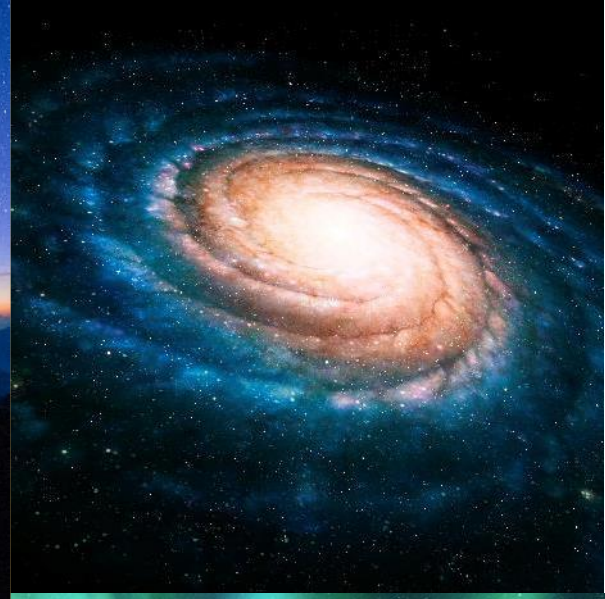
Source Light School – Module 5a

With Kathy Forest

Calling In Sacred Space…

Open to receive…

Agenda



- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 5TH DIMENSION
- NEW TOOLS
- RESOURCES

Check-In

- EXPERIENCES & QUESTIONS

My Goal today is to…

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

Introduce you to the 5th Dimension…slowly.

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!

Meditation today: A Light Infusion!

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*
- *4th DIMENSION –The Power to Create Reality*
- *In order to move forward, we need to be solid in at least the first 3 and practiced in 4.*

(Look at the big pic. This is how we were meant to live…to start out living. Because we didn't, we have some debris to clear out. But we can do that, and once we do, life begins to settle down.)

The 5th Dimension ~ the most complex

Do we REALLY want to live there? *NO!*

The 5th Dimension is the Realm of ALL possibilities…I mean ALL!

Think of it as "God's File Cabinet." Everything about every subject or person that has ever existed, plus ALL possibilities of what coulda, shoulda, woulda happened.

The fifth level of our energy body acts like an etheric blueprint. The 5th Dimension contains all the blueprints of anything and everything and all the possibilities of what can be about all those things. So, all the good extremes…AND…all the bad horrible ones, as well, live there.

So why does everyone human want to go live there?

Think about when we all used to dream of "the Golden Age."

Back when all of us were just beginning to learn about it, I am sure that many hooked into the "glorious idea" of the "realm of all possibilities." And let's face it, we have all had the experience of wanting more…being dissatisfied with where we were. This idea is an escape mechanism.

All of this came about around the same time as everyone started "manifesting," listening to "The Secret, and being told that you could literally have anything you wanted any time all you had to do was believe hard enough.

It was very enticing. Many bought into it and wrote books about it and built whole businesses around it… And many people got hurt very badly.

The truth..

First, I don't want to negate everything you have learned about manifesting and believing in your dreams…*we can and should focus on where we want to go, not where we have been.*

But ask yourself this…Did any of those folks know about the FIRST Dimension or the SECOND? Was this really their WISDOM communicating this information?

Or…could it have been a distraction…something to lead gullible humans down a path to keep them distracted from the real work necessary to prepare for the Age of Light that is upon us?

The 5th Dimension is full of EVERY possibility…not just the good ones, but all the ones we might consider evil or nefarious. ALL of it is there, every single nuance of you and me and all the other things in between.

Both the 4th and 5th Dimensions are full of other beings that live there.

In our discussion of the 4th we talked about constructing a “safe room” so you wouldn’t bring anything back with you. You need that if you plan on exploring any of the dimensions from here on. You will continue to use it in the 5th Dimension, as well.

Because, as you are learning, the rules there aren’t the same as they are in 3-D. Many of the beings that live there don’t really have nefarious intent, but EVERYONE wants access to a human body. And the rules in the 5th aren’t the same as the ones in 3rd.

You can get duped or tricked and you can get lost in the 5th.

EXAMPLES

SO WHY EVEN GO? IF IT IS SO DANGEROUS, WHY CONCERN YOURSELF WITH IT?

IT'S NOT DANGEROUS IF YOU KNOW HOW TO USE IT!

IT CAN COME IN VERY HANDY WHEN YOU NEED TO MAKE DECISIONS OR DETERMINE THE RIGHT ACTION TO TAKE IN THE 3-D. AND THIS WAS ITS PURPOSE: TO GIVE ALL OF US A VARIETY OF CHOICES, SO WE COULD CHOOSE OUR OWN OUTCOMES!

So, for instance…

Trauma Clearing…

You can go to the 5th Dimension and say, Show me the most important place where I need to do trauma clearing work…

Or show me the most important place that I need to do trauma clearing work for a specific outcome, like growing my abundance, or healing my relationship, etc.

You could go in and say show me all the possible outcomes of what could happen if I make this choice…or if I had made that choice…or if I didn't make that one…

You could say show me all the possibilities of what I could be, both good and bad…

The possibilities are endless… just like the 5th Dimension…

You could ask what is the best form of Trauma clearing for me…one that I don't dread…

You could ask about possible outcomes for your life and business

You could ask about anything you are worried about: the planet or the environment, or family issues, the best way to deal with your kids.

So when you know how to use it, the 5th Dimension can be quite handy. But you really don't want to purchase Real Estate there.

And you do need to know proper ways to get there and use it.

Rules for 5-D

Go slow. Just like many of us learned even in 1st and 2nd Dimensions, exposing yourself and your physical system to too much light too quickly or too soon will cause cleansing responses in the body. So rather than taking a guided tour of the whole place or going in with a big list of questions, start slow. Tiny bits of exposure until you get used to it.

Do all the same things you would do if you were going to explore 4-D. Build your bubbles and don your space suit (4-d meditation). Then just tell your Soul you would like to go to 5-d and just say something like:

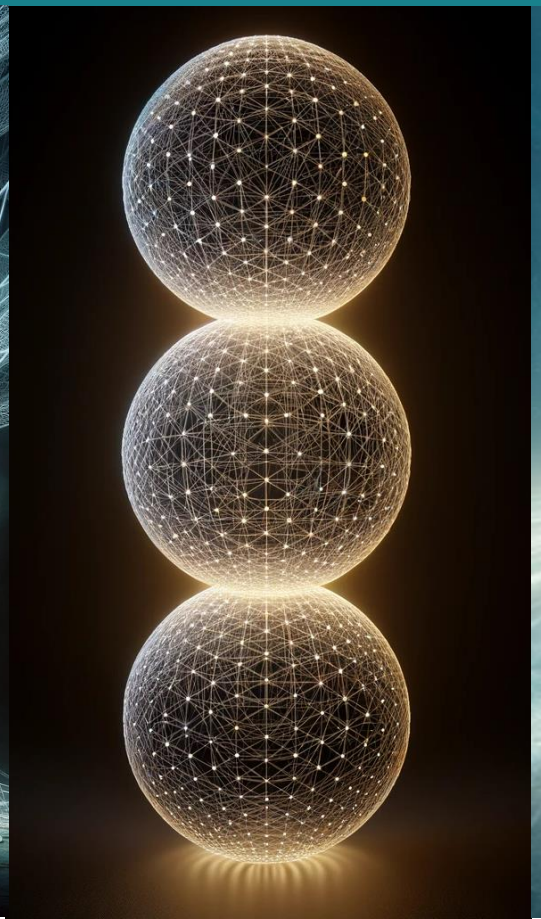
Show me all the most important trauma for me to clear to produce this outcome…

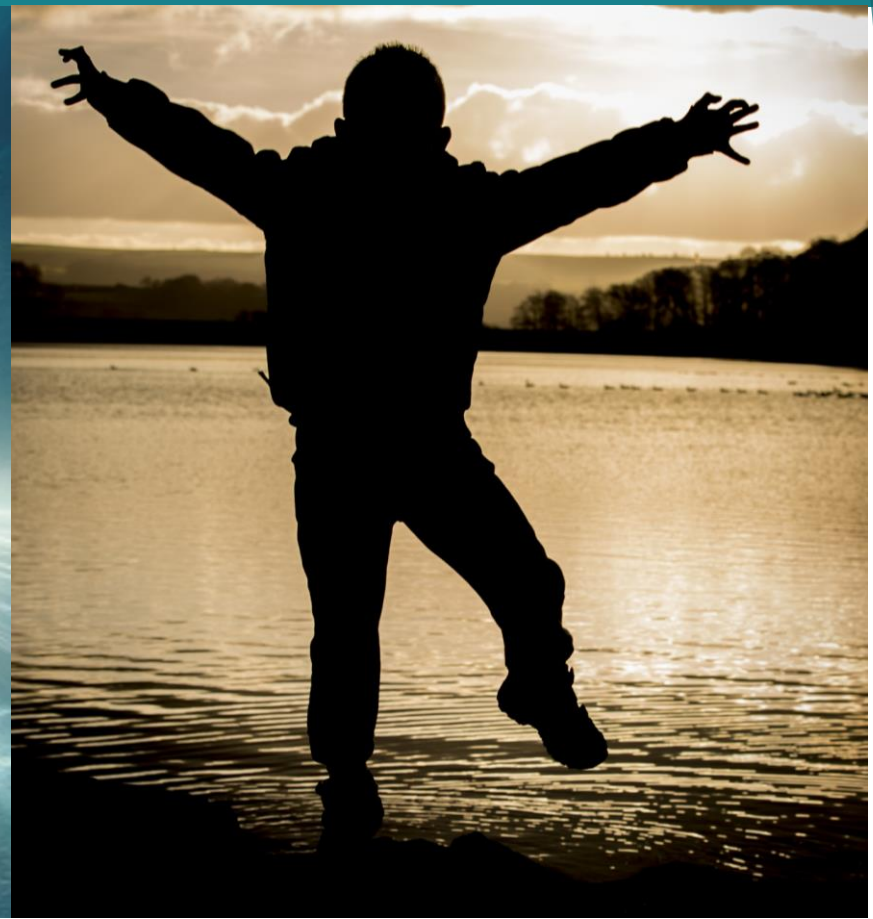
Be very specific, especially about the outcome you want to produce.

Then wait for a bit and see what shows up

- REMEMBER ALL OF THIS TAKES TIME AND WORK
- YOU NEED TO BE WORKING IN ALL OF THE PREVIOUS DIMENSIONS IN ORDER FOR THIS ONE TO WORK – DON'T TRY TO SKIP ONE!
- AT THIS LEVEL OF OUR PRACTICE THERE NEEDS TO BE SOME SORT OF ROUTINE AND CONSISTENCY TO GET THE BEST RESULTS.
- BE PREPARED TO BE SHOCKED AND AMAZED. IF YOU SAY, SHOW ME ALL THE POSSIBILITIES OF ME, JUST KNOW THERE ARE VERSIONS OF YOU THAT ARE CRAZY!

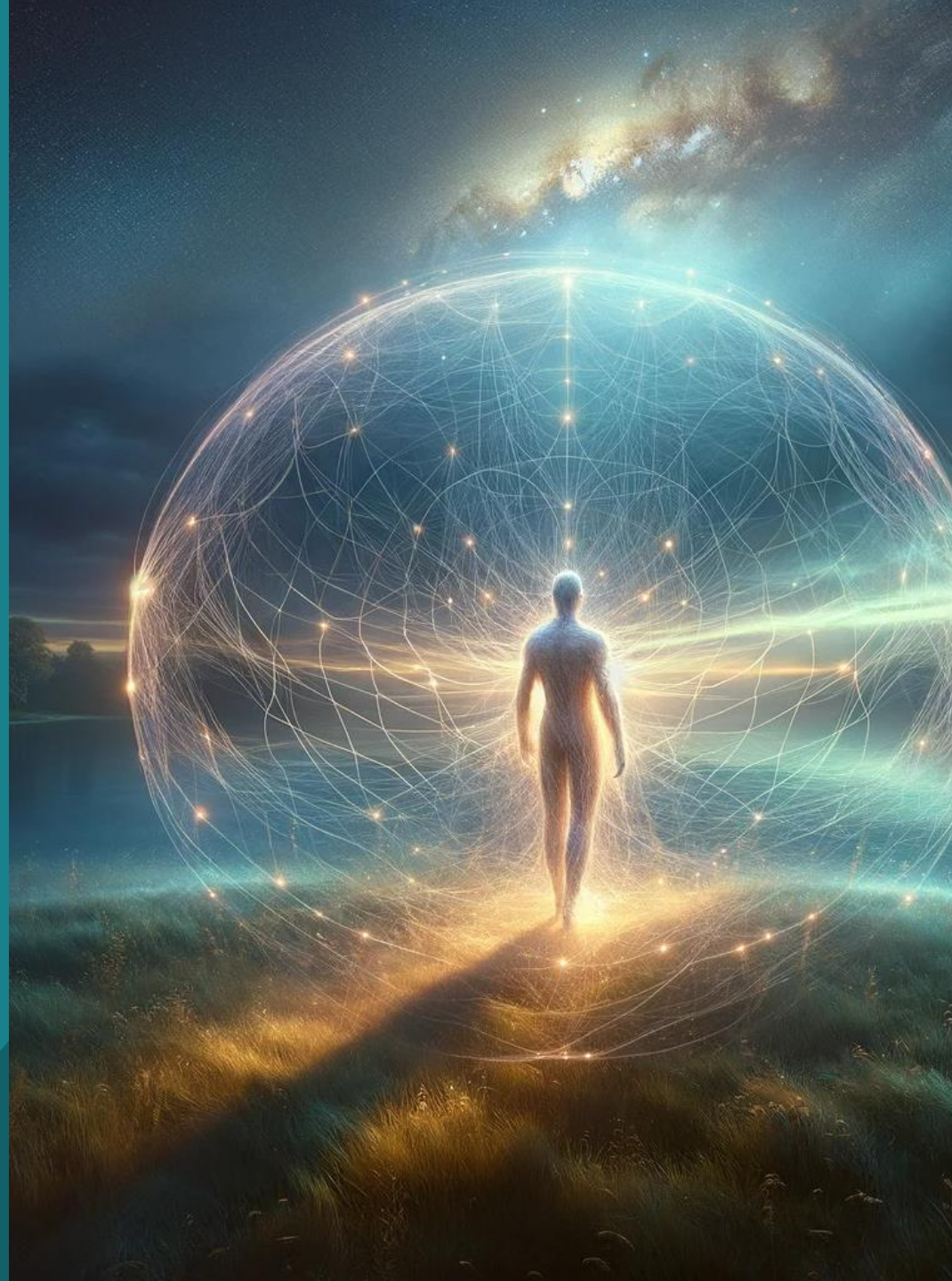
So look at how far we have come…





TODAY…

- I am not going to introduce any new meditation tools as I want to give all of you time to catch up and get really solid in the first 4 dimensions and let you begin to practice a tiny bit with the 5th.



Goal for the Next 2 weeks…

CONNECT TO YOUR SOUL & SOURCE LIGHT ENERGY FIELD DAILY

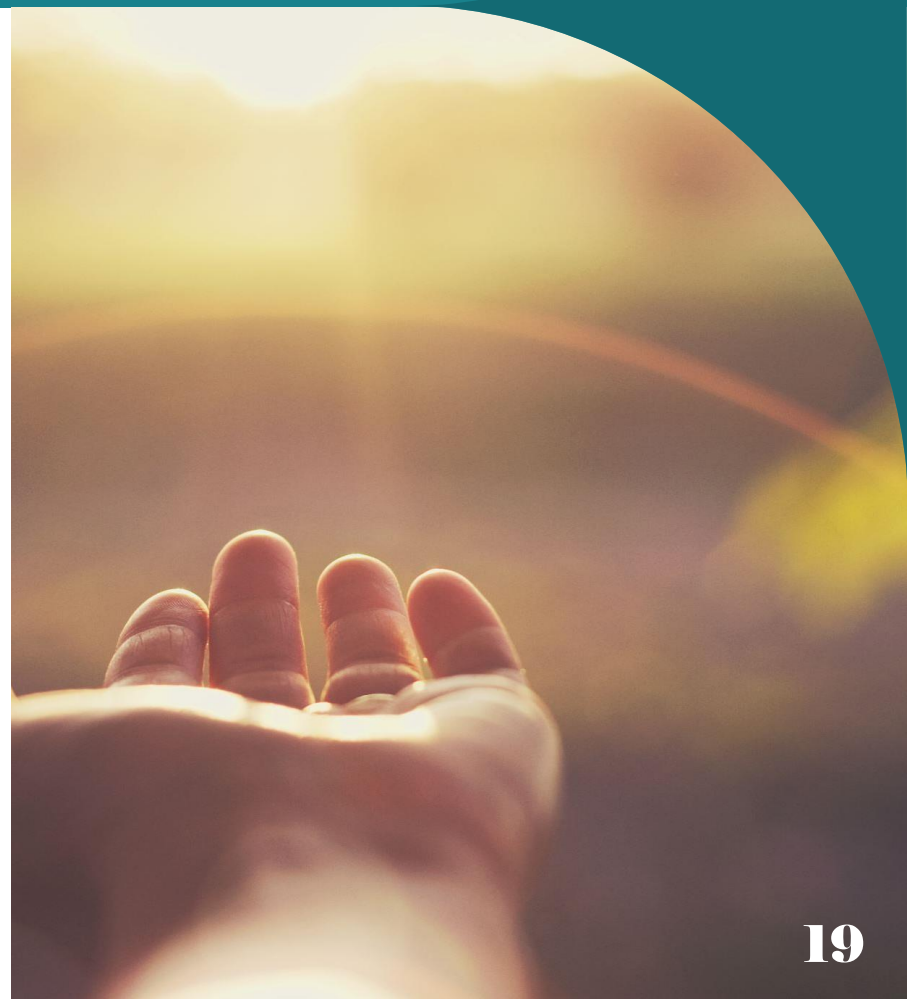
- Read the Protocol at the beginning of your day.
- Do the clearing meditation including the body activations as often as you can, as you need to

- *Do the "Building the Light Body" meditation that we did last time 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!
- *Tiptoe into the 5th Dimension and see what you can discover.*

- Clear trauma.
- Clear your subconscious.

- Stay Grounded

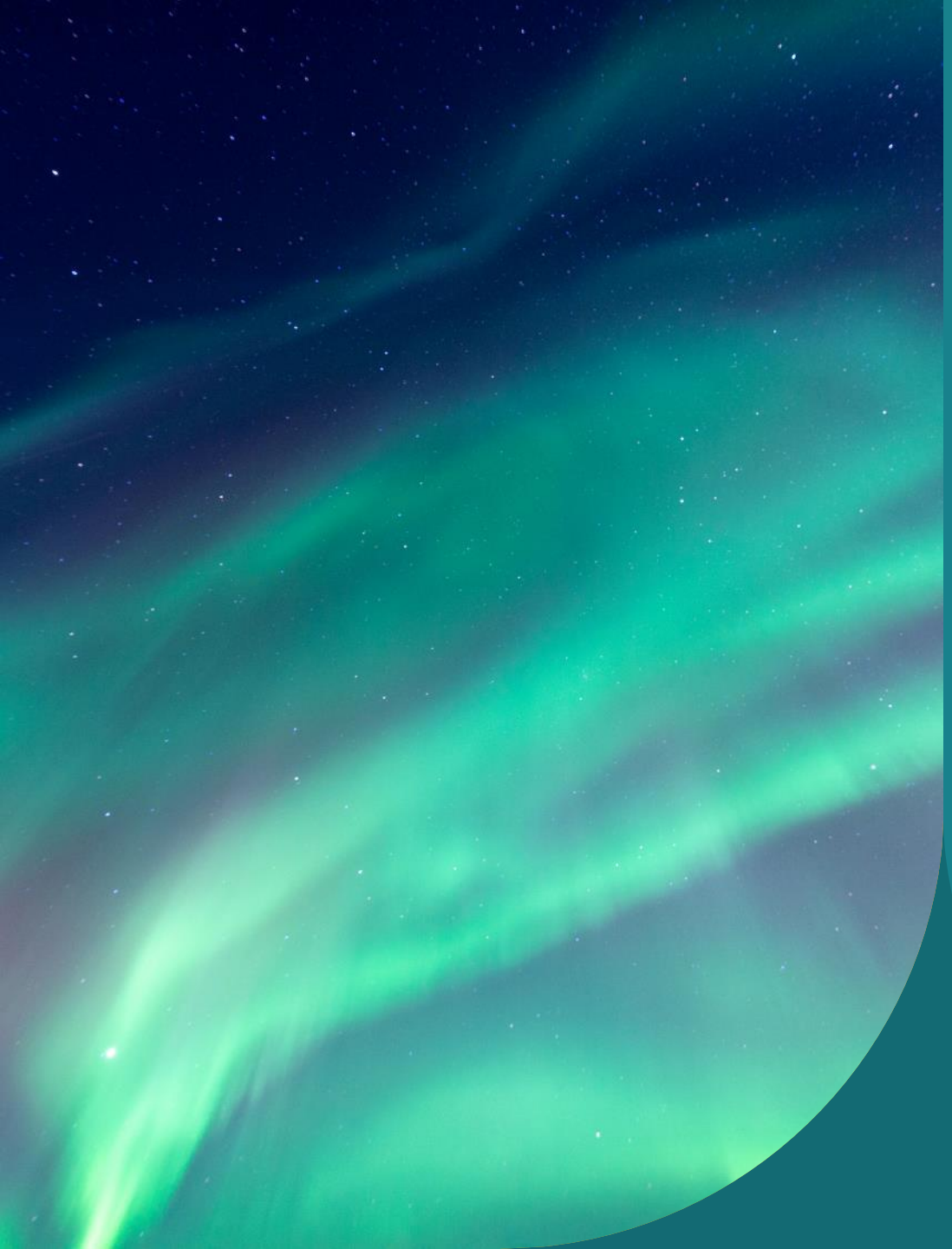


Restoring our Connection with the Human Soul

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
- Connecting and gaining access to the first five dimensions in a gentle easy way
- Your desired outcomes

Vibrations:



Next time IN SOURCE LIGHT SCHOOL...

- More about the 5th DIMENSION!
- More exciting toys to play with!

Dance-

Close Sacred Space

NEXT CLASS:18

MAY 16, 2024