



Source Light School Year 2 – Module 5

With Kathy Forest

Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- DEEPER LEARNING ABOUT THE DIMENSIONS
- A TRIP TO THE 5TH



Check-In

- EXPERIENCES & QUESTIONS



My Goal today is to...

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

Re-Introduce you to the 5th Dimension...in a deeper way.

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: Re-entering the 5th Dimension

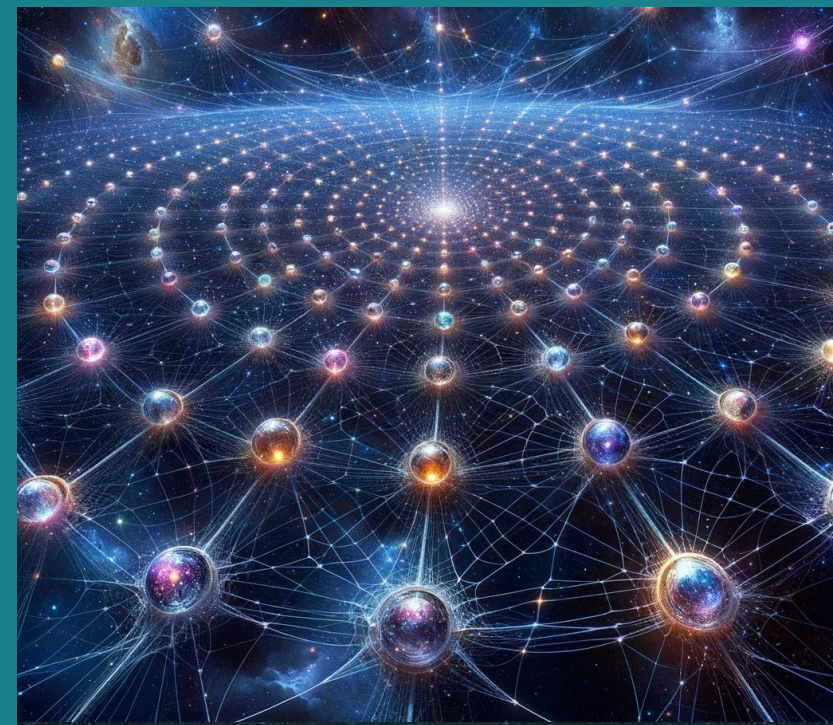
First...we remember

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.

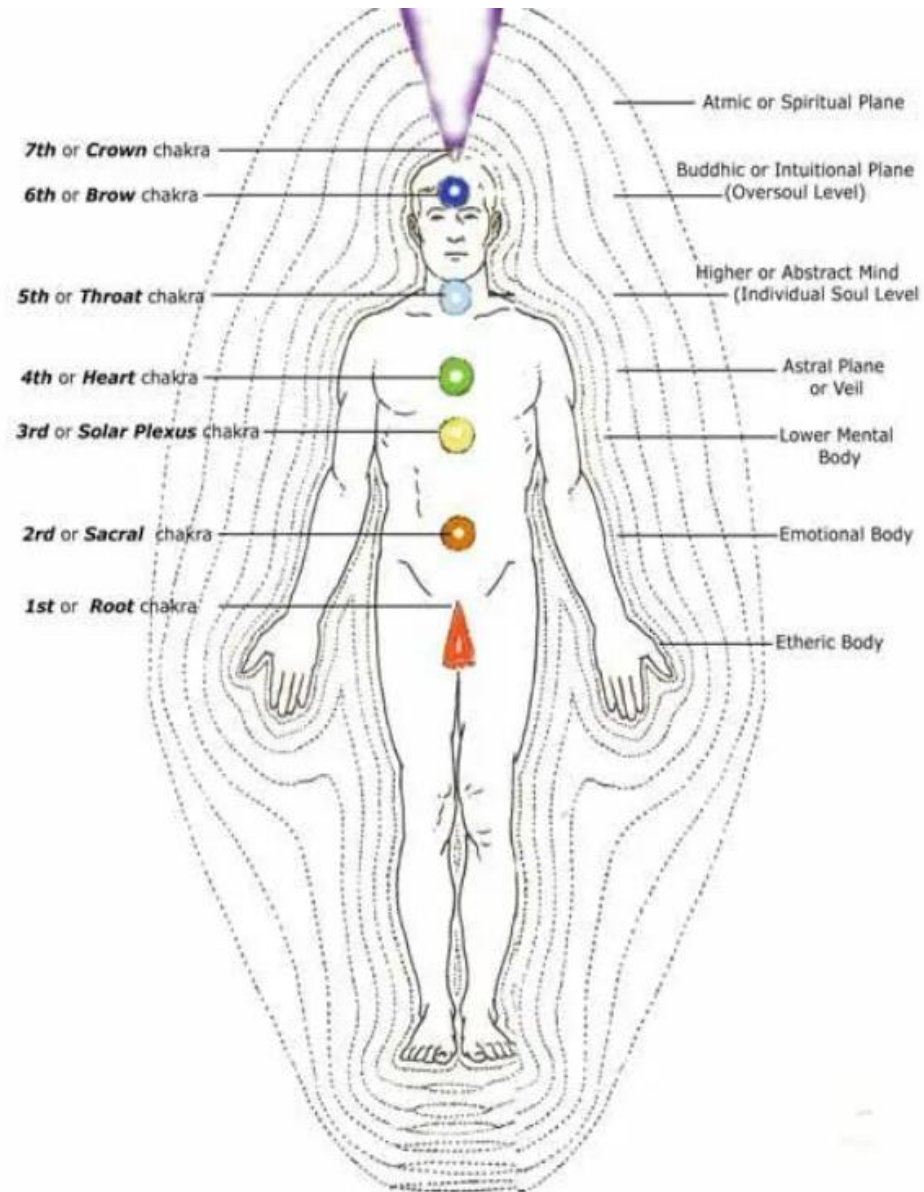


We begin with a reminder about Fractal Growth...



A Fractal can be defined as a repeated patterns of similarly irregular, but progressively smaller, dimensions. When you take a fractal shape apart into pieces, the pieces are the same or similar to the whole. Nature is full of them!

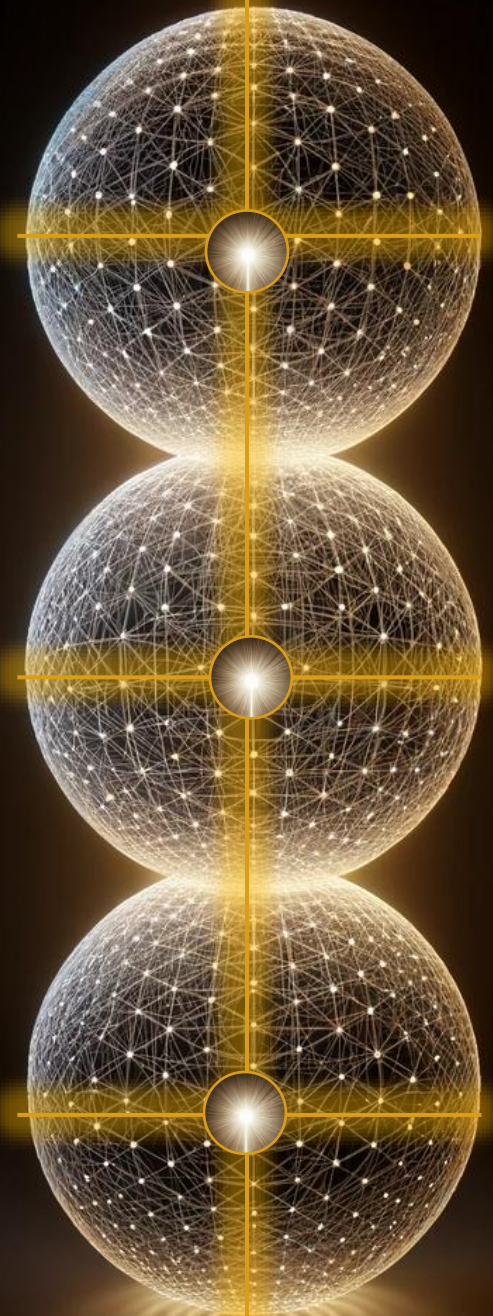
Most of us have know about or have seen pictures of the electromagnetic field, but just in case you haven't... You will notice that it shows up in layers. Each of these layers surround and *interpenetrate* all the other layers...





This is how we have viewed our Source Light Field..

Up to this point we have been imagining our Source Light Energy Body kind of like this. We know it may not look exactly like this, but it has given us something for our brains to work with.

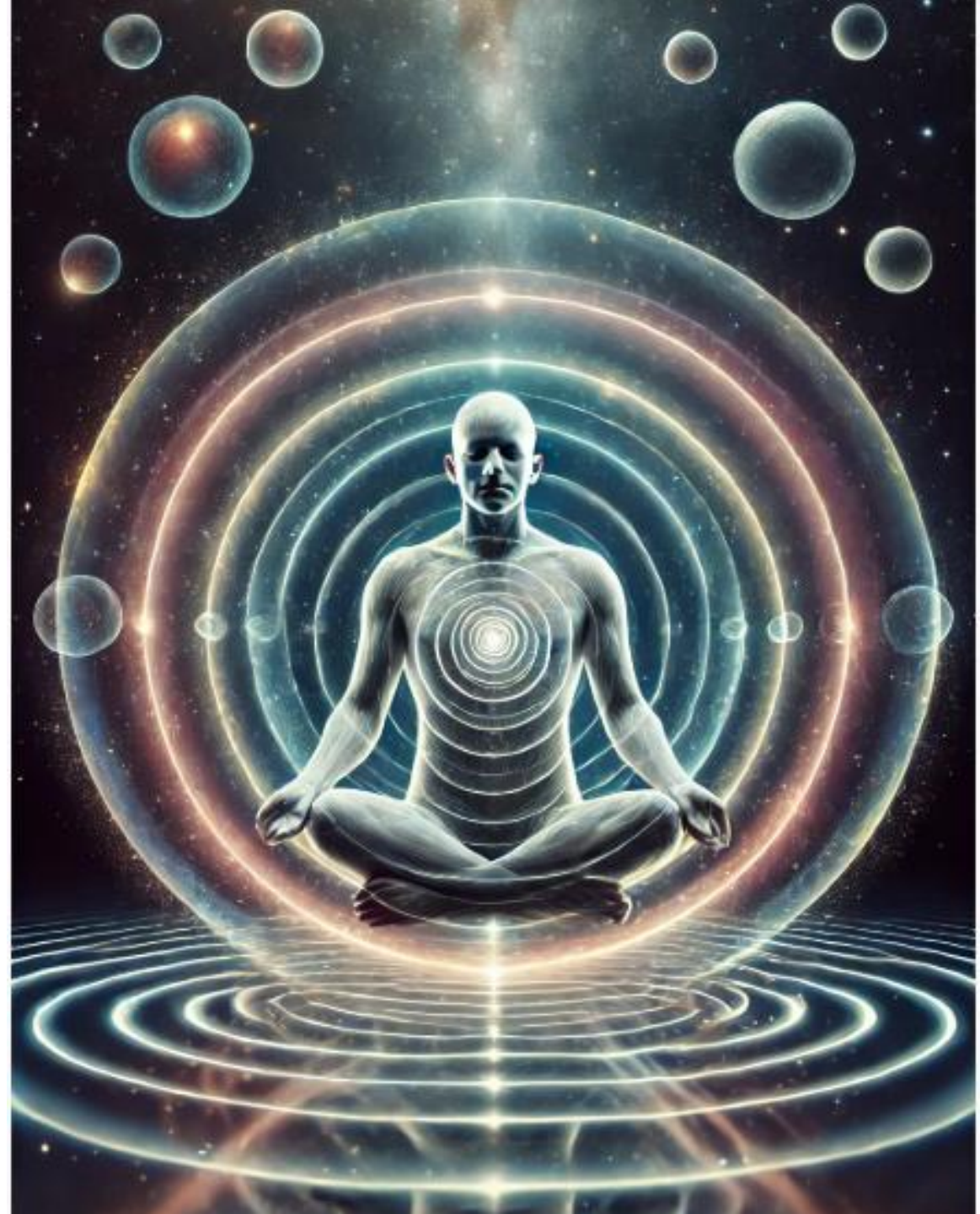


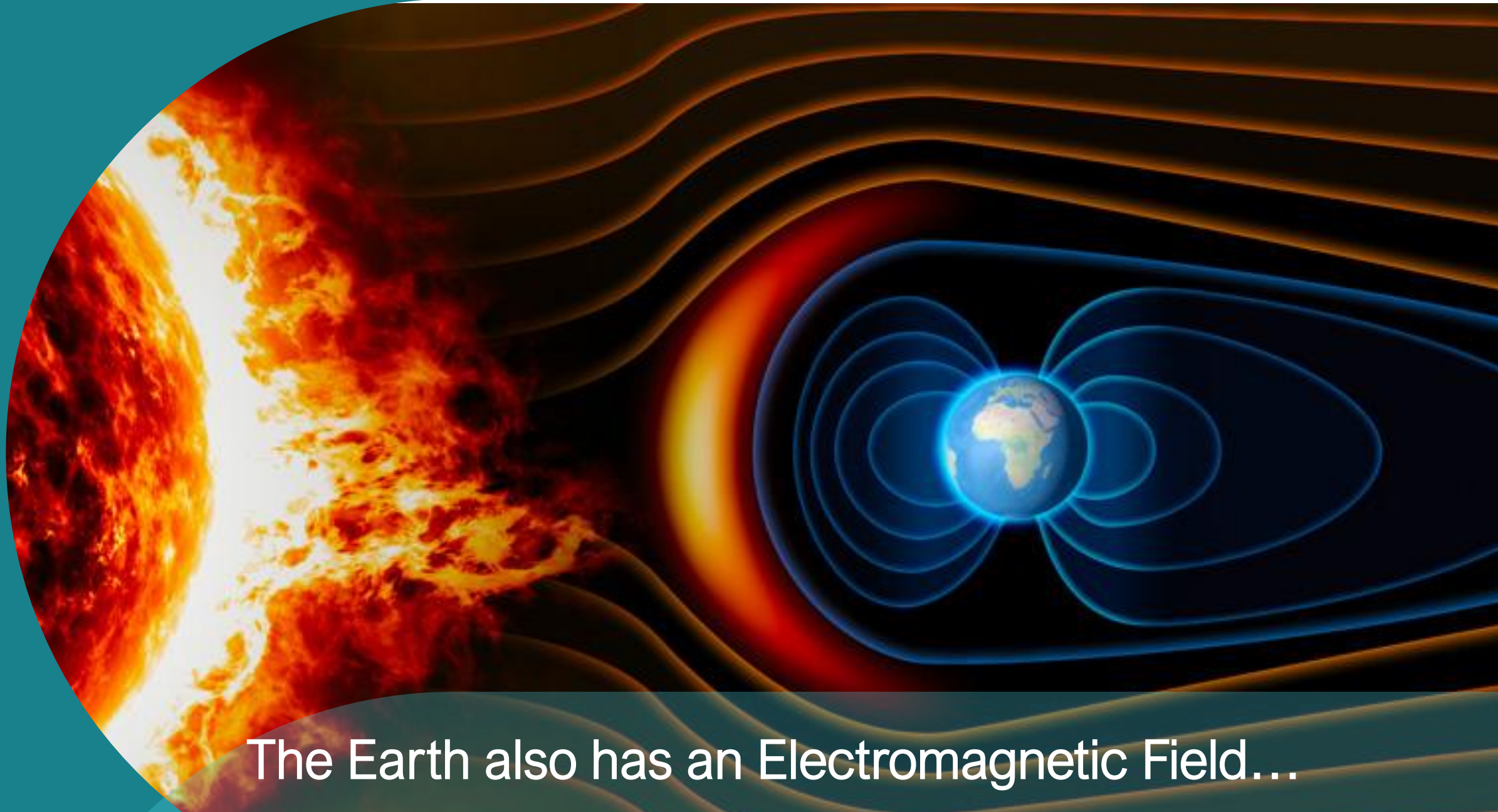
As we have been working with the different dimensions, we have found them easily accessible. Part of the reason for that is because, as we have learned, that field is a bigger field outside of us, but STILL US, STILL CONNECTED TO US INDIVIDUALLY. It serves as a buffer to the larger creative energy that surrounds us.

We have been learning that our Source Light Energy Field, with all it's Dimensions, surrounds and interpenetrates, our physical body. All the dimensions we travel to are housed in our own SOURCE LIGHT ENERGY FIELD.

There are many similarities in the dimensions and the layers of the electromagnetic field. They are similar but not the same. *They could be considered Fractals of each other.*

They are repeated patterns of similarly irregular, but progressively smaller, dimensions. When you take a fractal shape apart into pieces, the pieces are the same or similar to the whole.



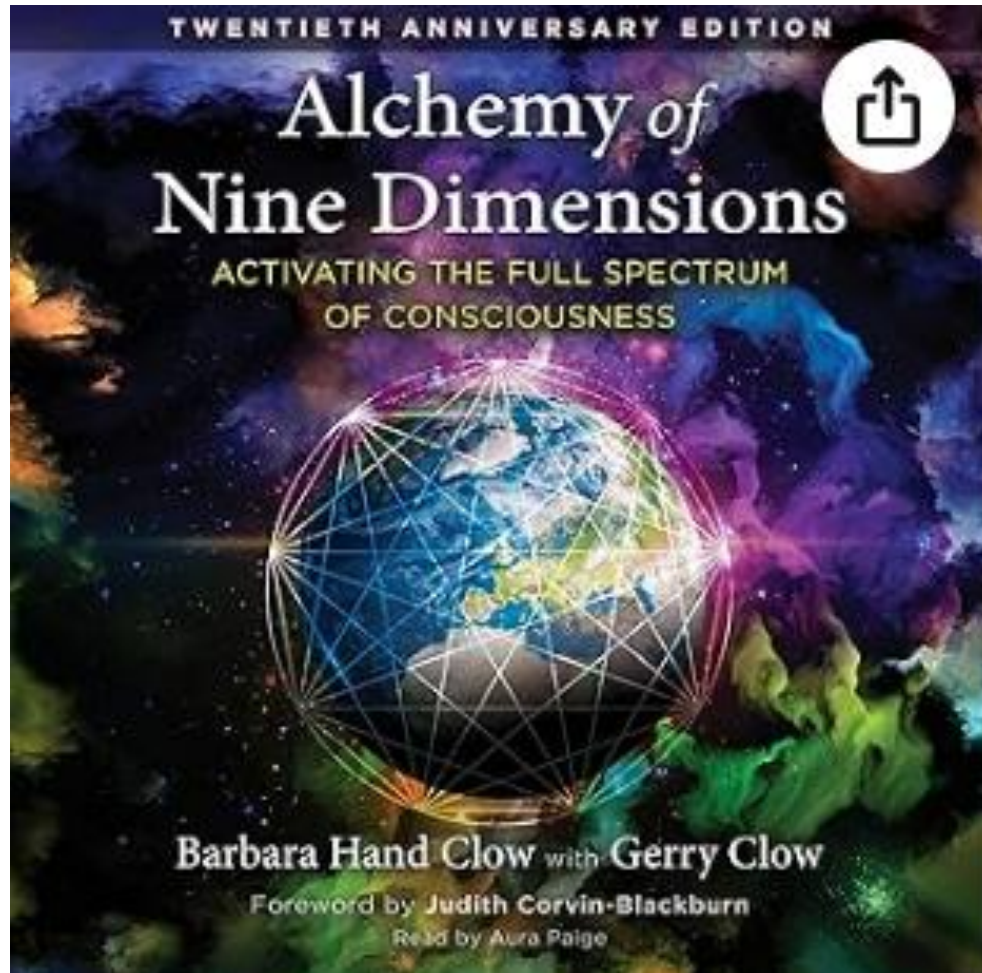


The Earth also has an Electromagnetic Field...



She also has a Dimensional Field

So when we say, in the protocol: “connect to and through the Source Light Energy Field of Gaia” we are connecting to Her Dimensional Field...which is alike but different than ours. So once again, we are connecting to an even bigger fractal field. We are truly a microcosm of the macrocosm. *AND IT IS VERY IMPORTANT TO REMEMBER THAT ALL THOSE FIELDS HAVE AN EFFECT AND IMPINGE UPON OUR PHYSICAL EXPERIENCE.*



In her book, [Alchemy of the Nine Dimensions](#), Barbara Hand Clow talks about how the Nine Dimensions of the Earth impress themselves into our physical experience. (She has now mentioned that there are probably even more dimensions (12?) that she has not gone into in the book. All of this information was downloaded to her from the Pleadies.

This is a simple outline of those dimensions of Earth...

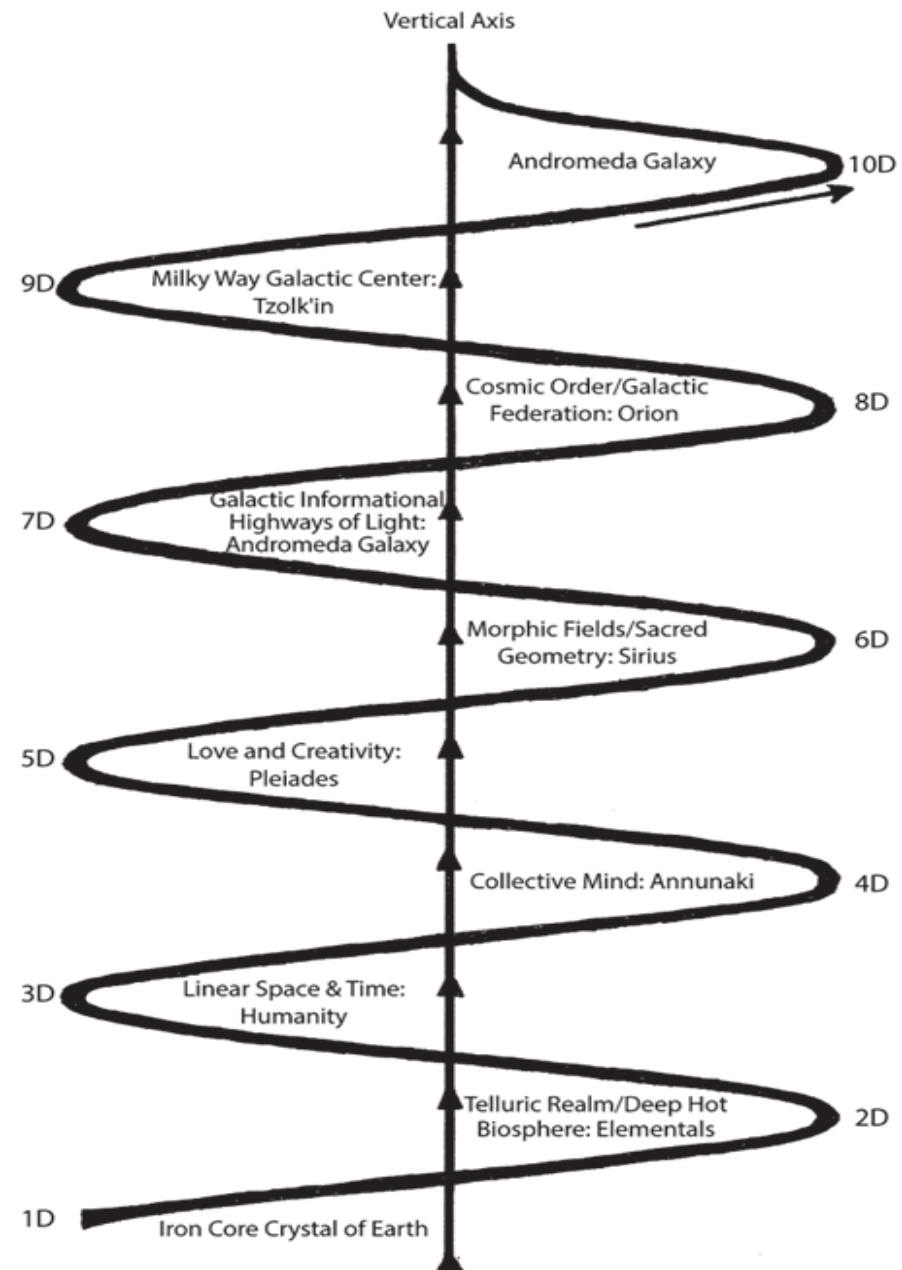


Figure 1.2. The progressive structure of the vertical axis of consciousness.
Adapted from *The Pleiadian Agenda*, Barbara Hand Clow, p. 163.

These are 2 examples of how the Earth's Dimensional Fields may land in and influence our own.

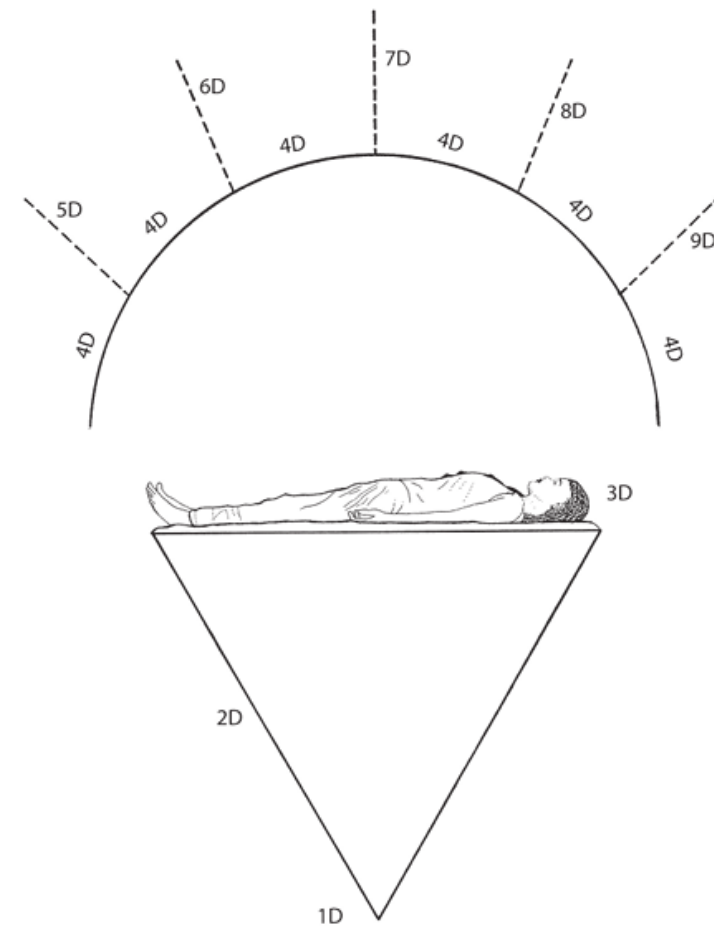
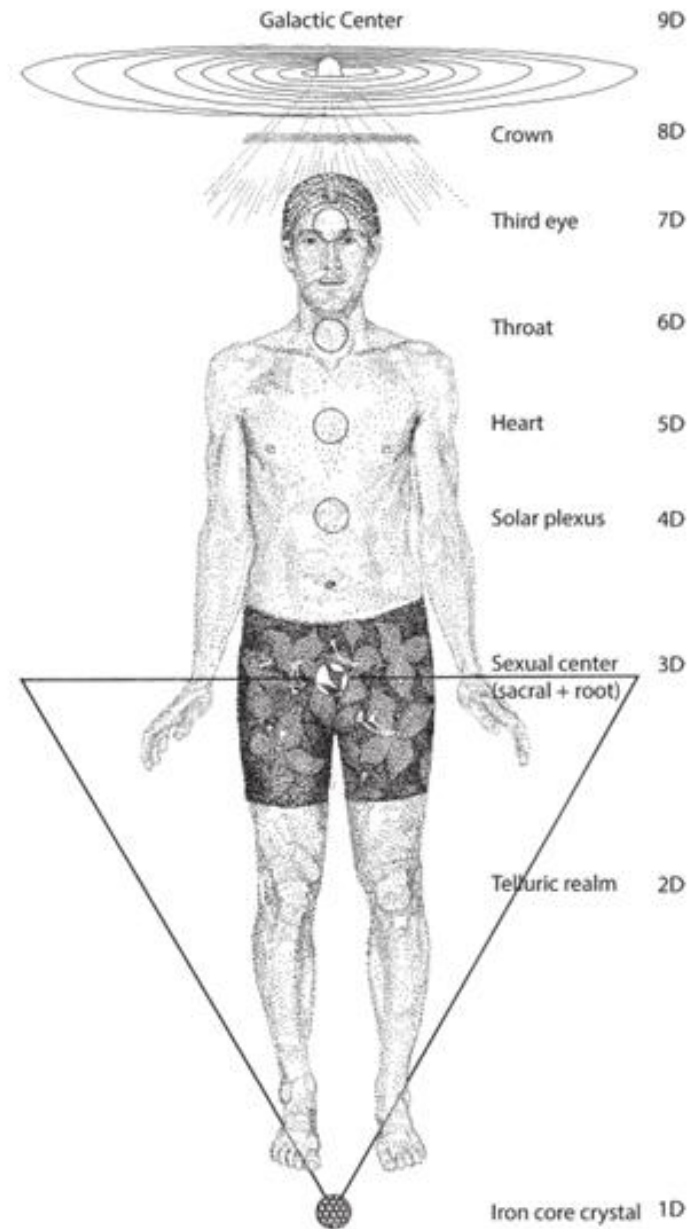


Figure I.1. This shows how we humans receive all nine dimensions.
Adapted from *The Pleiadian Agenda*, Barbara Hand Clow, p. 72.

The 5th Dimension ~ the most complex

So, when people say they want to live in the 5th Dimension...they are speaking of wanting to vibrate with the frequency of the Earth's Fifth Dimension that is Heart Centered and Creative. *We ALL want to live there.*

Our personal 5th Dimension is the Realm of ALL possibilities...I mean ALL! Probably don't want to hang there long. But we can use it to our advantage.

Think of it as "God's/Our 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 electromagnetic field acts like an etheric blueprint. The 5th Dimension of our Source Light Field 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.

Why? Because we needed access to all of them, every possibility, so it would truly be "free"-will.



As we have learned, both the 4th and 5th Dimensions are full of other beings that live there.

Because we are now well-versed in using our SAFE ROOM, this shouldn't be a problem for you now. But I have a feeling that I instilled enough caution in you that you probably haven't used this dimension very much...

But you have now traversed all the Dimensions at least once. Every time you go in, you add a little more BIG LIGHT to your Source Light Energy Field. You get a bit stronger and more capable. This is not, and should never be, a one and done experience. Now that you know how, you can go to these dimensions without fear.

And you should. This is how you learn to manage your third dimensional experience.

Part of the reason we are seeing so much of the chaos on the planet right now is that very few know what you know. And even fewer are using those tools to their best advantage.



REMEMBER...

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.

What choices do I need to make so that I can have and Earth's Fifth Dimensional Experience?

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

But as long as you know proper ways to get there and use it, it can be a very handy tool.



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...

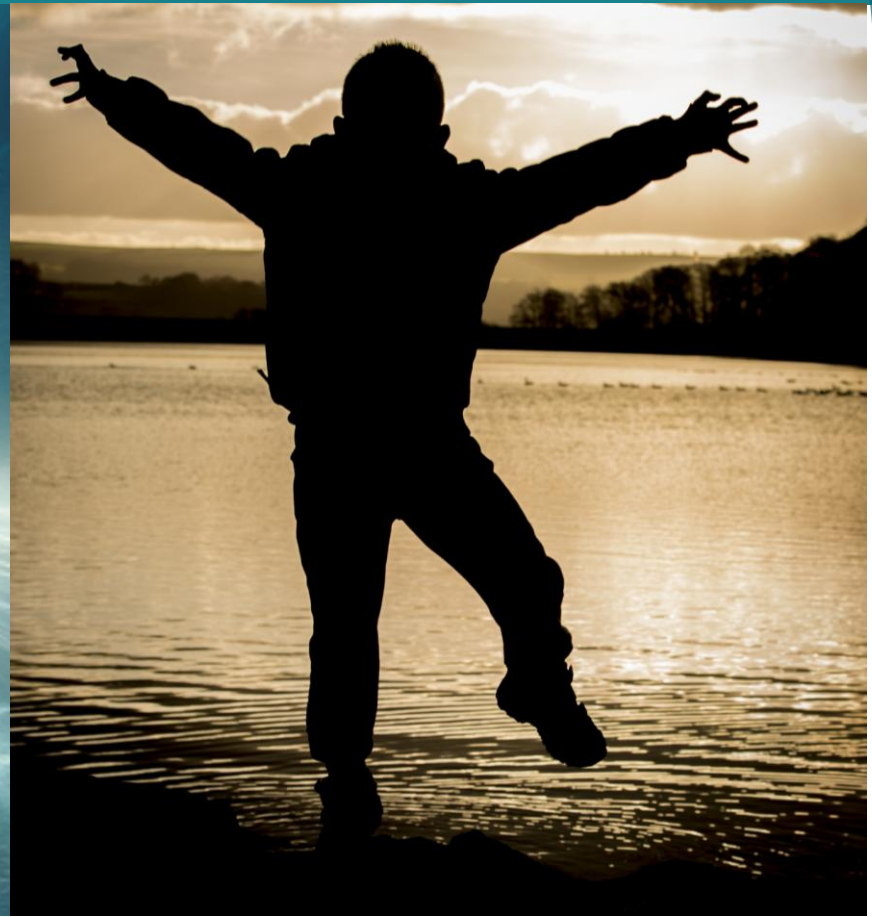
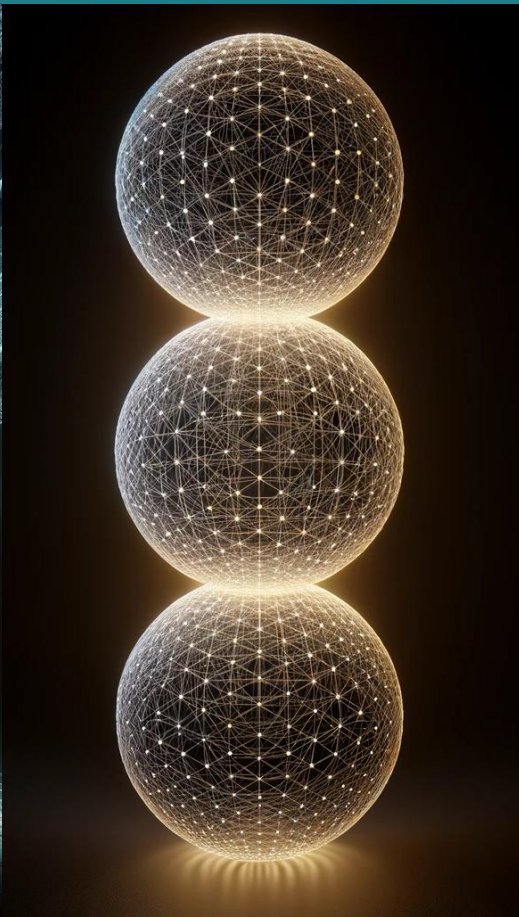
Be very specific, especially about the outcome you want to produce.

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!

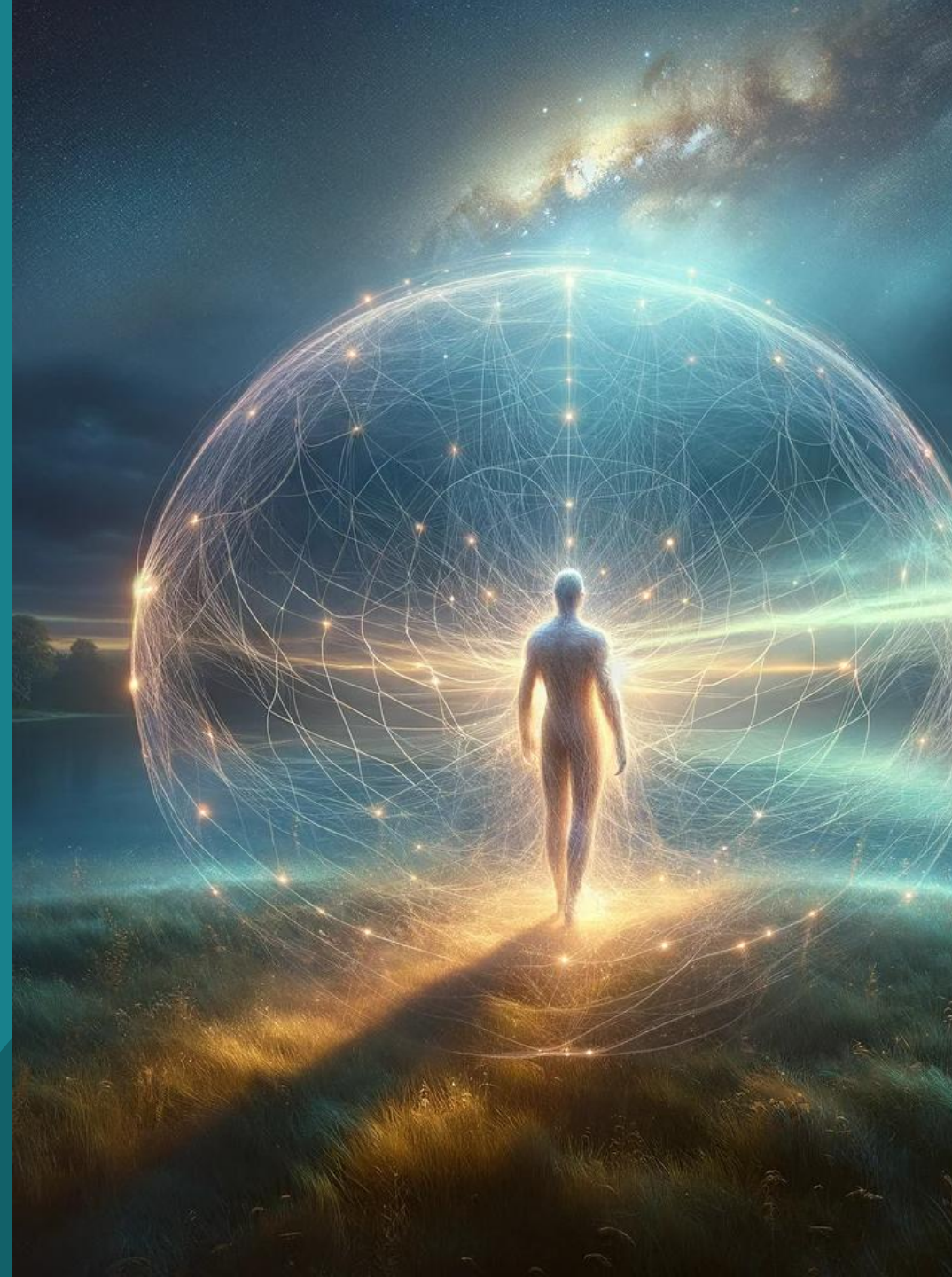


**So we are going to go there
together today...**



TODAY...

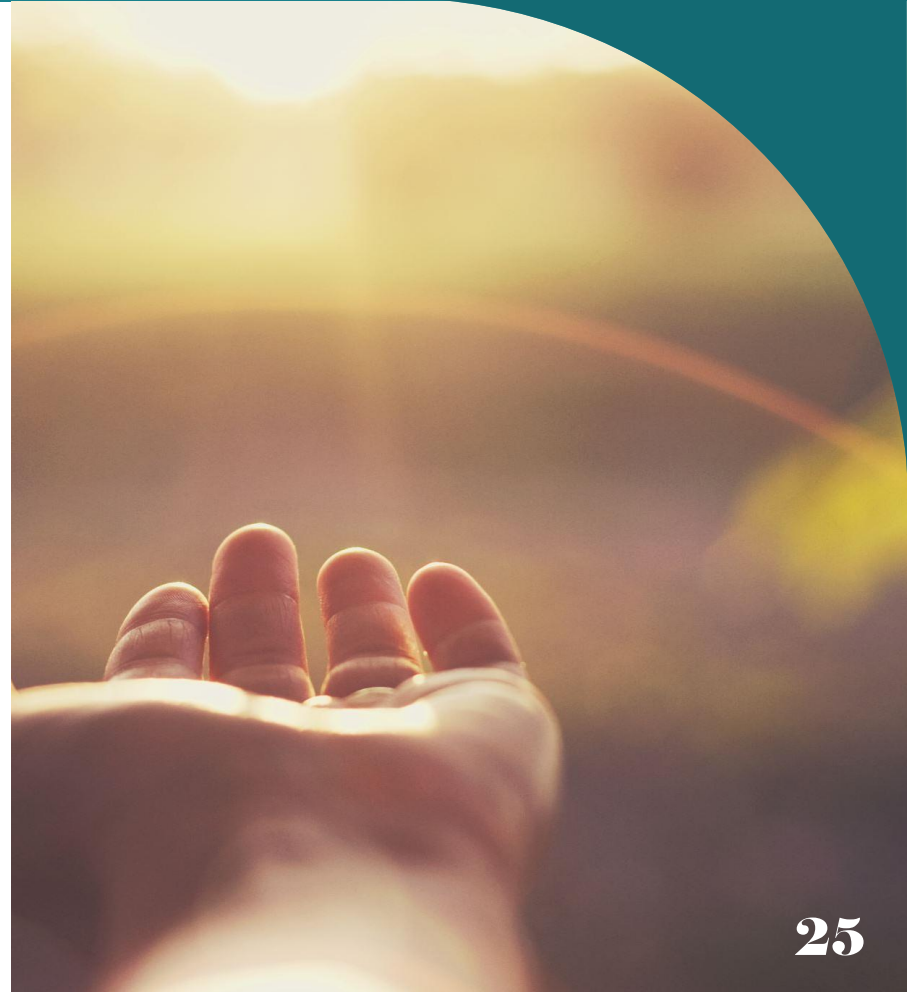
We are going to build all of our fields
and go to the Fifth with our
Question. Just pick one or two..



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





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

- The 6th Dimension
- More exciting toys to play with!

Dance-



Close Sacred Space

NEXT CLASS:
JUNE 4, 2026