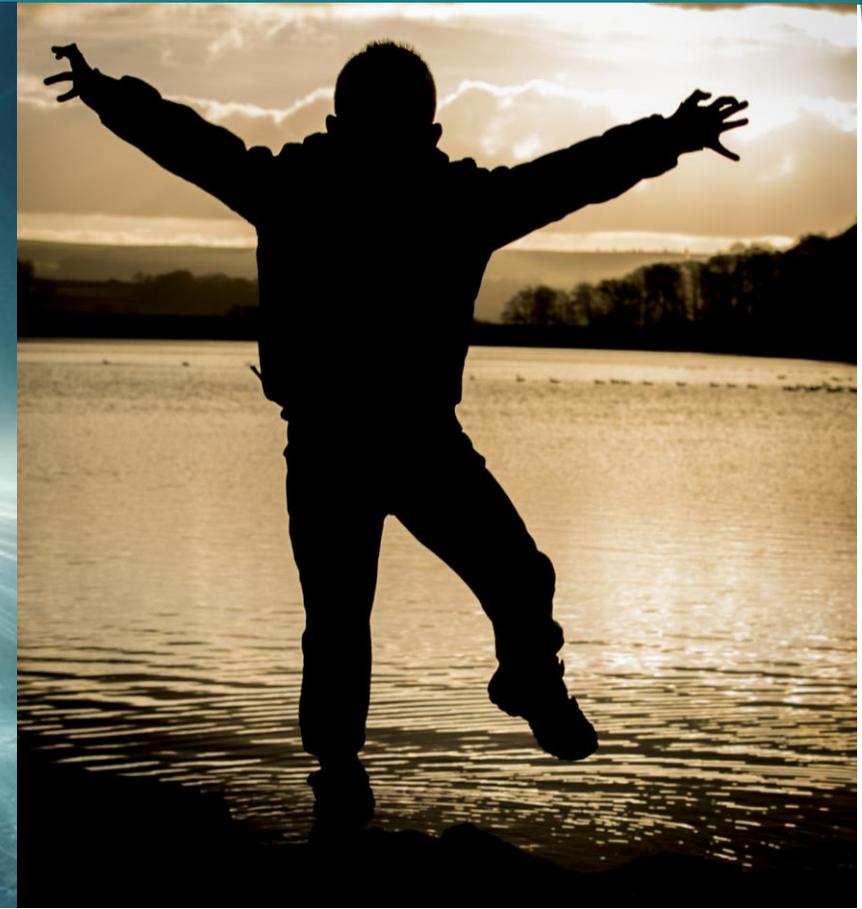
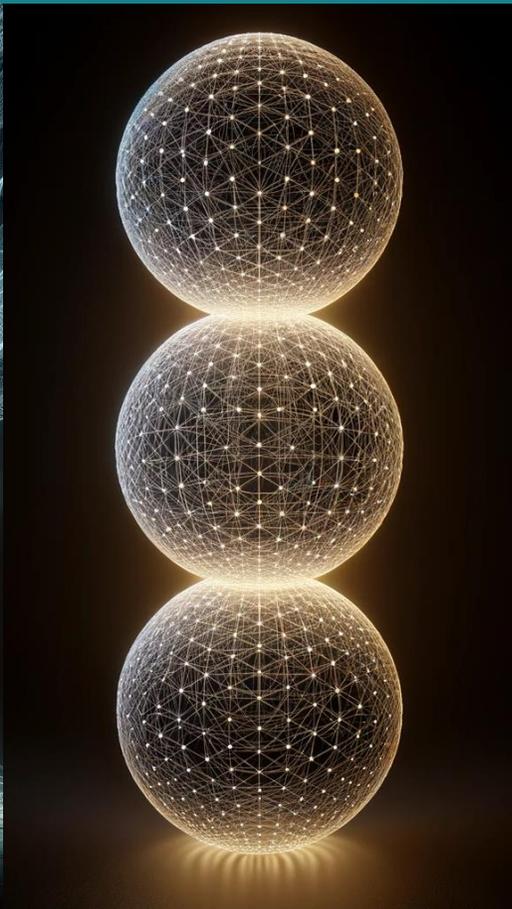
we are One. All is well.

-Tosha Silver

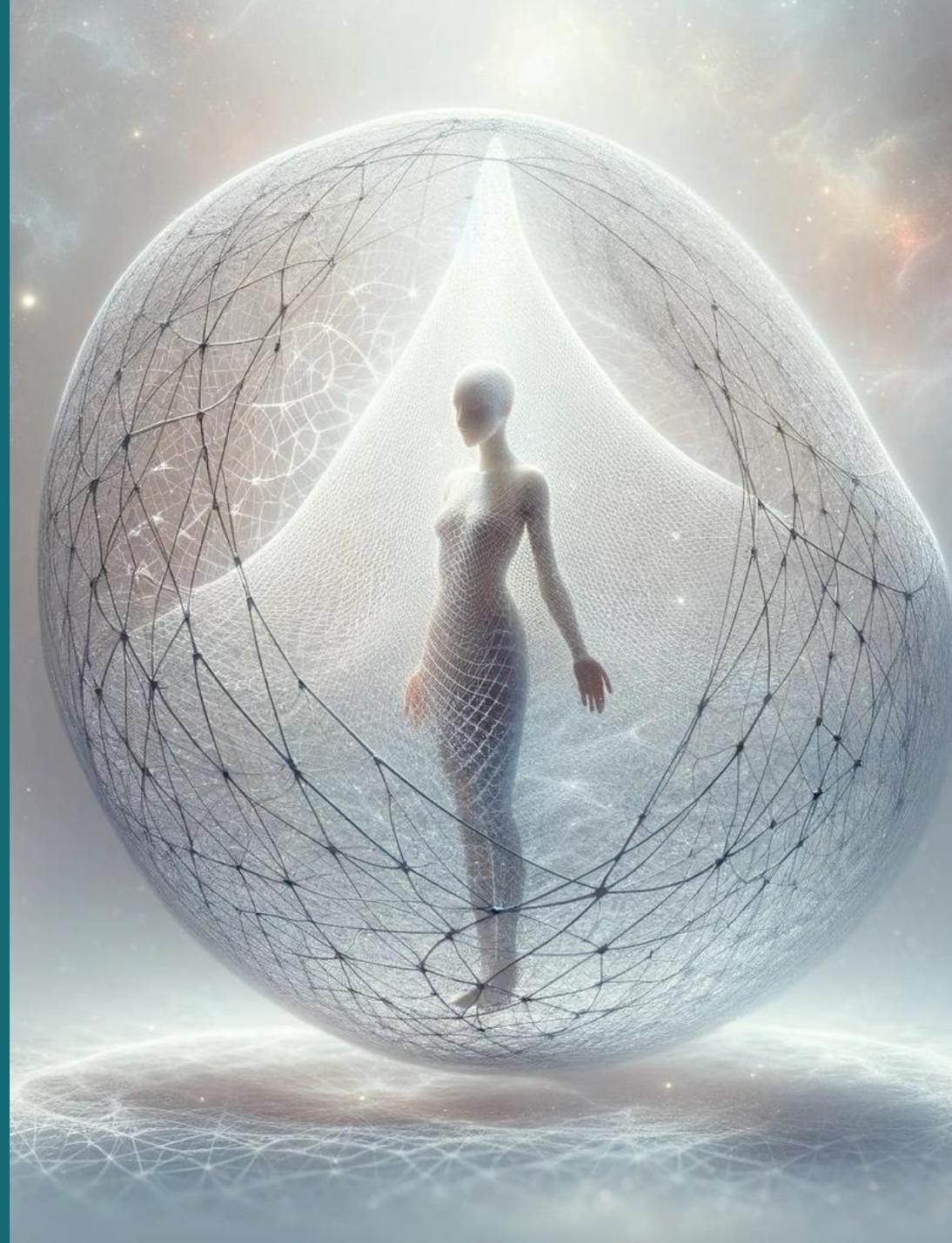


So hopefully, if you have been doing the meditations and the protocol,

YOU HAVE NOTICED SHIFTS AND CHANGES IN YOUR PHYSICAL BODY! SOME OF YOU HAVE HAD THE DEEP CLEANSE – (THE HARD WORK!) BUT HOPEFULLY YOU ALLOWED THE CLEARING SO NOW YOU ARE BETTER PREPARED TO PLAY! THE NEW PRACTICE WE LEARN TODAY IS GOING TO HELP PROTECT YOU IN 4-D. YOU CAN DO IT SEPARATELY OR COMBINE THEM IF YOU HAVE TIME. TRY TO KEEP DOING BOTH, IF YOU CAN.



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

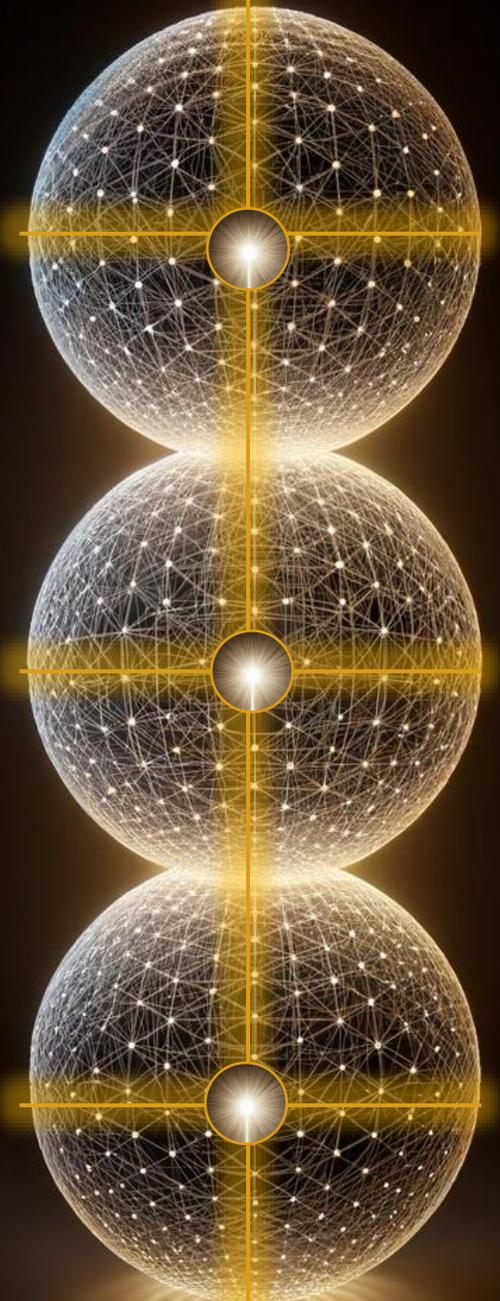


So, remember what we are building inside of you...

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.

BY NOW THIS SHOULD BE STRONG ENOUGH THAT
YOU DON'T HAVE TO GO THROUGH THE WHOLE
MEDITATION EVERYDAY, OR CAN GET THROUGH IT
PRETTY QUICKLY.

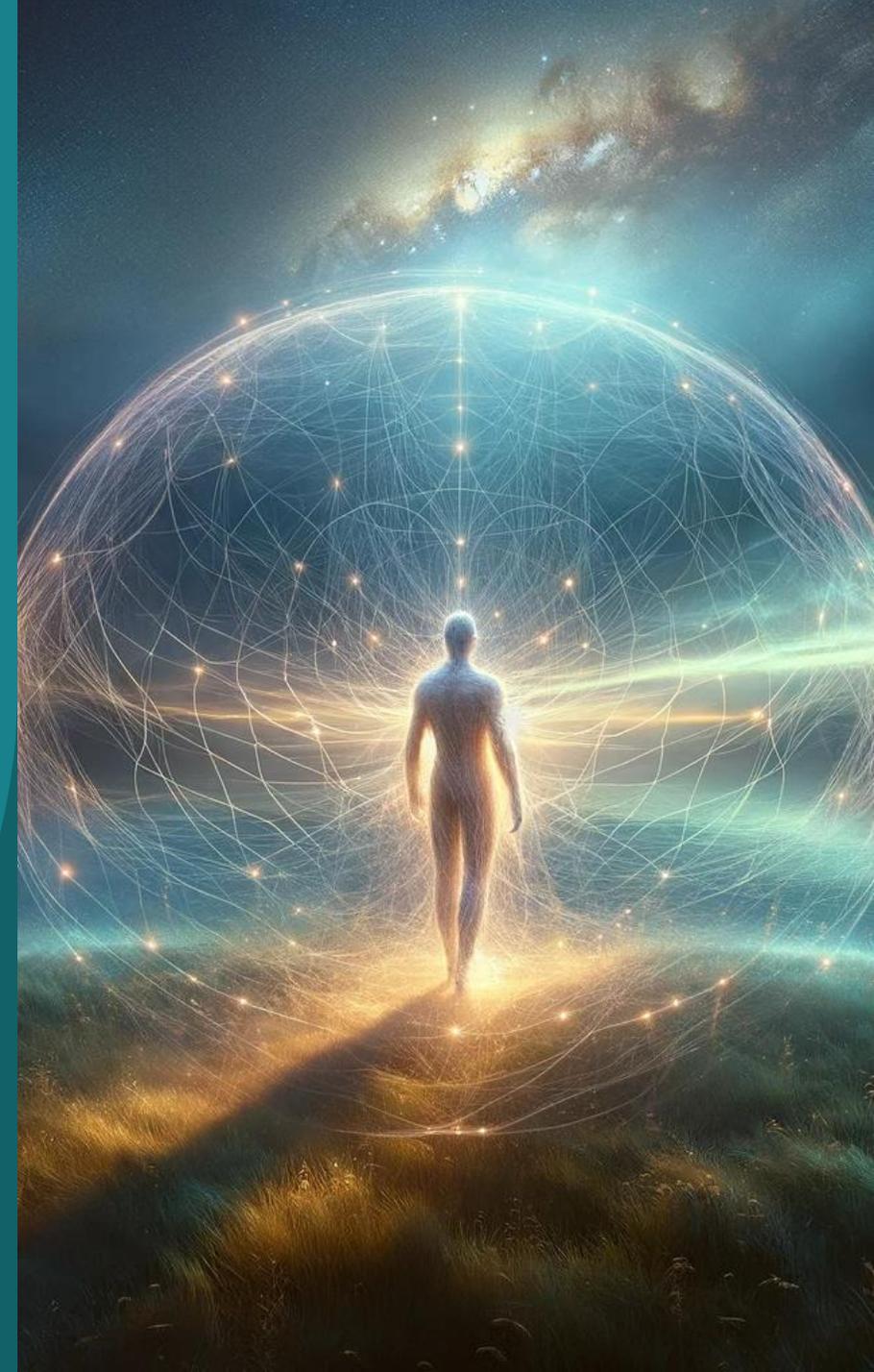




You also have parts of our meditation that incorporate your physical body which will be very important as we move forward.

TODAY...

- I will walk us through the process of what we are going to do.
- We will go over instructions for the coming 2 weeks.
- Then I will lead you in a meditation so you can do the practice.
- Then you can ask questions, and we will dance and close.
- Today I will be giving you the full meditation. So will do a short session activating our 3 energy centers, our Source Light Energy Field, then we will do the meditation to build our light body.
- I created a separate meditation so you can do this one on a regular basis. It is in the classroom
- Because the one we do today is so new, *(and so important)*, be sure to do it daily for the next 2 weeks if you can. Even if you do it at night before you go to bed, as you are laying in bed!



This is the order we will add in our pieces

THE CENTER ABOVE THE HEAD

ACTIVATE OUR GOLDEN SPIRAL

ACTIVATE THE HEART CENTER

CONNECT THE HEART TO THE
SHOULDER CENTERS

THE CENTERS AT THE TOP OF THE
LUNGS

CONNECT HEART TO LUNG CENTERS

ADD LIVER AND SPLEEN CENTERS

CONNECT HEART TO THESE CENTERS

ADD VERTICAL LINES FROM BOTH
SHOULDERS CONNECTING THE
ENERGY CENTERS

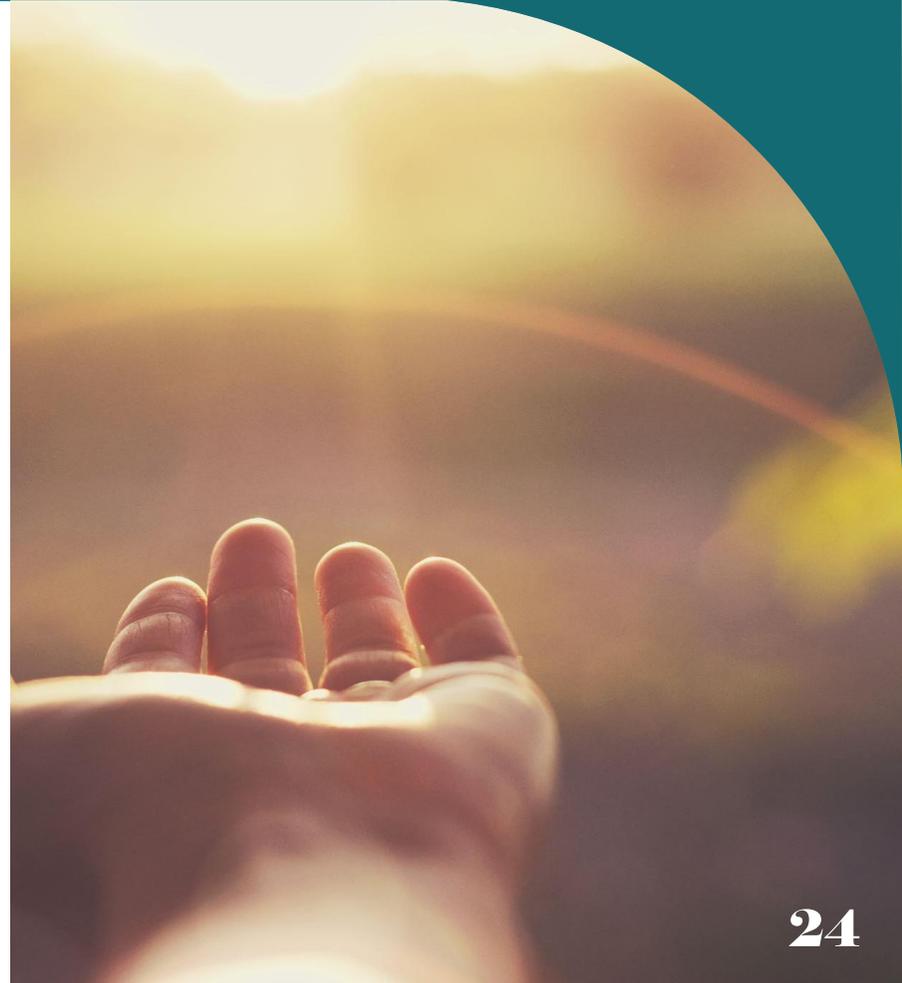
ADD IN THE HORIZONTAL LINES AT
THE NECK, SHOULDERS, & LOWER
BODY.



Goal for the Next 2 weeks...

CONNECT TO YOUR SOUL & SOURCE LIGHT ENERGY FIELD DAILY

- Read the Protocol at the beginning of your day.
- Do the clearing meditation including the body activations as often as you can, as you need to
- Do the “Building the Light Body” meditation that we did today to anchor it in, daily for awhile.
- Keep talking to your Soul
- Record your dreams and work with them!
- IMAGINE the world you want to see, daily!
- Clear trauma.
- Clear your subconscious.
- Stay Grounded





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

- Fun toys in the 4th DIMENSION!
- More exciting toys to play with!

Dance-



Close Sacred Space

NEXT CLASS:18
APRIL 17, 2025