Source Light School Year 2 – Module 1

With Kathy Forest

Calling In Sacred Space…

Open to receive…

Agenda

- CHECK-IN
- INTRODUCTION AND REVIEW
- REVIEW AND RESET
- SOUL WOUNDS
- THE MEDITATIVE PROTOCOL
- LIGHT INFUSION

Check-In

- EXPERIENCES & QUESTIONS

We spent the past year…

Connecting with all of our Dimensional Selves or Light Bodies…

- 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.
- 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.
- Our 5th DIMENSION is the realm of ALL possibilities…tread carefully!
- Our 6th DIMENSION is the Hall of Archetypes!
- Our 7th DIMENSION is the Level of Angels & Demons
- Our 8th DIMENSION is the Level of TRUTH
- Our 9th DIMENSION is the Level of UNCONDITIONAL LOVE
- Our 10th DIMENSION is the Level of GOD CONSCIOUSNESS
- Our 11th DIMENSION is the Experience of the VOID
- Our 12th DIMENSION is the UN-KNOWABLE~SOURCE

Now it is time to go deeper…

It's one thing to know them and dip into them from time to time, maybe do the daily protocol.

It is another to Use them to heal your life and our world.

Last year our goal was..

- 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.

My sense is that most of us have the first 3 points down. But that maybe we are a little "iffy" on the last part, and how we can begin to broaden our perspective to include not only ourselves but our fellow humans, all the inhabitants of this planet and the planet herself.

Surgeon General Vivek Murthy released a public goodbye message on Tuesday, outlining the lessons he's learned during his time in office and explaining what he thinks Americans should do to improve their overall well-being.

"The majority of our country **is not engaged in formal or informal service to each other.** A majority of young adults say they have little or no sense of purpose or meaning in life,"

"We need a clear and explicit shift that puts relationships, service, and purpose at the heart of society — and our lives," he added.

Above all else, Murthy recommended that everyone "take one action each day to help someone." That is good advice.

We live in an anxiety-provoking, divisive, and overly political time. Murthy's message serves as a reminder that there is more to life than the disputes that divide us.

AN OBVIOUS SOLUTION IS GETTING PEOPLE CONNECTED TO THEIR SOUL.

Our goal this year is to…

- Make sure we are deeply connected to our own soul…TRULY
- Deepen that connection so that we can have a working relationship with our soul. There is no question about whether our soul is in charge. We don't fall into the habit of overriding it.
- Begin to utilize the toolbox of our other dimensions to effect needed and radical change on this planet, both in our own lives and the lives of others.

This is fairly uncharted territory...

UP UNTIL NOW THIS WORK WAS SEQUESTERED IN TEMPLES IN THE HIMALAYAS. THE COMMON PERSON WAS NEVER TAUGHT TO CONSIDER THIS TYPE OF WORK. THOSE WHO TRIED TO BRING IT TO THE MASSES WERE USUALLY "EXTINGUISHED." BECAUSE WHEN WE ARE NOT CONNECTED TO OUR SOUL, WE ARE FEARFUL AND THEREFORE MANAGEABLE.

But this plan has not prepared us for what we are facing now…

WE ARE ONLY AT THE BEGINNING. THE 4 OUTER PLANETS ARE SHIFTING SIGNS! *THIS IS WHAT HAPPENS WITH JUST ONE!* OUR PHYSICAL EXISTENCE IS NOT GOING TO FEEL STABLE TO US FOR AWHILE. SHE'S DOING WHAT SHE NEEDS TO DO TO HEAL HERSELF AND ADJUST TO THIS SHIFT. GALACTIC LIGHT CONTINUES TO INCREASE. WE ARE MOVING TO THE NEW AGE, BUT THE TRANSITION MAY BE BUMPY FOR AWHILE. FINDING OUR PEACE BY STAYING GROUNDED, THOUGH NECESSARY, MAY NOT OFFER THE SAME COMFORT IT ONCE DID FOR AWHILE. ANCHORING OURSELVES TO OUR SOUL MAY BE THE ONE SOLUTION THAT CAN ACTUALLY OFFER WHAT WE NEED NOW.

The Actual Entry of Your Soul to the Planet…

You just witnessed your Soul arriving on earth! I hope you felt the ZING of energy that I did when I saw that. It was like we could actually witness the God Spark arriving on the planet. So, take some time right now and answer the following questions…

- Is your Soul, really in charge? Does your soul always have the final say?
- Do you "check in" with your soul before you make major decisions?
- Do you talk to your soul? Does it talk back – do you get feedback and guidance?
- Do you do the protocol daily?
- Have you noticed that the original spark has faded and sometimes you forget?
- Do I override my soul?
- Do you actively engage in trauma clearing on a regular basis?

More ways to begin connecting more deeply with your soul

SET ASIDE TIME TO CONNECT MORE DEEPLY WITH YOUR SOUL…

Journal Exercises…

- The Who am I exercise with the Source Light Frequency Cards
- *Doing the protocol in a meditative way* (We will practice this tonight.) and then asking a question about something specifically from your soul and using a divination deck of your choice
- Just basic journaling with your soul. Asking it questions, talking with it.

REMEMBER: The main question for this year is:
IS MY SOUL REALLY IN CHARGE? Or am I overriding my soul?

Let's talk about trauma clearing...

How do I know if I need to?

- You feel stuck
- You notice yourself avoiding certain things or people regularly
- You feel random anxiety for no reason even when you are connected to your soul.
- Anger flare ups.
- Easily triggered.

Why Clear Trauma?

- What happened to me last year was triggered by all the NEW LIGHT hitting the planet.
- Many of you experienced what it was like when more Light started shining through your trauma when we began this process last year. It isn't always comfortable.
- It is going to start happening to everyone – it could be great or horrible!
- Clearing trauma can help determine that it will be great! The more we do this kind of work the more we clear the path for even greater soul experiences this year.

Going Deeper…

The 5 Primitive Wounds of the Soul

These deep wounds exist in the heart and head of every human, and they greatly influence the perception we have of the world around us. They isolate us from our inner potential and can lead to a variety of destructive behaviors.

They are FEAR OF…

- Rejection
- Abandonment
- Betrayal
- Injustice
- Humiliation

It is easy to see how not addressing these issues can stunt our Soul Growth.

This year we are going to address them head on and begin to use the tools we cultivated last year to enhance that process.

Suggestions for our Process this month…

Make it a point to deepen your connection to your soul beyond the protocol. Connect with your soul on a regular basis using these suggestions or others:

- The Who am I exercise with the Source Light Frequency Cards
- *Doing the protocol in a meditative way* (We will practice this tonight.) and then asking a question about something specifically from your soul and using a divination deck of your choice
- Just basic journaling with your soul. Asking it questions, talking with it.

During your journal time, ponder your fear of **Rejection, Abandonment, Betrayal, Injustice, and Humiliation. Mine the memories of your soul and see what you come up with… We will deepen our work with these next month.**

REMEMBER: The main question for this year is:

IS MY SOUL REALLY IN CHARGE? Or am I overriding my soul?

Solutions we have used for trauma …

- Energy work
- Made for Miracles
- Elizabeth Wood's trauma clearing techniques
- Clear your subconscious – dream work.
- BODY WORK – YOGA, CHI GONG, TAI CHI, STRENGTHENING YOUR ELECTROMAGNETIC FIELD!

All of this still works and if you have found techniques that resonate with you, keep using them. Just know that as we move into new territory, you may want to "pad your arsenal of tools." So, explore. And when you find something that works for you, share it with us.

Goal for the Month…

CONNECT TO YOUR SOUL DAILY

- Continue to read the Protocol at the beginning of your day.
- Go deeper with your soul.
- Look at your Primal Soul Wounds
- Clear trauma.
- Stay Grounded

Our Process Today

- Determine Desired Outcomes
- Meditative Process through the Protocol (utilizing our 4th Dimension)
- Light Infusion

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.

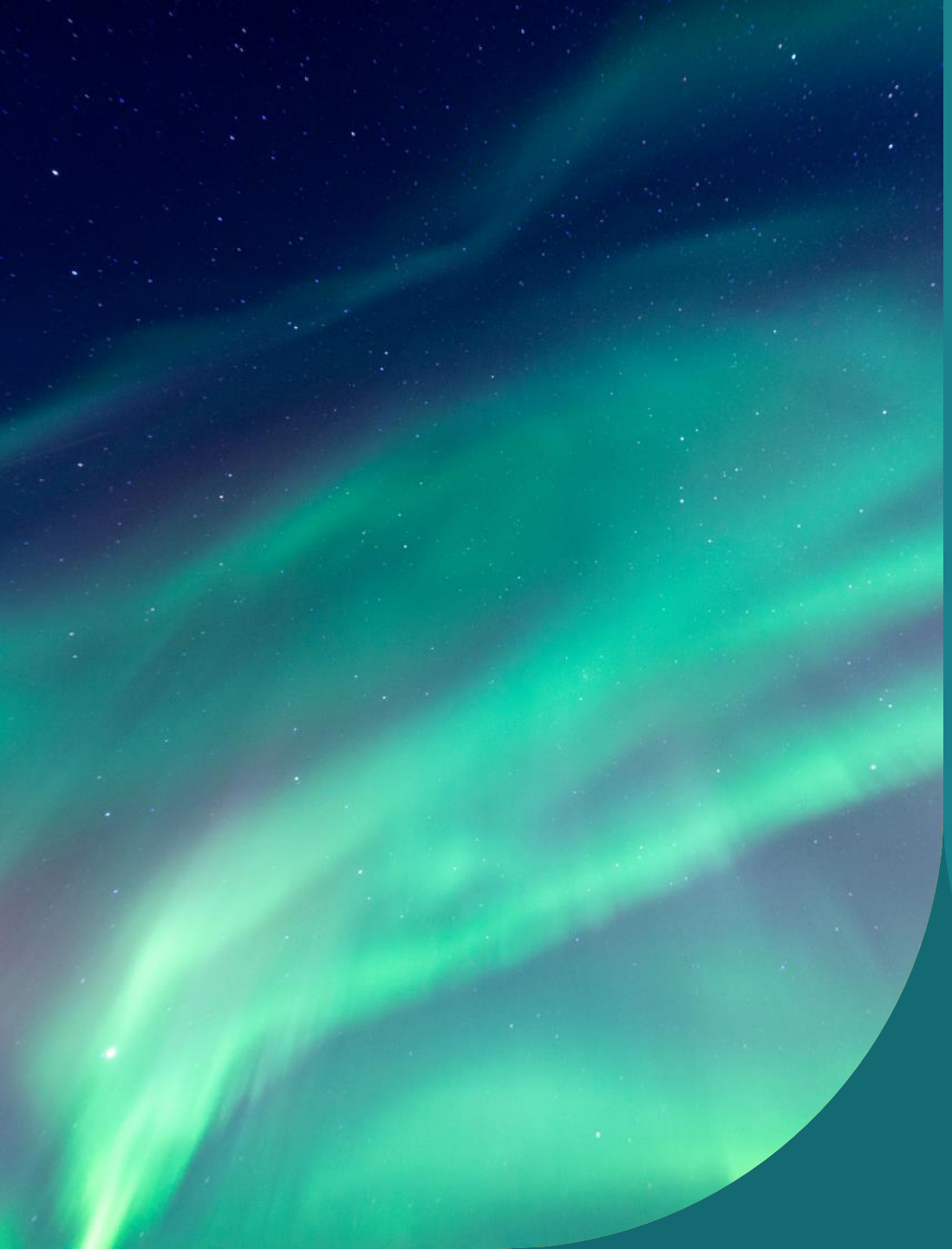
Light Infusion Therapy

Restoring our Connection with the Human Soul

Desired Outcomes:

- Maintained connection to our own personal Source Light
- Deepen our Connection to our Soul
- 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...

- Learning how to connect to your second dimension through your body.

Dance-

Close Sacred Space

NEXT CLASS:

FEBRUARY 5, 2026