



Source Light School – Module 2b

With Kathy Forest

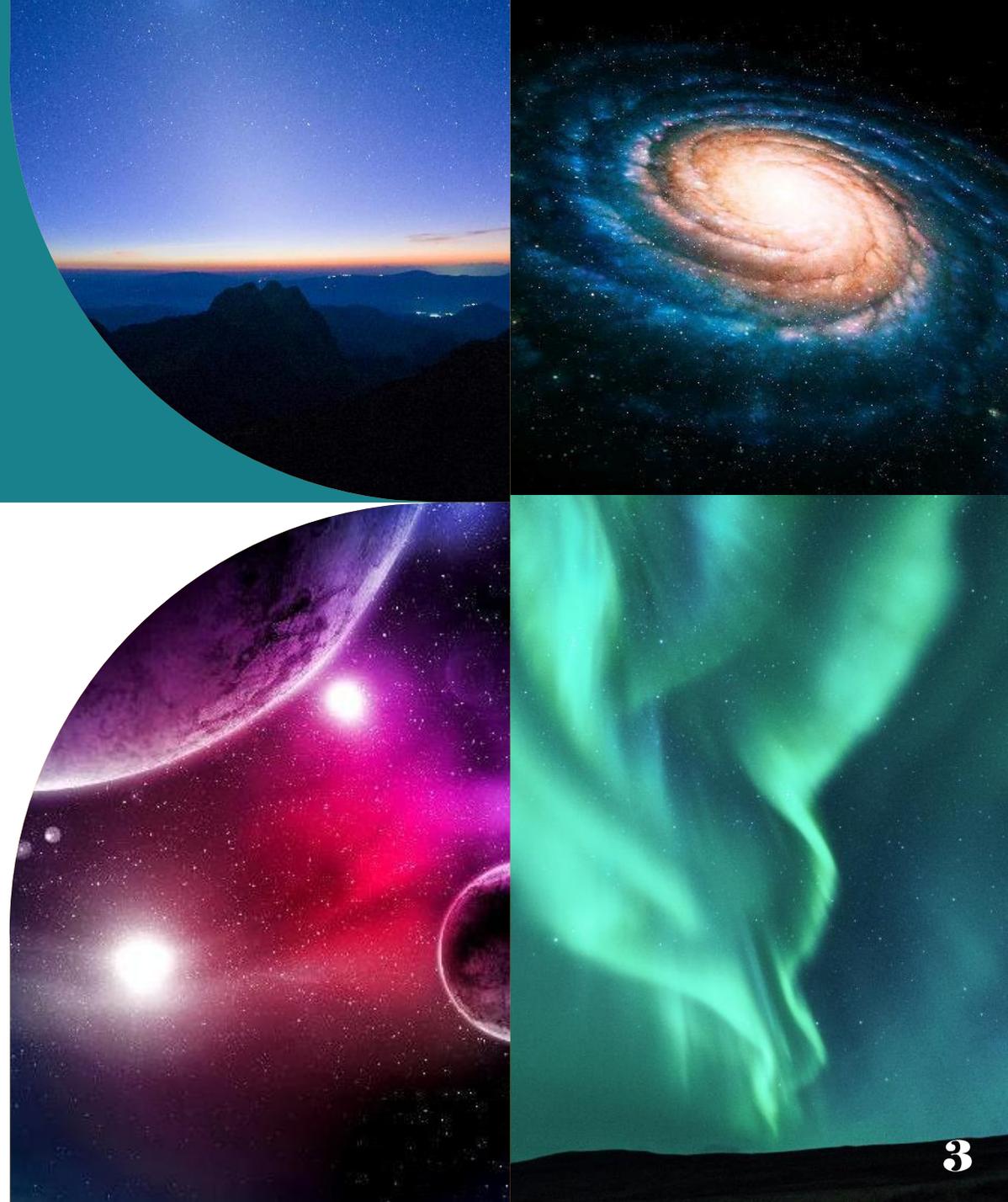
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- HOW HAS IT BEEN DOING THE PROTOCOL?
- How has TRAUMA CLEARING been going?
- REVIEW OF WHY WE ARE HERE...
- GETTING TO KNOW YOUR 2nd Dimension
- NEW TOOLS
- RESOURCES



Check-In

- NAME AND ONE WORD
- QUESTIONS



My Goal today is to...

Help You Stay Connected to Your Soul... First Dimension...

Help you get to know Your 2nd Dimension a bit more & explore how to connect with and use it...

Continue 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!

Help You begin to use these tools to heal your life and our world.

The Net and Life Force...

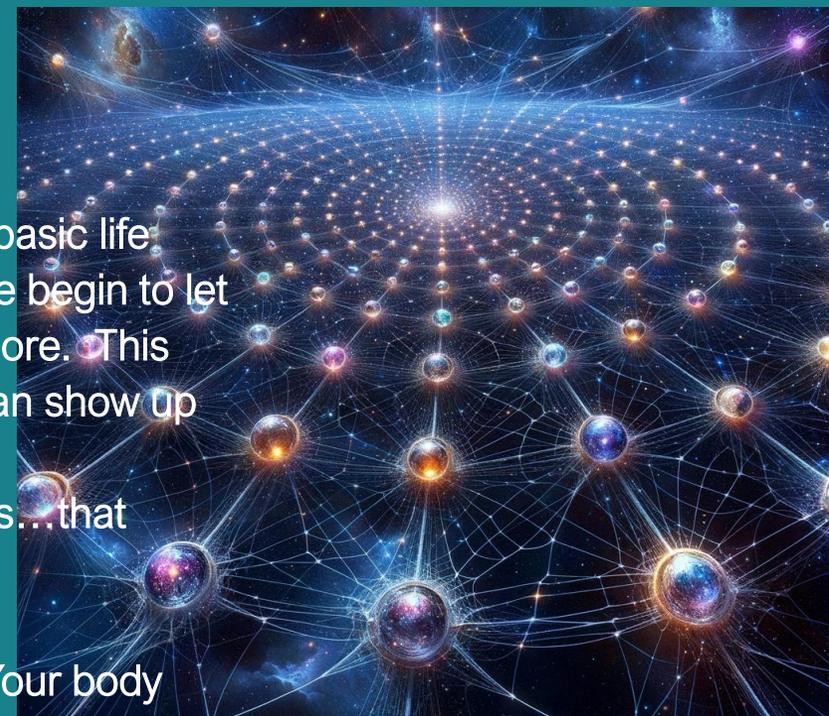
The first thing most people notice is what we have come to call "*Endless Prana.*" This is the basic life force energy that you need to live. Our Soul keeps us alive at a very basic level. But when we begin to let it begin to steer the direction of our lives, we may be required to do more, give more, or be more. This will require more energy and we will have all that we need to accomplish it and more. This can show up outwardly as:

A lack or lowering of the sense of foreboding fear that we all seem to carry around these days... that constant state of worry about the future. You may notice that it just seems to evaporate.

Sudden bursts of ideas, creativity, and energy. You may begin to feel a few years younger. Your body may not hurt in places it used to hurt.

Many of us have been intuitive enough to know we have been called to do certain things. However, we may have been trying to do all these things on our own without the support or guidance from our Soul. The energy required to do this is taken right out of our personal electromagnetic energy field, rather than being Sourced directly from Source through our 2nd Dimensional Source Light Energy Field. Eventually that begins to take a toll on our body and the evidence of that is many of the chronic physical illnesses that you deal with daily.

By connecting to this field, you can draw from an endless supply of Source Energy. You begin to feel better. The ability to create new healthy habits to replace old ones that you may have struggled with for years. Less resistance.... period.



But...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....

Not every Universe has this kind of experience. But this one is based on learning all about **LOVE**, so it **requires connection**. But how? How do we pull this off?





First, we need to connect to that core memory of our soul...

REMEMBER, THIS FIELD WAS DESIGNED TO HELP YOU REMEMBER WHERE YOU CAME FROM...THE LOVE YOU BROUGHT WITH YOU. IT IS MADE OF THE SAME STUFF YOUR SOUL IS.

Then we fall back into it and connect to it everyday...

THROUGH MEDITATION AND
PAYING ATTENTION TO OUR
BODY. AS WE DO THIS ON A
REGULAR BASIS. WE MAY
BEGIN TO NOTICE CHANGES
AND SHIFTS IN OUR DEMEANER
AND ATTITUDE. ONCE WE GET
THROUGH ANY TRAUMA, THINGS
MAY NOT RUFFLE US AS MUCH.
WE MAY BE ABLE TO TAKE
EVERYTHING A LITTLE
EASIER...WHY?

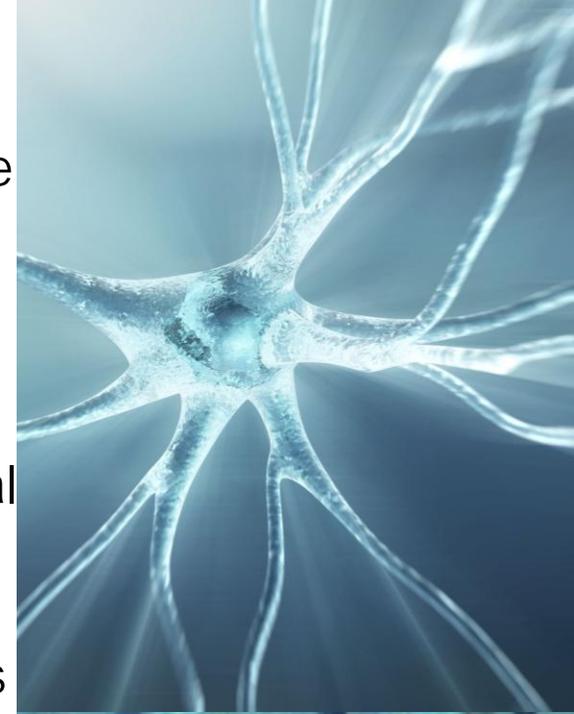


The Net ~ Pure Unconditional Love

EQUANIMITY! We are all here doing the same thing. **EVERYONE!** We come here, we have an experience of being in a physical body, we try on many different experiences, **AND THEN WE RETURN TO SOURCE. ALL OF US!** Even those beings you don't necessarily care for. At a certain dimensional level, they are all necessary.

So, at this 2nd Dimensional Level, everyone is equal, because you are meeting them at the level of **SOUL...SOURCE**. So, at this dimensional level, we can find, be and experience UNCONDITIONAL LOVE for ourselves and all beings...**ALL THE TIME.**

Remember, this may feel a bit foreign because we don't hang here much...





Meeting others on The Net...

THIS IS THE PLACE YOU CAN MEET EVERYONE'S TRUE SELF...THEIR SOUL. THIS IS WHERE YOU CAN CONNECT DEEPLY WITH THE TRUE ESSENCE OF OTHERS. THERE IS NO JUDGMENT HERE.

YOU ALSO HAVE SOVEREIGNTY HERE. YOU GET TO CHOOSE WHO YOU WANT TO LEARN FROM, WHAT ENERGIES YOU WANT TO ALLOW IN AND WHAT YOU DON'T. ONCE YOU BEGIN THIS PROCESS AND BEGIN TO FEEL A RELATIVE SENSE OF YOUR OWN INNER SAFETY, THE 3RD DIMENSION DOESN'T SEEM QUITE SO BAD.

So, if you are wondering...

- What about that big INDRA'S NET that we are all connected to? Yes, it is out there and we are in!
- We have been tangled up in it all our lives. And some of us have gotten a bit messy. Now we are going to build us a strong, safe, snazzy vehicle to ride in.



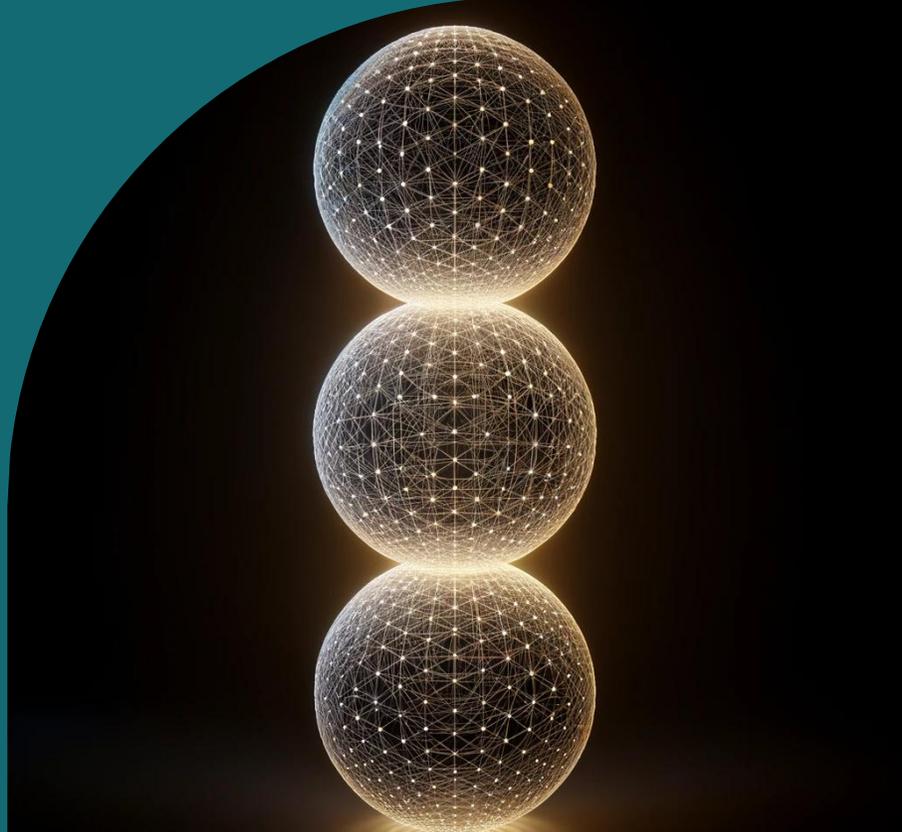
**Because in order to
benefit from all of these
gifts, we must re-
establish our 2nd
Dimensional Energy
Field...**



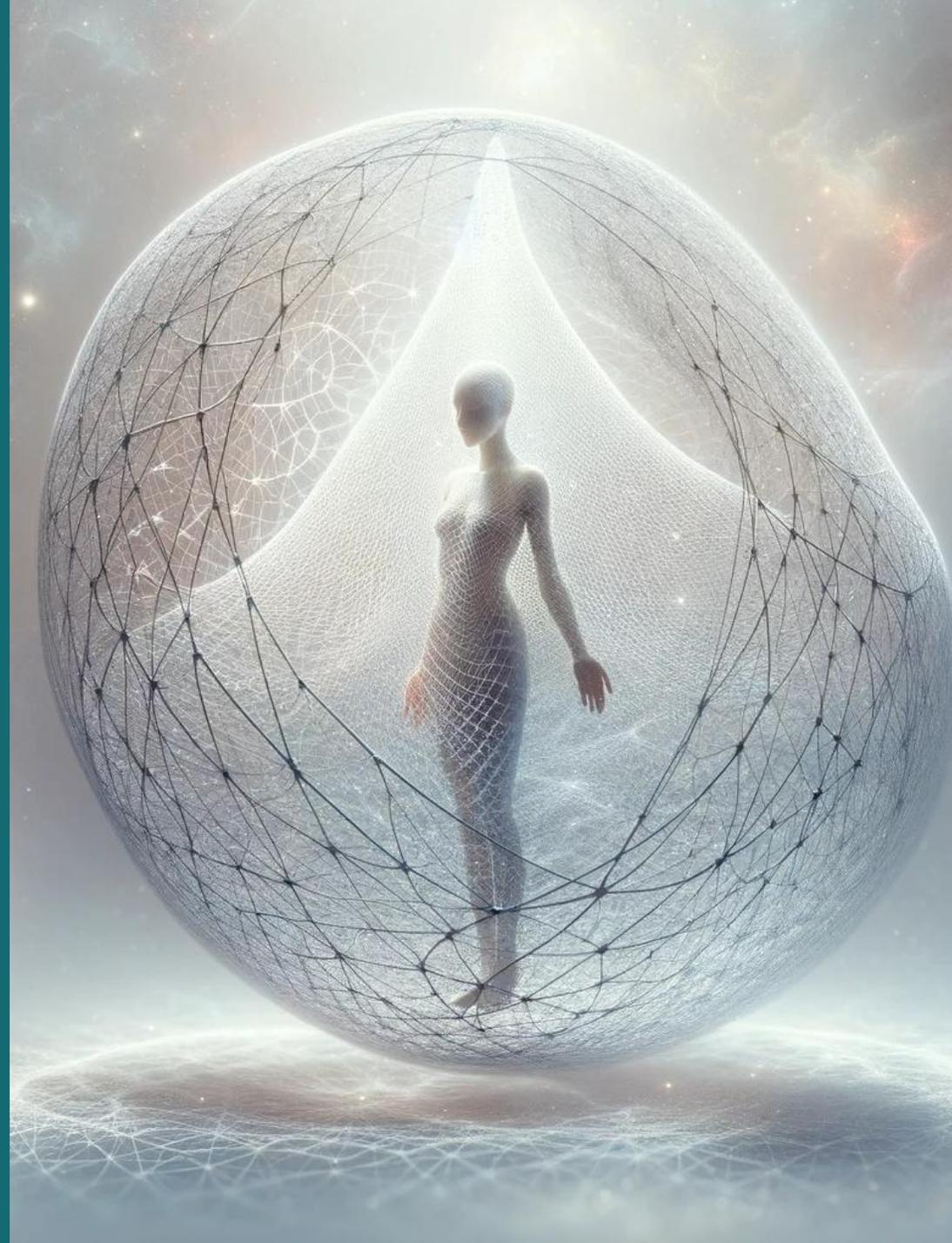
**We need to shift
it from this...**



To this...



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



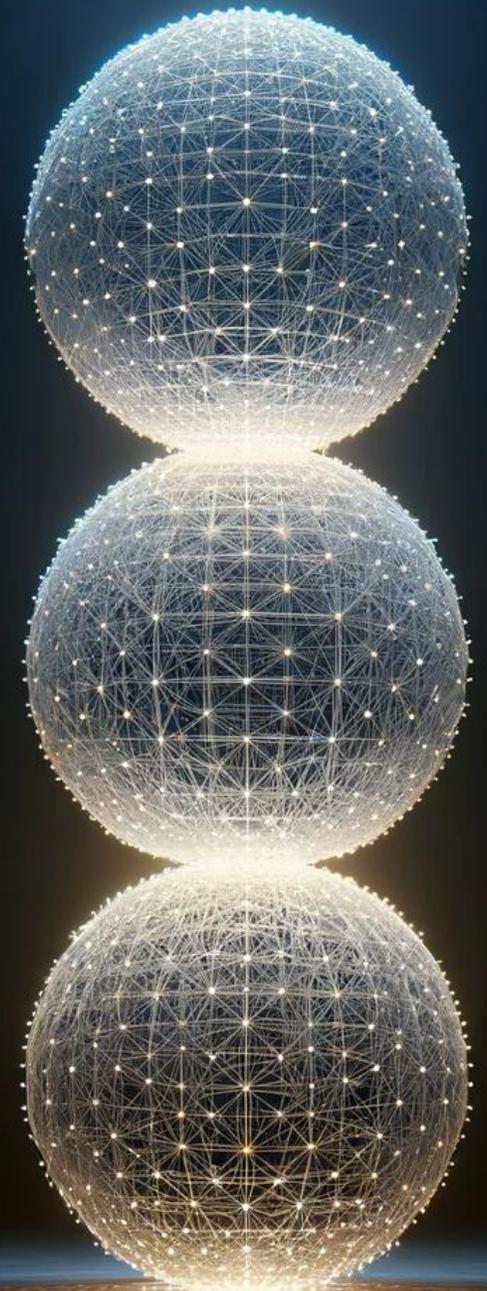
First, you build it with your attention...

*We can do this in our daily
meditation, and it doesn't take
very long...*

Head

Heart

Sacral



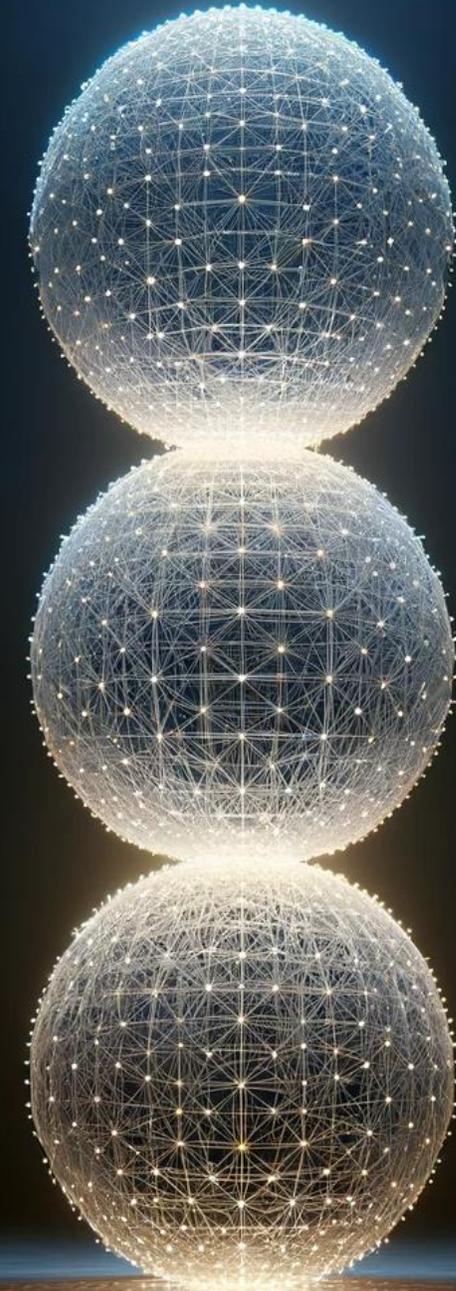
**Then you
spend a little
time in there
everyday,
nourishing
yourself...all
your parts...**

This only takes a
minute or two, but
you may want to stay
longer because it will
feel so good!

Head

Heart

Sacral



Physics & Geometry Lesson...

I want you to know WHY this works. It's not just woo-woo, it's Science. *This is why Geometry is so COOL!*

In the center of every geometric form is a *measurable* amount of what we understand as PURE LIFE FORCE ENERGY – SOURCE ENERGY-THE GODHEAD-THE SUBSTANCE THAT THINKS. It is measurable!

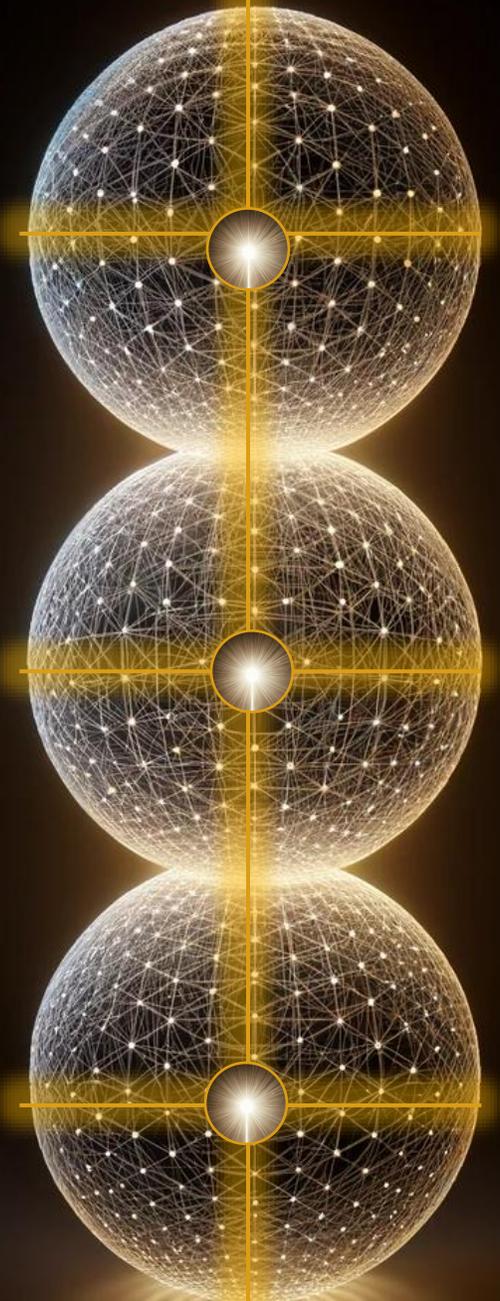
By focusing our attention on it, we grow it. By expanding it outward, we expand it. It is pure Divine Light energy.



So, look 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...

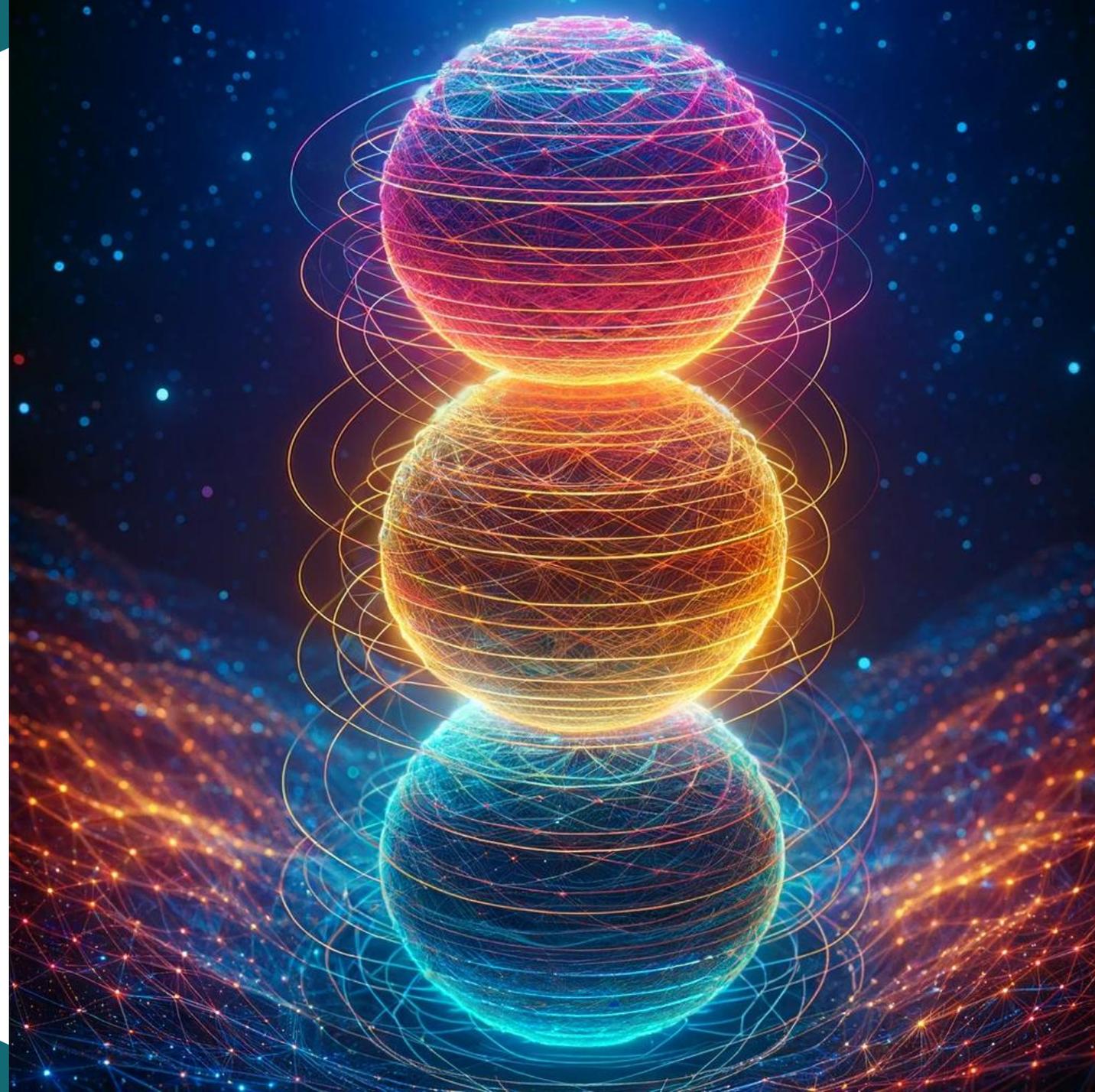
WHAT YOU ARE DOING IS GOVERNED BY YOUR
SOUL.



**Here's the
coolest part...
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!*



More on care and maintenance...

All of us are going to want the goodies...
But you must remember that you can't access them unless your system is strong and functional, and you are working closely with your soul. If not, then your outcomes will be wobbly at best. Or they just won't work.

But it isn't hard, the practices are simple, and they make you feel good!



This can also help you be more conscious of who and what you expose your field to...

WE ARE SOVEREIGN AND ARE ALWAYS AT CHOICE AS TO WHAT WE EXPOSE OURSELVES TO...

EVERYTHING WE TAKE IN ON ANY LEVEL GOES RIGHT IN.

SO, YOU CAN SEE HOW OUR FIELD CAN GET LIKE THIS, AND YOU CAN ALSO SEE WHY ATTENTION IS NECESSARY.

YOU CAN ALSO SEE WHY PEOPLE WHO DON'T HAVE THIS INFORMATION ARE NEEDY, AND WHY WE ALL FEEL EVERYONE ELSE'S STUFF.



The good news...

When our field is strong, the old addictions that attracted us in the past, won't even be on our radar. We will be Sourced enough that we can support ourselves and have plenty to share.

You WILL notice when your field needs maintenance or when you neglect your practice.





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 –**

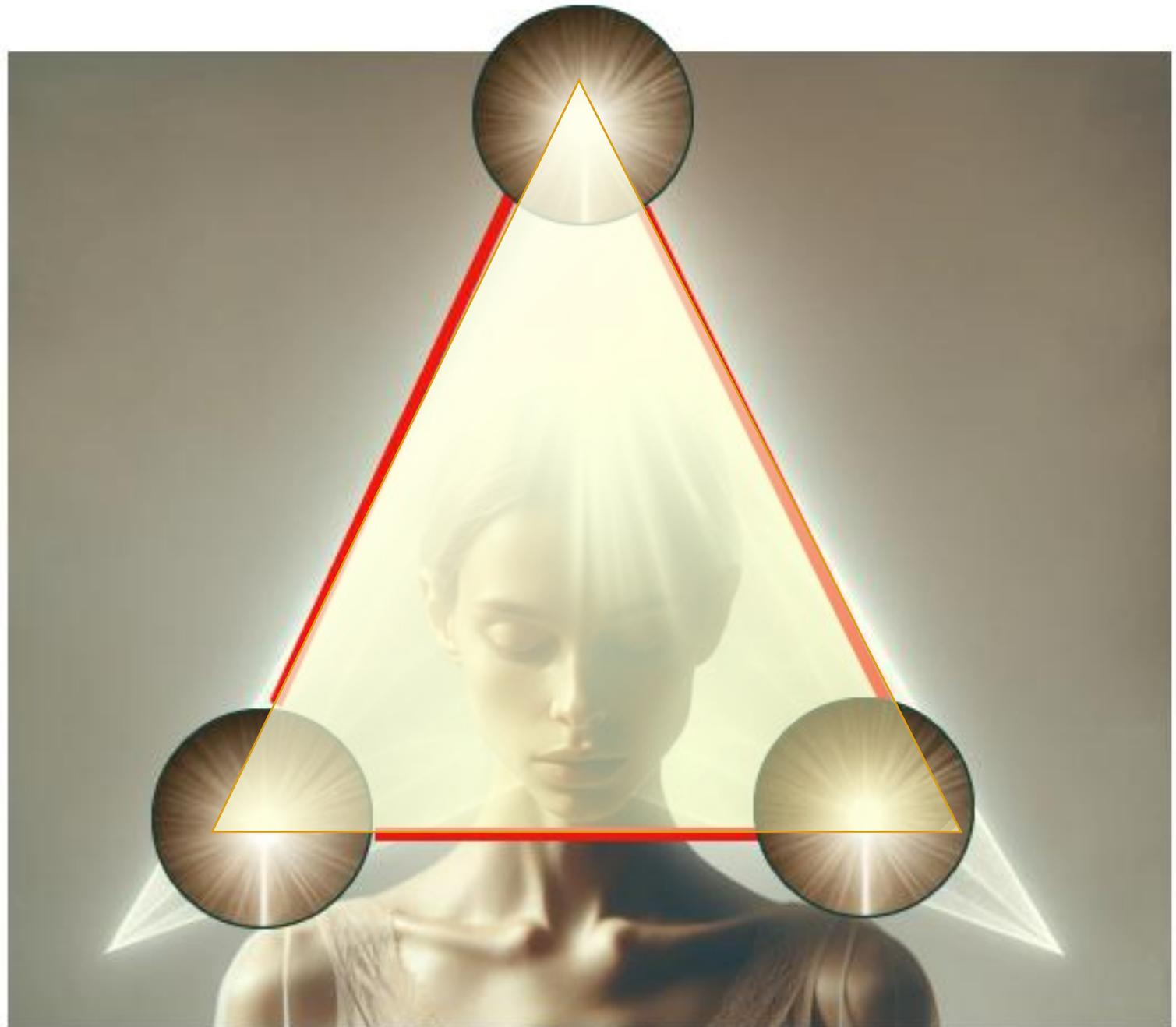


While holding your focus there, focus on the two energy centers on top of each of your shoulders.



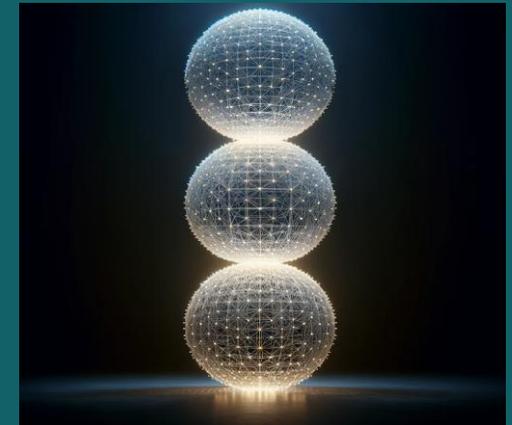
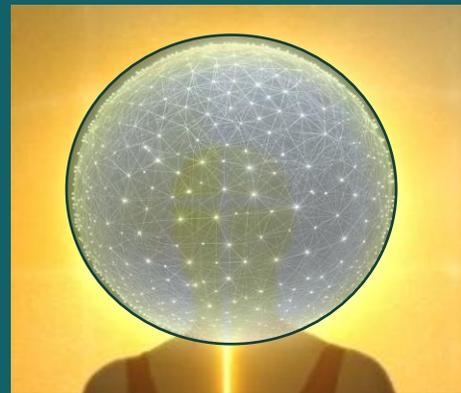
Now, connect the three balls and fill the triangle with light, and allow it to clear all the old thoughts, clutter, and debris from your mind.

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...



Today we are going to extend our meditation to all three energy centers.

FOR OUR PURPOSES, WE WILL FOCUS ON THE 3 MAJOR ENERGY CENTERS, WHAT SOME NOW CALL THE 3 BRAINS OF THE BODY.

TODAY I WILL LEAD YOU THROUGH THE WHOLE PRACTICE OF BUILDING ALL THREE ENERGY CENTERS.

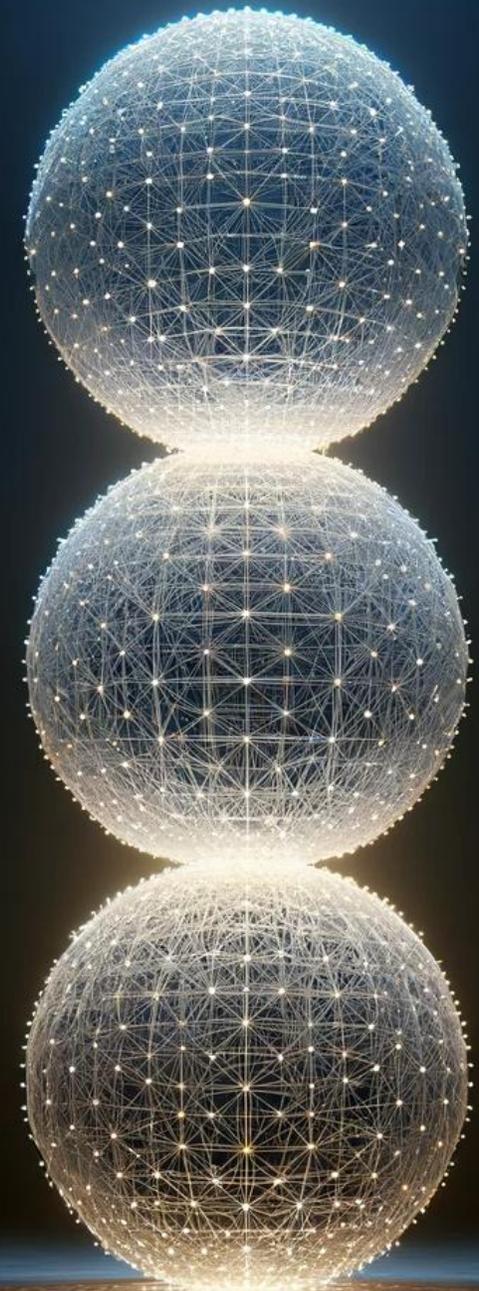
ONCE WE ARE COMPLETE, I WILL LEAD YOU IN A LIGHT INFUSION SESSION WHERE WE WILL PROGRAM YOUR ENERGY FIELD.

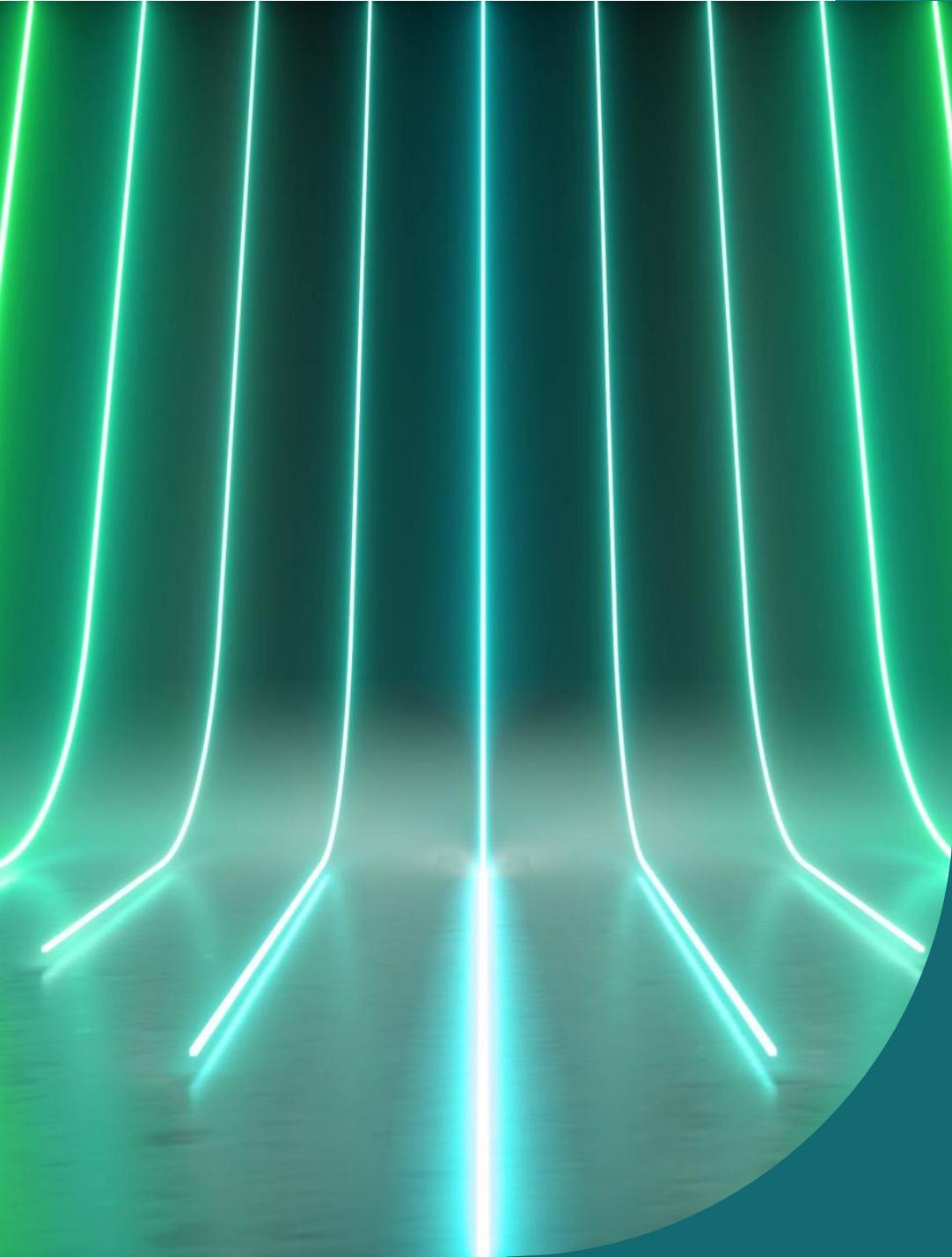
WE WILL PLACE BEAUTIFUL SACRED GEOMETRY SYMBOLS (SOURCE LIGHT SYMBOLS) IN YOUR NET TO HOLD THE VIBRATION OF YOUR DESIRED OUTCOMES. THEN WE WILL ADD LIGHT FREQUENCIES TO ENHANCE YOUR EXPERIENCE AND GIVE YOU THE ADDED SUPPORT YOU NEED.

Head

Heart

Sacral





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 (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 2nd Dimensions.

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

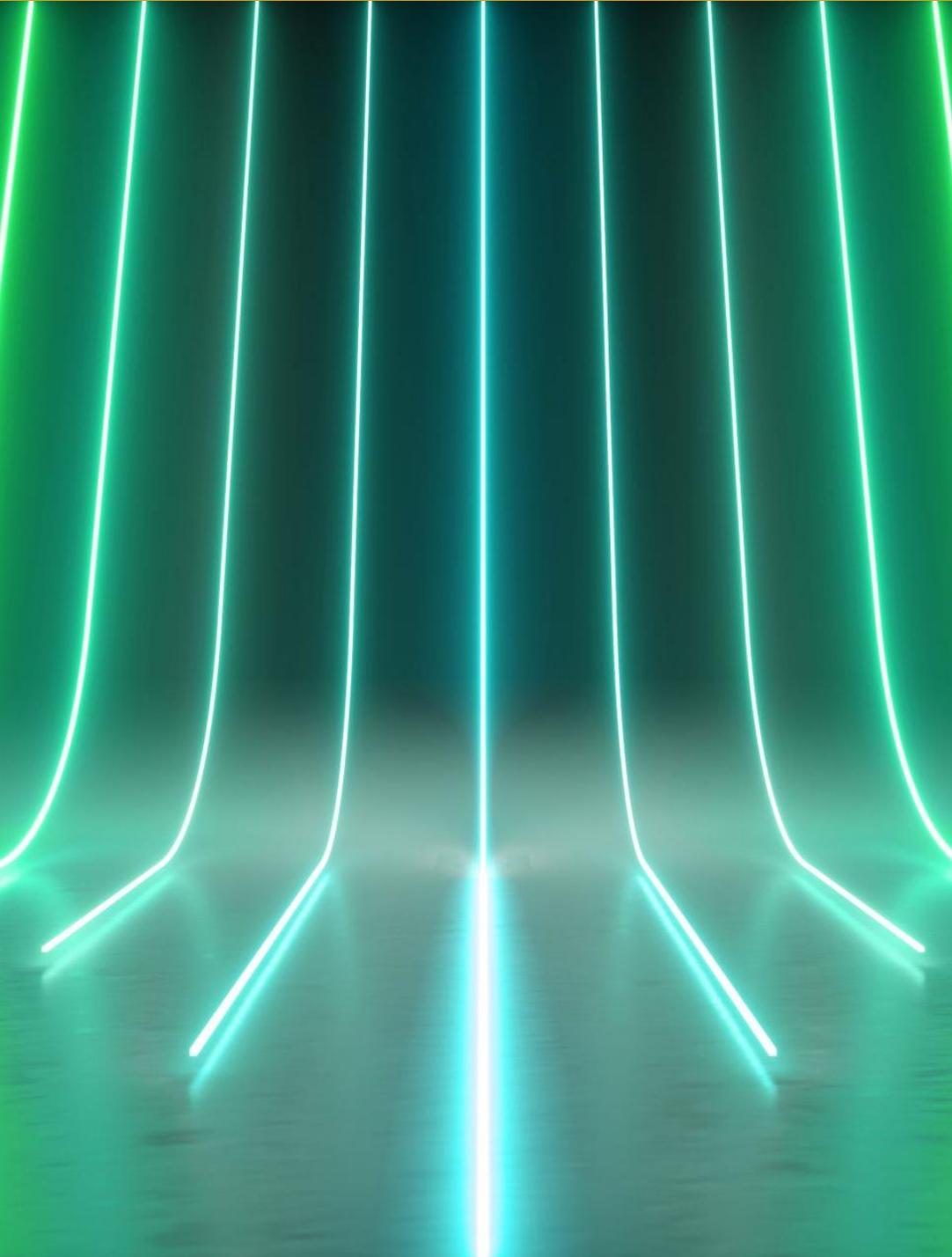
[Lee Harris - Lee Harris | Expand your energy awareness & connect to your soul \(leeharrisenergy.com\)](#)

Goal for the Next 2 weeks...

CONNECT TO YOUR SOUL & SOURCE LIGHT ENERGY FIELD DAILY

- Do the clearing meditation and the extended version to begin re-building your net daily.
- Read the Protocol at the beginning of your day.
- 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...

- Determine Desired Outcomes
- Long Form Meditation
- Light Infusion



Light Infusion Therapy
Restoring our Connection with the Human Soul



Desired Outcomes:

- Maintained connection to our own personal Source Light
- Restoration of & Connection to our Source Light Energy Field
- 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...**

- Getting to know the 3rd Dimension
- Making wiser choices
- More Meditation Practices

Dance-



Close Sacred Space

NEXT CLASS:
MARCH 13, 2025