

# Source Light School – Module 3b

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- MORE COOL INFO ABOUT YOUR 3rd Dimension
- NEW TOOLS
- RESOURCES



# Check-In

- EXPERIENCES & QUESTIONS



# My Goal today is to...

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

Help you get to know Your 3rd Dimension in  
ways you never have before, and a bit more  
about how use 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 small practice to  
include your body in our meditations!

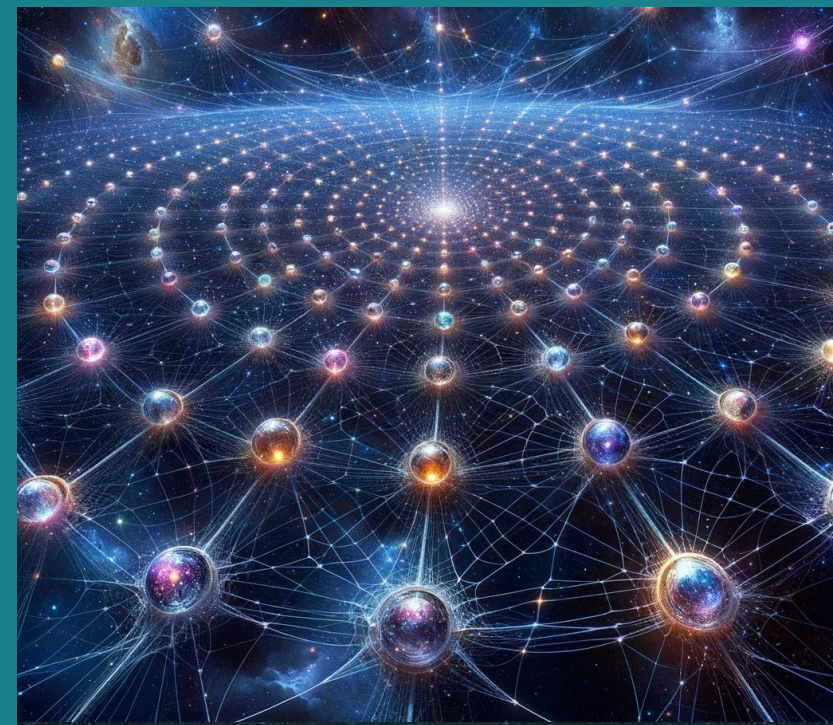
# But First...review

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

- 1<sup>ST</sup> DIMENSION, OUR SOUL, located in our heart; and
- 2<sup>nd</sup> 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.*

- The Automatic Shut-Off Valve – Prevents unnecessary Karma
- Daily Connection
- Connect to both our Soul and our “Net” or Source Light Energy Field.
- Connection equals Guidance
- Not just from our own but every place on the larger “Net.”



# Remember The First and Foremost gift of The Net...Connection & Equanimity.

*Connection* – we get to be connected to others like us that are having the same experience in this Universe. We get to not only just learn from our own experience, but everyone else's at the same time! AND we still get to maintain our own sovereignty and free will....

This Universe generates *LOVE*, so it *requires connection*. The way we do this is EQUINIMITY, making everyone equal.

*REMEMBER*, when you meet someone here, there is NO ENTANGLEMENT, JUDGEMENT, DRAMA OR CHAOS~ *IT'S PURE LOVE...NO MATTER WHO IT IS!* IF IT'S NOT, YOU ARE NOT IN TRUE 2-d.



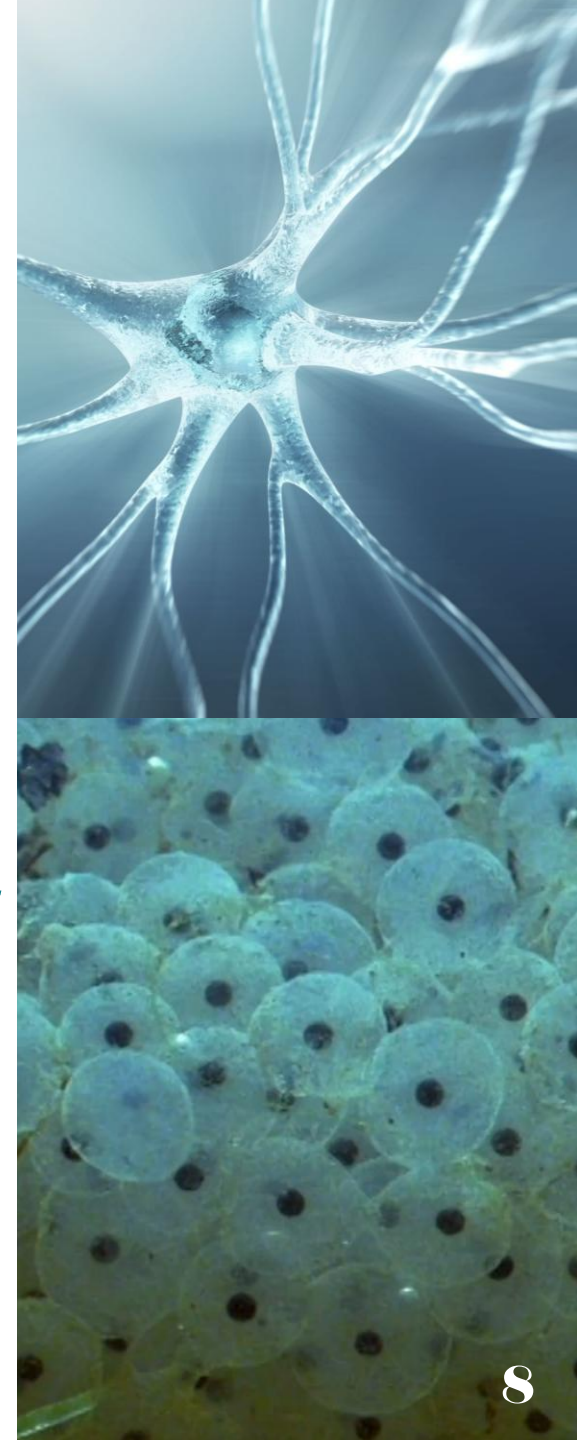
# The Net ~ Pure Unconditional Love

*ONCE WE GET THIS NAILED DOWN,*  
We can begin to rest, reside, a TAKE LITERAL  
FORM in the 3<sup>rd</sup> Dimension.

This is why we can't just start at the 3<sup>rd</sup>  
Dimension. We have done this in the past  
because we didn't know. And even if we had  
an inkling, usually the 3<sup>rd</sup> Dimension had so  
many problems (probably because of our lack  
of attention to the first 2), that we were in pain  
and fear. So, we just chose to deal...with our  
ego brains, never realizing we has all of these  
other resources at our disposal.

*CAN YOU SEE THAT WHEN YOU HANG OUT  
IN WISDOM (1-D) & EQUANIMITY (2-D), IT  
SHIFTS OUR FREQUENCY TO VIBRATE  
THERE?!*

*So any time you get frustrated, go back to the  
beginning...start at first, then second...*



# The 3<sup>rd</sup> Dimension – Going Deeper

*Remember...* the Central Nervous System – READS THE FIELD. It Since the Central Nervous System is the Master Controller of the 3-D body, lets talk about what might block it from functioning appropriately...

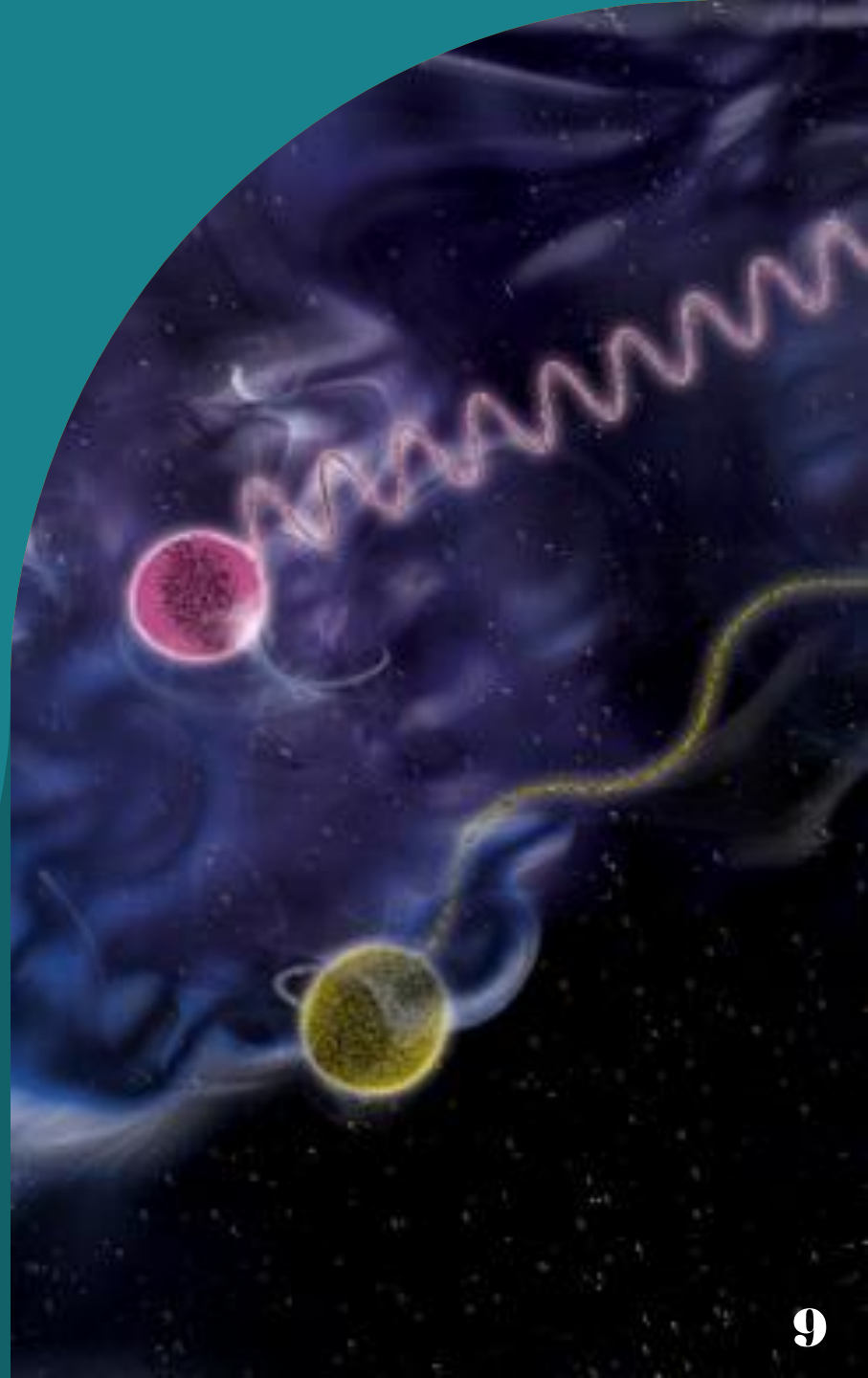
What blocks the Central Nervous System?  
*INFLAMATION!* What causes Inflammation?

\*Food that isn't nourishing to our specific body...alcohol...dehydration – not drinking enough water. Remember, it is fed and nourished by sodium, magnesium, potassium, all the minerals. It has to move all that information around and it takes a ton of water to do that--Way more than most of us drink.

\*Being low on sodium, magnesium, and potassium, or other nutrients.

\*Being around toxic people that spew a lot of toxic talk or being in low frequency places can cause our vagus nerve to become enflamed.

When your Nervous System isn't well, then everything that comes out of you is distorted. (Like a toxic oil spill in the ocean.) Then the energy frequencies cannot move nearly as easily through the toxic sludge. This is why paying attention to FREQUENCY is so important!



FREQUENCY MOVES FASTER  
WHEN EVERYTHING IS NICE  
AND CLEAR. THIS IS WHY WE  
ENCOURAGE YOU TO BECOME  
CONSCIOUS OF FREQUENCY...  
REMEMBER IN 3-D FREQUENCY  
IS EVERYTHING.

LOTS OF WATER IS GOING TO  
BE KEY HERE. WATER HELPS  
YOU RUN THE  
ELECTROMAGNETIC  
FREQUENCY THROUGH YOUR  
BODY. WATER ALSO MAGNIFIES  
YOUR FREQUENCY!

BUT IF YOU HAVE THE SLUDGE,  
THE FREQUENCY CAN'T MOVE!



# You know what I'm talking about!

- You are around people like this! You've seen them.
- When they are in pain, or messed up, or on drugs, or all drunk or hung over, or had way too much sugar...
- What do they sound like? Are they pleasant to be around?
- Of course not! And you can FEEL IT! (Frequency!)
- EVEN IF THEY ARE TRYING TO HIDE IT! (Also, Frequency.)
- And this is only going to become more pronounced as the field becomes more clean and clear. There will be more photons entering our field as the electromagnetic field diminishes! So...our STUFF is just going to get...MORE OBVIOUS. No more hiding!.



**If we are going  
to do this work  
to open up all  
the dimensions  
in ourselves  
and acquire all  
the gifts,**

**WE HAVE TO BE ALWAYS  
MONITORING OUR  
FREQUENCY...**

**TRAUMA CLEARING!**



# TRAUMA CLEARING ON THE FLY...



- Cord Pulling Exercise
- Ho'oponopono
- EFT
- Prayer
- Affirmations



**The clearer you are, the more photons of light you hold. Then you can become the **DOMINANT FREQUENCY.... WHY DO WE WANT TO BE THE DOMINANT FREQUENCY?****

**JUST LIKE THE SUN  
IS THE DOMINANT  
FREQUENCY ON  
EARTH!**

# The GIFTS of 3-D!

## Growing your Source Light with Sacred Geometry!

Everything we see originates from primordial substance through the door of Sacred Geometry.

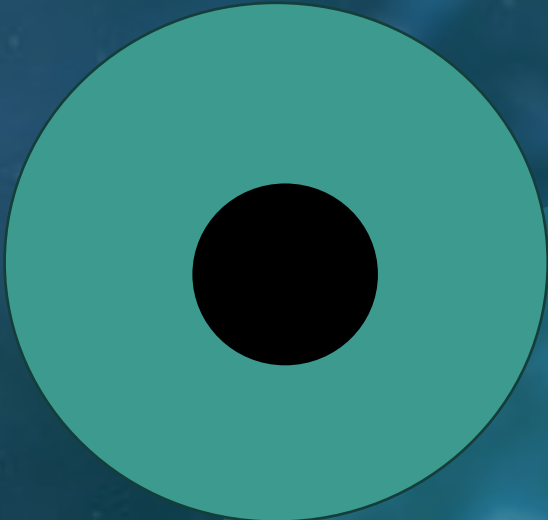
Everything that we see has literal SOURCE LIGHT (PRANA) in it.

This SOURCE LIGHT has *specific frequency attributes* that are measurable.

It is always found in the CENTER of every object.

It can be grown & cultivated with attention....AND OTHER WAYS!

In fact, you can create it simply by drawing a shape on a piece of paper.  
This is very high intelligence you are working with! IT TRULY IS THE  
SUBSTANCE THAT THINKS!



# You can also cultivate it in your body.

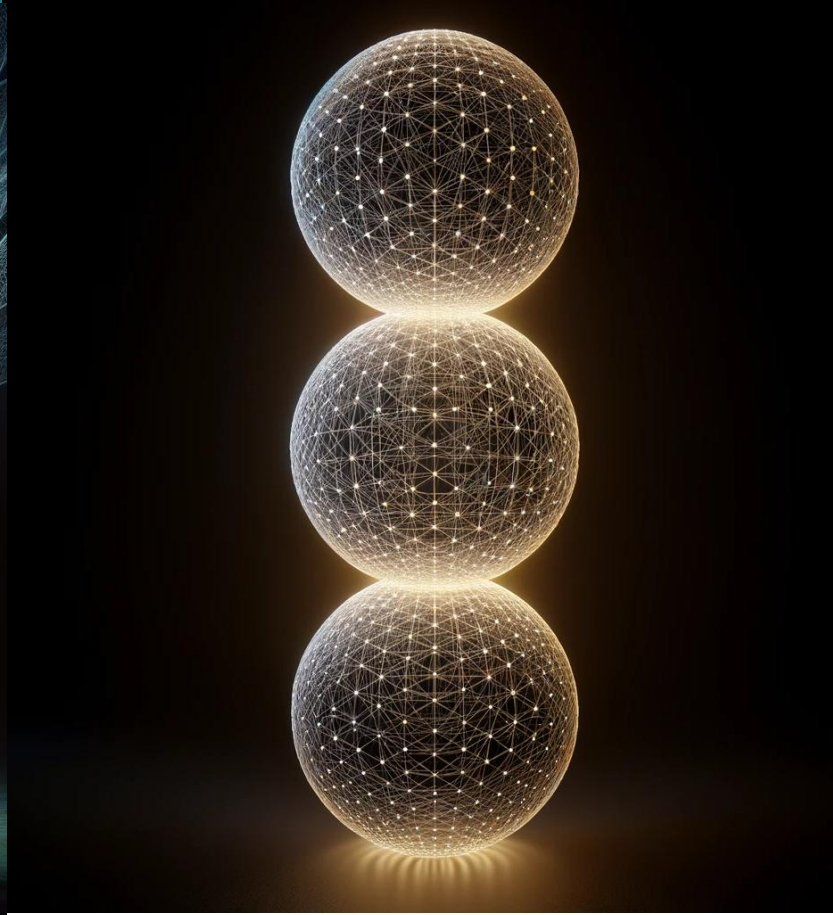
THERE ARE GEOMETRIC FORMS IN THE BODY EVERYWHERE, BUT SPECIFICALLY IN YOUR JOINTS! SIMPLY ROTATING YOUR JOINTS GROWS THIS SUBSTANCE!

USE ALL THE VIBRATORY TOOLS YOU ALREADY KNOW:

- FLOWER ESSENCES
- ESSENTIAL OILS
- SOUND
- MOVEMENT
- YOU KNOW THE DRILL!
- GROW THIS STUFF EVERYWHERE
- BECOME OBSESSED!

# So as we shift these, you may have already noticed...

YOUR PHYSICAL BODY WILL SHIFT AND IMPROVE! THE NEW PRACTICE WE LEARN TODAY WILL ONLY MAKE THIS HAPPEN FASTER AND WILL OPEN PORTALS FOR HIGHER AMOUNTS OF ENERGY TO COME IN.



# Embodiment:

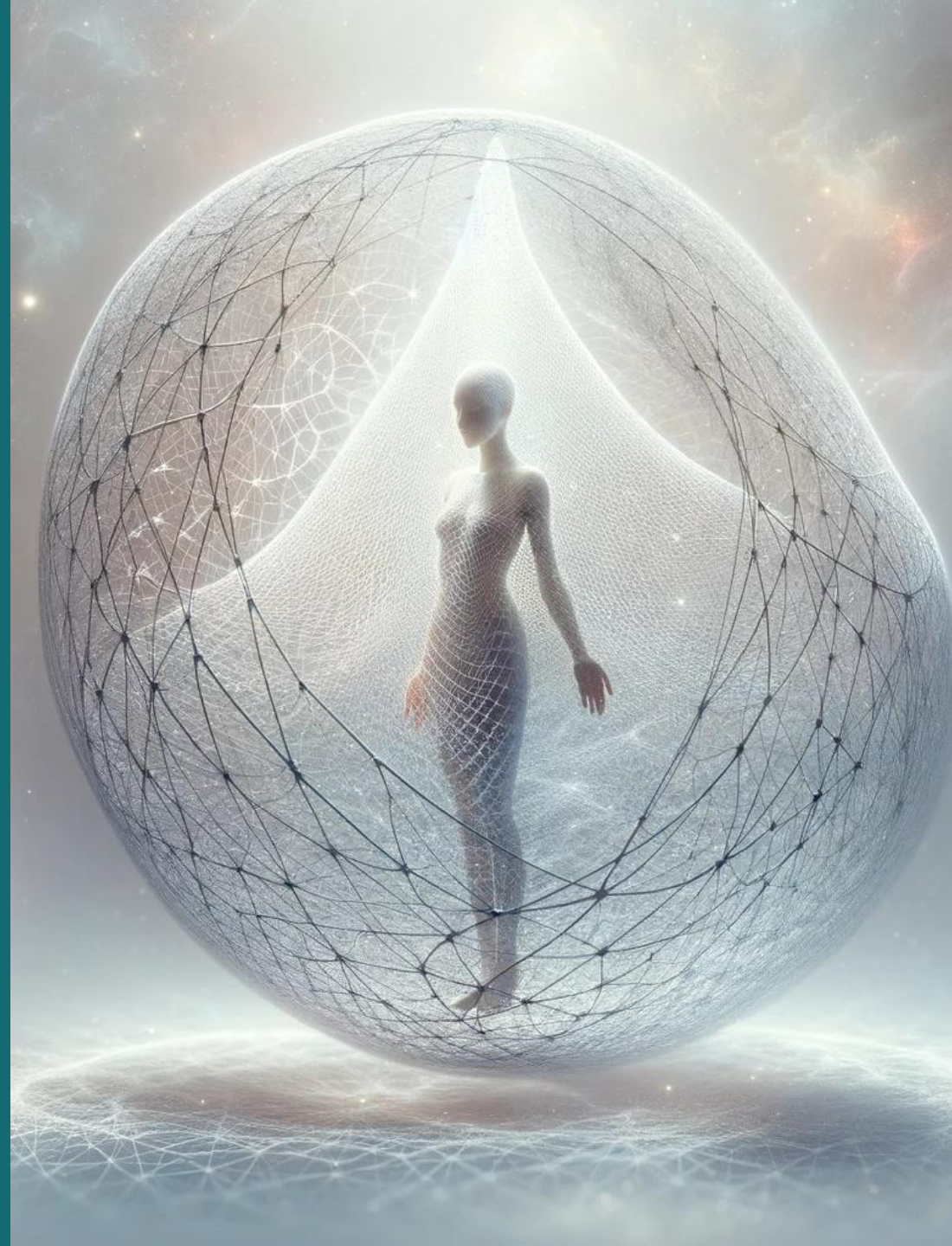
## The Property of Diminishing Returns...

You may have noticed that, although life is much improved, the zing that you used to feel might have subsided a bit. And it may feel like you have to “work” at this a bit harder. This doesn’t mean its not working! It means you have actually started to EMBODY more of your Soul. You are much more “soul-like” than you were when you began. Others will likely confirm this for you. What to do?

**KEEP GOING! IT’S ONLY GOING TO GET BETTER!** The new practice we add today will help!



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

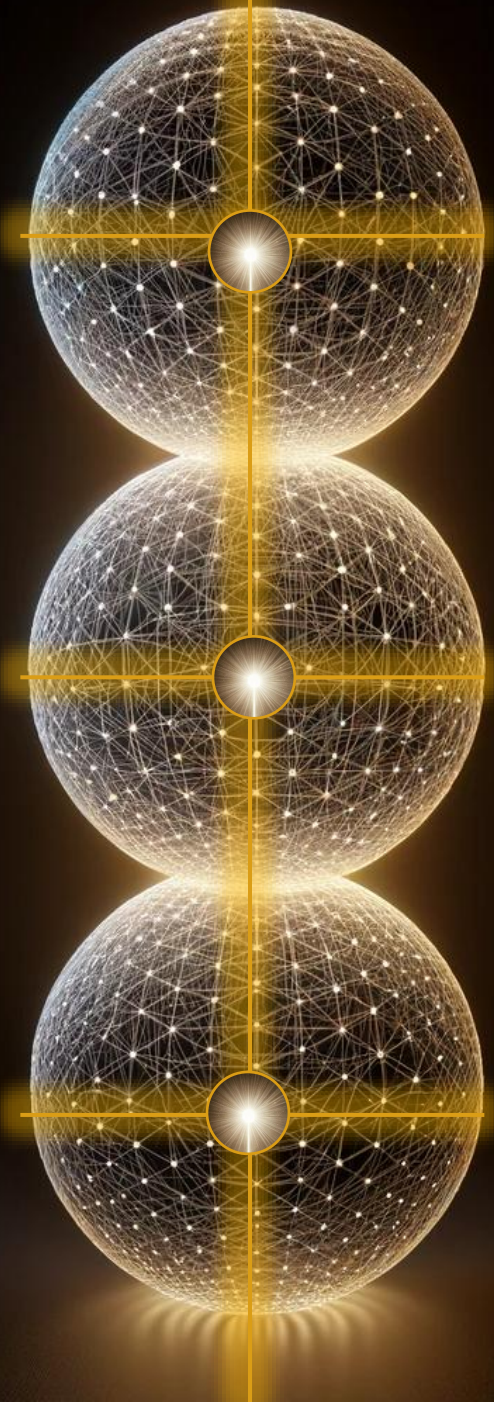


# So, remember what we are building inside of you...

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.

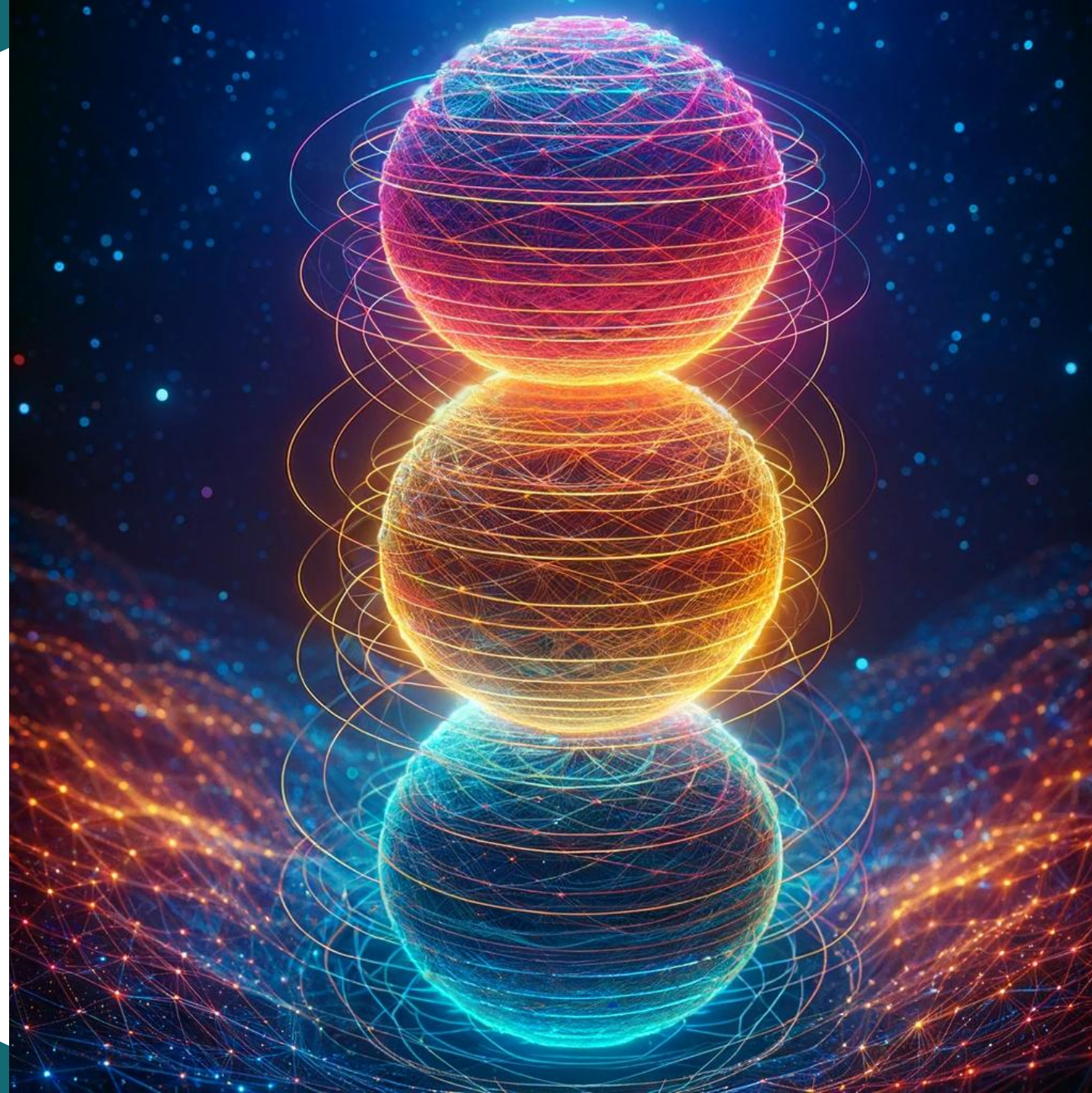
BY NOW THIS SHOULD BE STRONG ENOUGH THAT YOU  
DON'T HAVE TO GO THROUGH THE WHOLE MEDITATION  
EVERYDAY, OR CAN GET THROUGH IT PRETTY QUICKLY.



**AND...**  
**You can**  
**program it...**  
**You can set the**  
**frequency of**  
**your field!**

You can begin to synchronize your field with whatever frequency you need to accomplish your goals and desired outcomes. The only caveat: *It has to be determined by your soul.*

*THIS IS WHAT WE DO WITH THE LIGHT INFUSIONS!*



**Introducing...**

# *Light Infusion 201*

*Pathway to Self-Restoration for Practitioners*

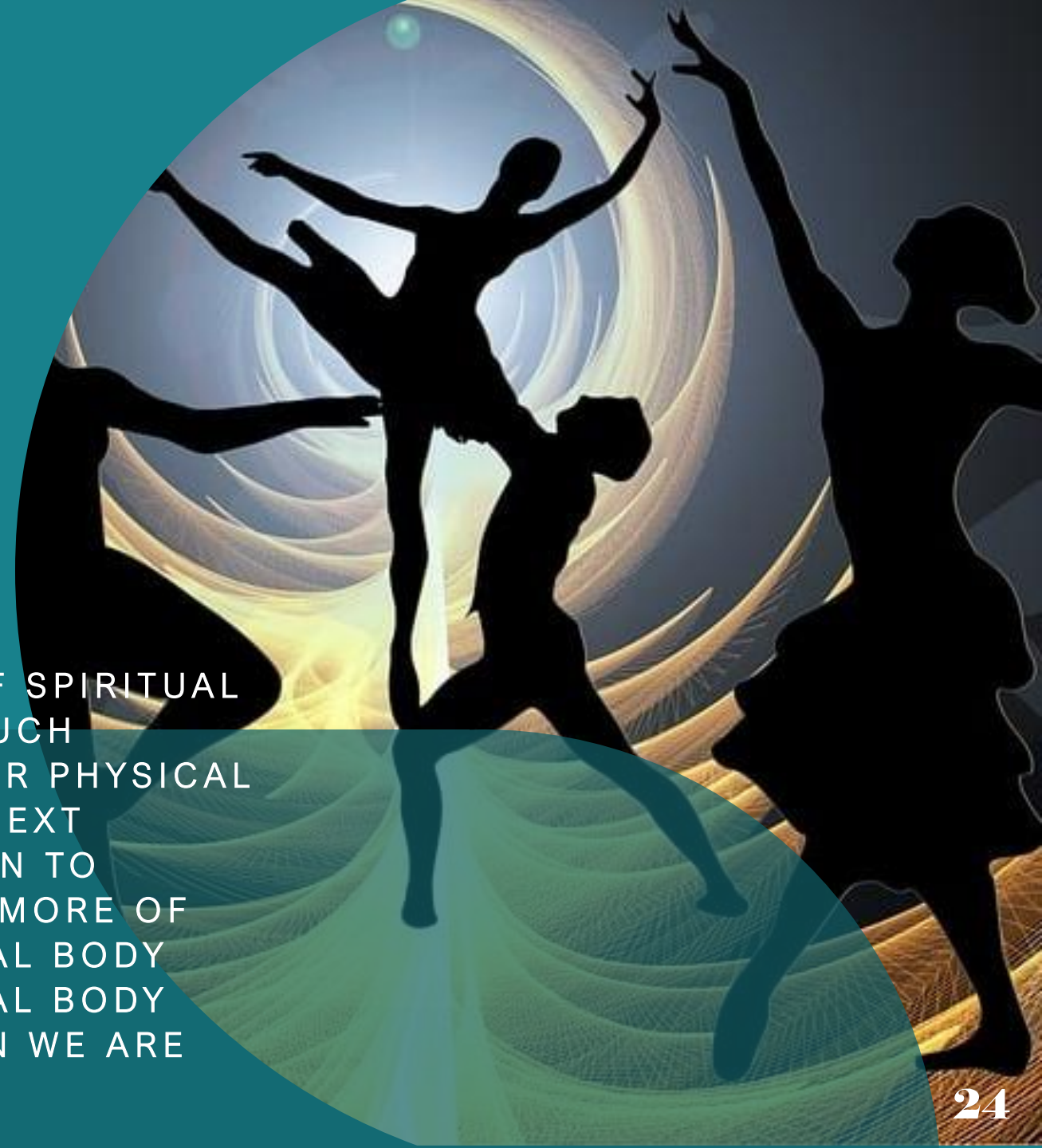
*April 17-18 & 24-25, 2026*

*Fridays ~ 12-2 pm, Saturdays 9-11 am Central Time*

**April 17-18 & 24-25,  
2026**

# **We began incorporating our lower body last week and today we are going to add a twist!**

AS WE CONTINUE TO DO THIS HIGH LEVEL OF SPIRITUAL WORK, IT IS IMPORTANT THAT WE GIVE AS MUCH ATTENTION TO THE LOWER CHAKRAS AND OUR PHYSICAL BODY AS WE DO THE UPPER REALMS. THIS NEXT PRACTICE THAT WE INCORPORATE WILL BEGIN TO BALANCE OUR WHOLE SYSTEM BY BRINGING MORE OF THAT DIVINE LIGHT DOWN INTO OUR PHYSICAL BODY FROM ABOVE AND UP THROUGH THE PHYSICAL BODY FROM THE EARTH ENERGIES BELOW US. THEN WE ARE GOING TO COMBINE THEM BOTH.



# As you may know...

There are chakra points above and below our physical body. We are going to use them as focal points to draw Source Light energy up from the earth below us and then down from Source above us, to feed, nourish and balance our physical body.



**Today we are going to continue our practice that we began last time, with an added twist.**

THIS HAS BEEN TRADITIONALLY A HIDDEN PROCESS THAT COMBINES BOTH ENERGIES. THIS CAN OPEN PORTALS TO ALLOW MORE ENERGY INTO YOUR SYSTEM.

I WILL SHOW YOU THE PROCESS NOW... THEN WE WILL DO THE WHOLE MEDITATION PROCESS TOGETHER.





*So...Let's Review...*

## **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”)



**We always  
begin with...**

**The Clearing  
Meditation –**

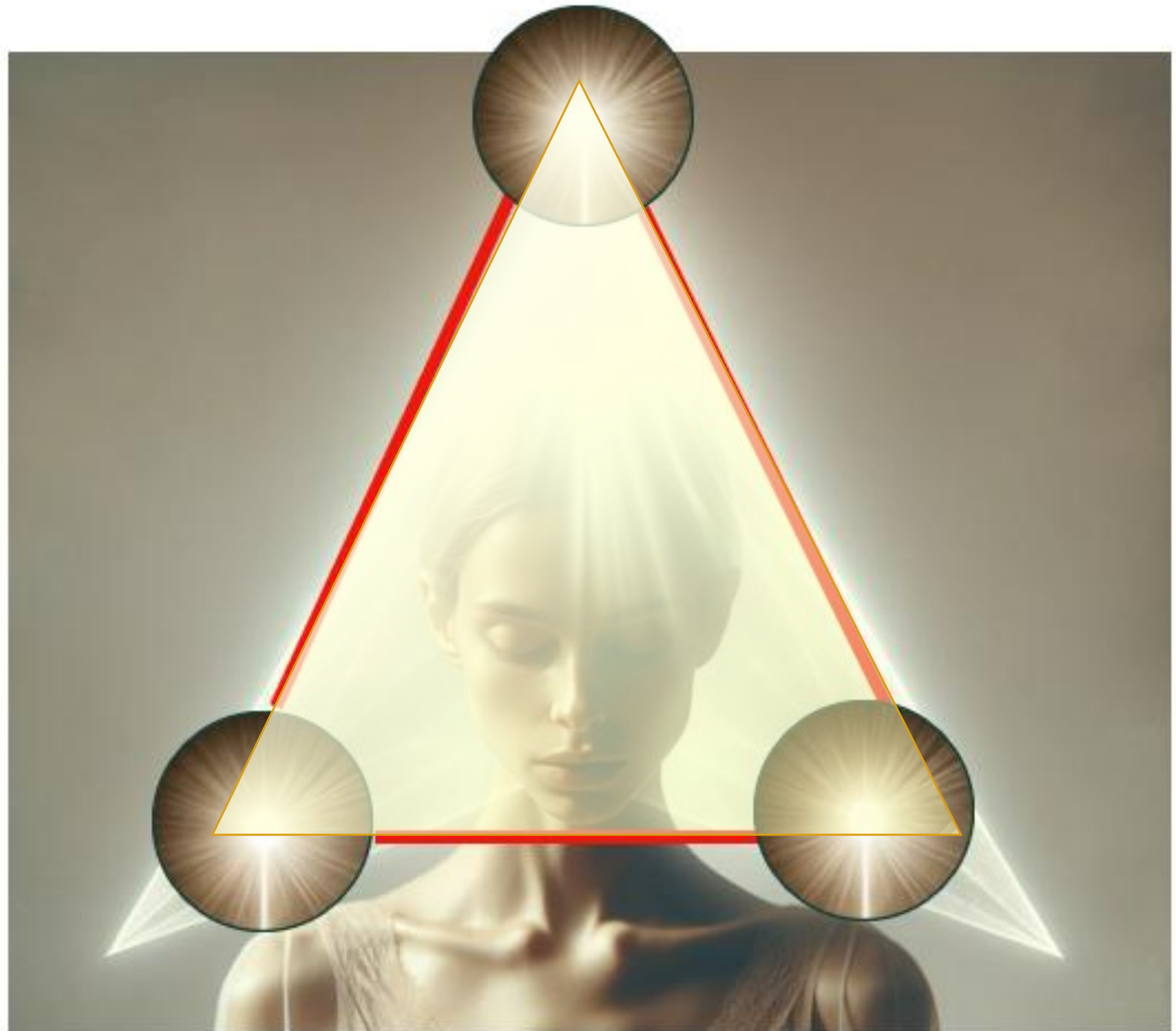


**While holding your focus there, focus on the two energy centers on top of each of your shoulders.**



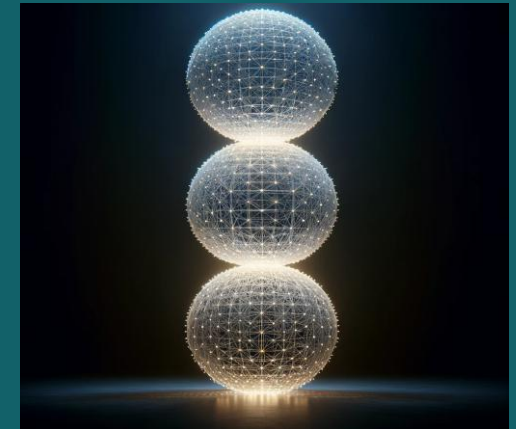
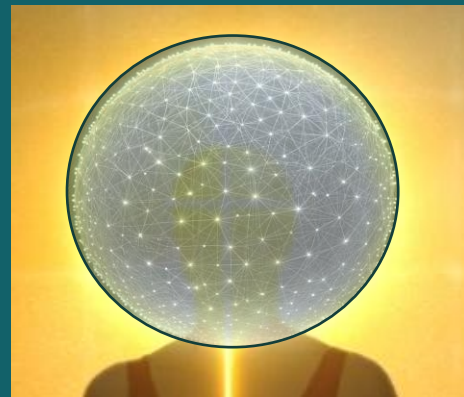
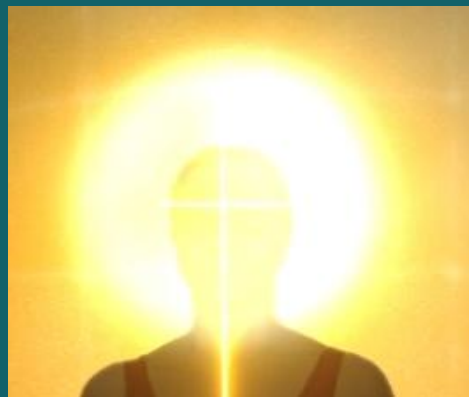
*Now, connect the three balls and fill the triangle with light, and allow it to clear all the old thoughts, clutter, and debris from your mind.*

*I usually sit for a bit and let myself relax and drain before I begin the next part...*



# Finding the Cave of Brahma...

## Today we are going to build all 3 centers...





# My Process

- Long Form Meditation
- Formulate Plan for Day
- Write it on my form
- Read the Protocol from my heart.
- Get up and do my day.
- I will lead you in this

## Ways to plug in and stay connected...2

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.

**Talk to your Source Light Energy Field and your cells, ask them what they need, and is there anything they want you to know.**

**Clear trauma. MADE FOR MIRACLES CLASSROOM:** <https://www.celestialforestinstitute.com/copy-of-made-for-miracles>

Email Suzette at [suzettedms@gmail.com](mailto:suzettedms@gmail.com) (Elizabeth Wood's Assistant) and ask for Free Trauma Healing Information

**Read the Daily Connection Protocol EVERYDAY!**

Get a Soul Story session with **Cheryl Prince** or do her free guided meditation here: [SOUL ACTIVISM WORKSHOP | 5D Theatre](#)

Her private sessions are very reasonably priced and even one may be all you need. Or do her free guided meditation. I did a session, then the free meditation and that was my doorway in...

The SACRED GEOMETRY SERIES with Robert Gilbert on GAIA is a great resource.  
**Connect with like-minded individuals in the What's App for this class!**

**Do the Long Form of the Meditation daily to connect with both 1st and 2<sup>nd</sup> Dimensions.**

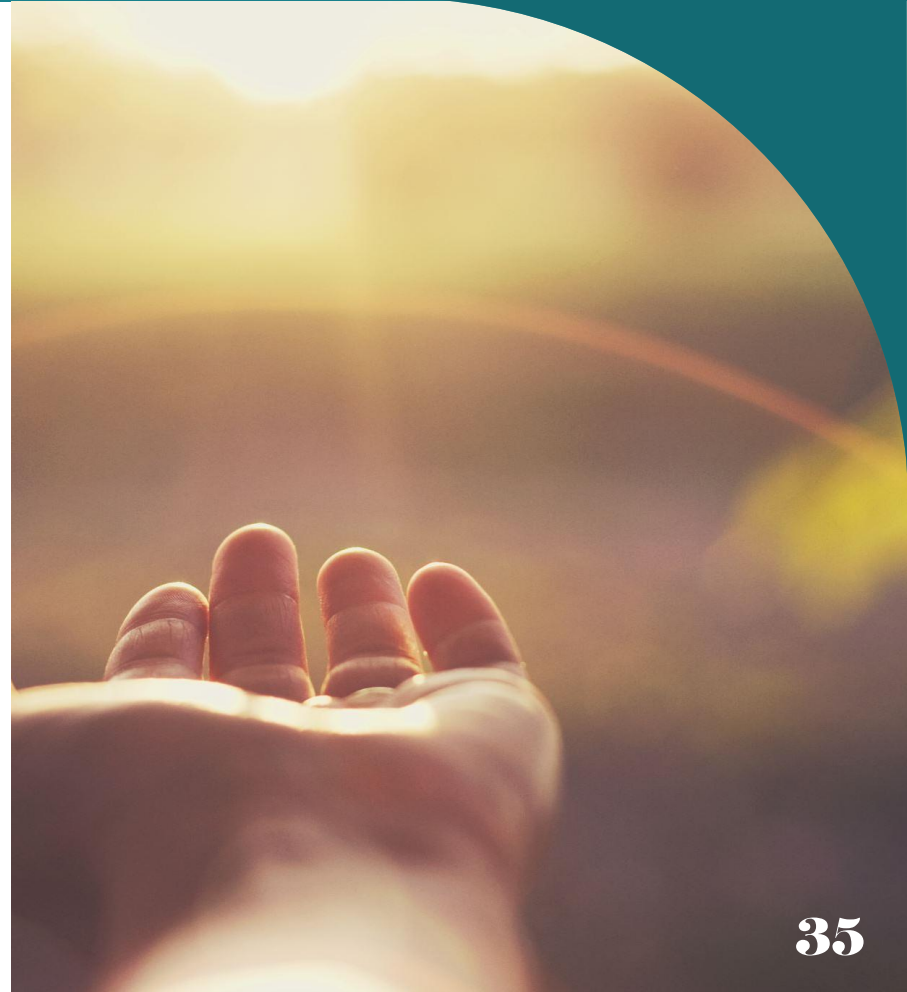
[Learn the Color of Your Soul: Prune Harris | The Energy Expert](#)

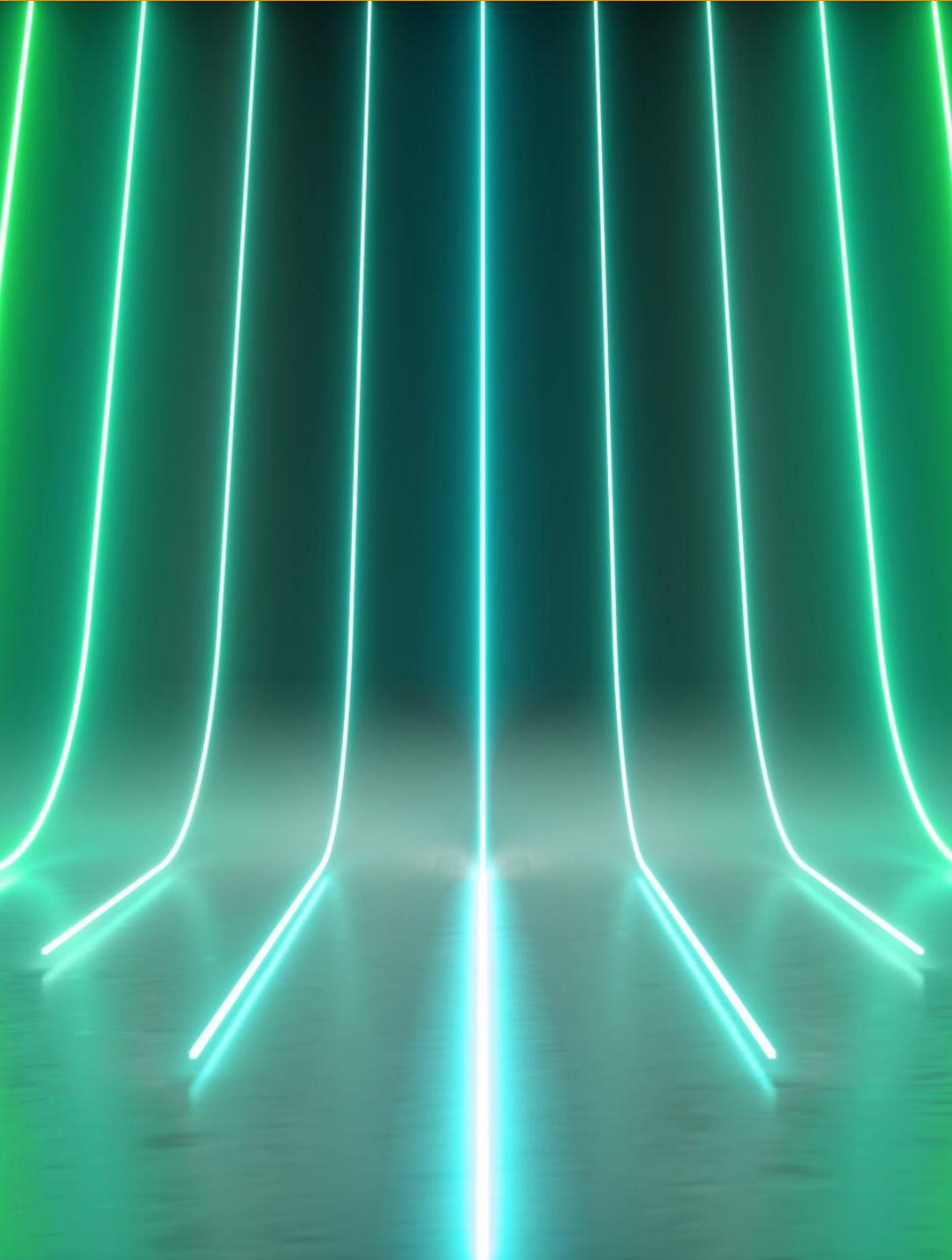
[Lee Harris - Lee Harris | Expand your energy awareness & connect to your soul \(leeharrisenergy.com\)](#)

# 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.
- Put your hand on your heart and drop in...meditate. Talk to your soul. Have conversations. Journal with your soul & your body & energy field.
- Ask your soul every day, "Who am I?" and write down 3 attributes of you today. Ask your body & field daily what it needs.
- Clear trauma.
- Stay Grounded





# Our Process...

- Long Form Meditation



*The Long Form Meditation including Body*



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

- Getting to know the 4<sup>rd</sup> Dimension
- So many exciting toys to play with!

**Dance-**



# Close Sacred Space

NEXT CLASS:  
APRIL 4, 2024