



Source Light School Year 2 – Module 2

With Kathy Forest

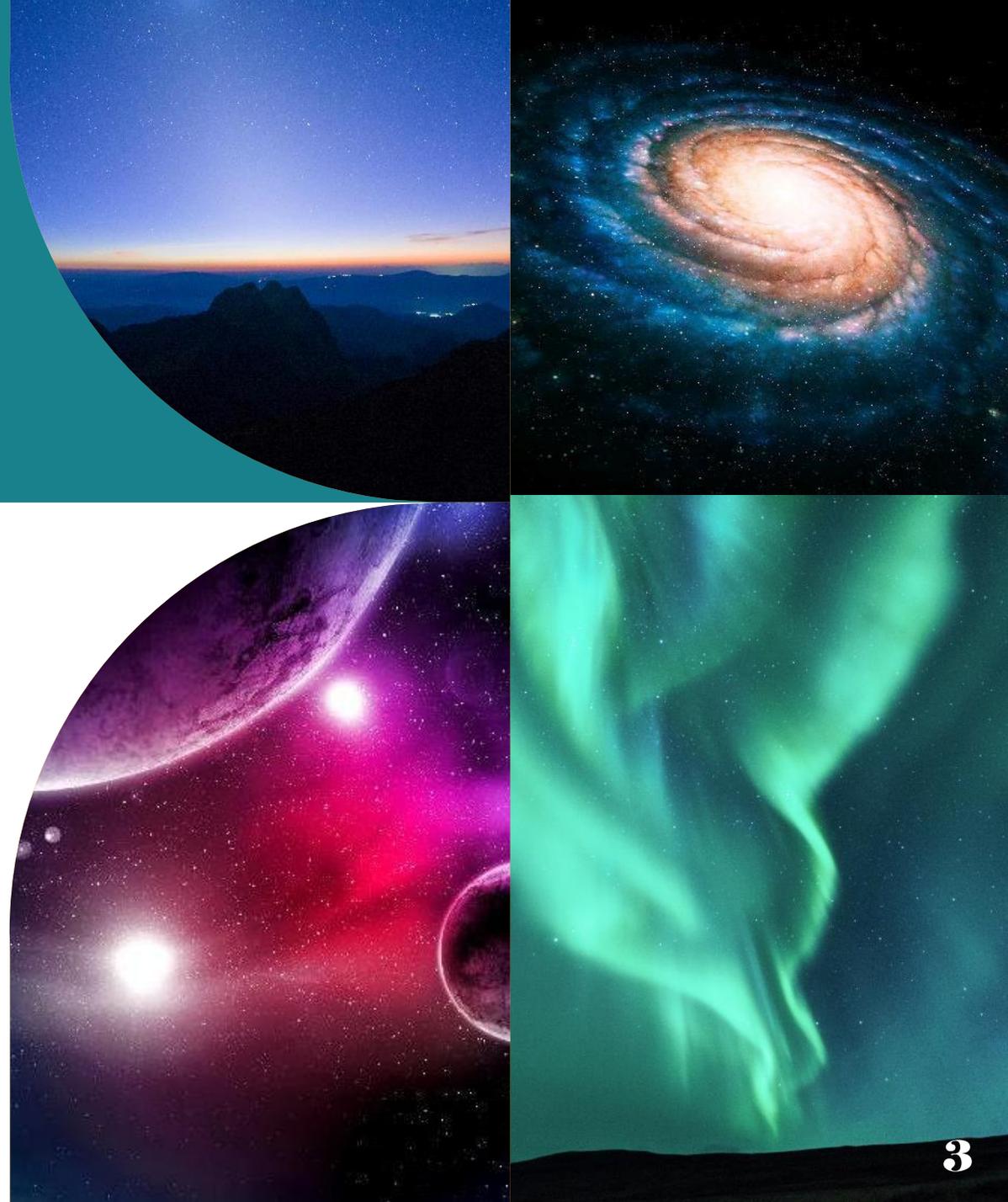
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- HOW was your month with REALLY MAKING SURE YOUR SOUL IS IN CHARGE?
- How has TRAUMA CLEARING been going?
- REVIEW OF WHY WE ARE HERE & What we know
- DEEPENING YOUR KNOWLEDGE OF 2nd Dimension
- NEW TOOLS
- RESOURCES



Check-In

- NAME AND ONE WORD
- QUESTIONS



My Goal today is to...

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

Help you get to know Your 2nd Dimension a bit more & explore how to connect with and use it...and super charge it so it works like it's supposed to.

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.

What is the 2nd Dimension?...

In between first dimension, the thought or idea of a thing, and third dimension, the literal out-picturing of the thing, is that liminal in-between space: the place where all the building blocks reside, the mixing bowl of potentiality.

It has been described in many esoteric traditions and the ones from India call it Indra's Net. It has been described like this:

“Far away in the heavenly abode of the great god Indra, there is a wonderful net which has been hung by some cunning creator in such a manner that it stretches out infinitely in all directions. In accordance with the extravagant tastes of deities, the creator has hung a single glittering jewel in each “eye” of the net, and since the net itself is infinite in dimension, the jewels are infinite in number. If we arbitrarily select one of these jewels for inspection and look closely at it, you will discover that in its polished surface there are reflected all the other jewels in the net, infinite in number. Not only that, but each of the jewels reflected in this one jewel is also reflecting all the other jewels so that there is an infinite reflecting process occurring.”

-Avatamsaka Sutra

This is a very basic and somewhat rudimentary explanation but gives us a place to begin.



Everything in physical form has one!

Most of us can't see this place. It is that liminal space where everything is formed. It contains all the sacred geometry all the metaphysical soup to create. This idea of it gives our 3-d minds a way to understand it.

I like to think of it as the fabric of all possibilities...some have called it a non-material substance that thinks...

It has many purposes...communication is the first one everyone focuses on, its how we connect with everything around us, but it also had another very important purpose which we will learn about this week.

(Do not confuse this with the electromagnetic field – that is 3-d only!)

And... just like everything else, we can care for it and build it with our attention.

But how do we find it? How do we find our own Indra's Net or what we refer to as our Source Light Energy Field?

And what is the nature of it?



**Just like
your soul,
we FALL
BACK into
it...**

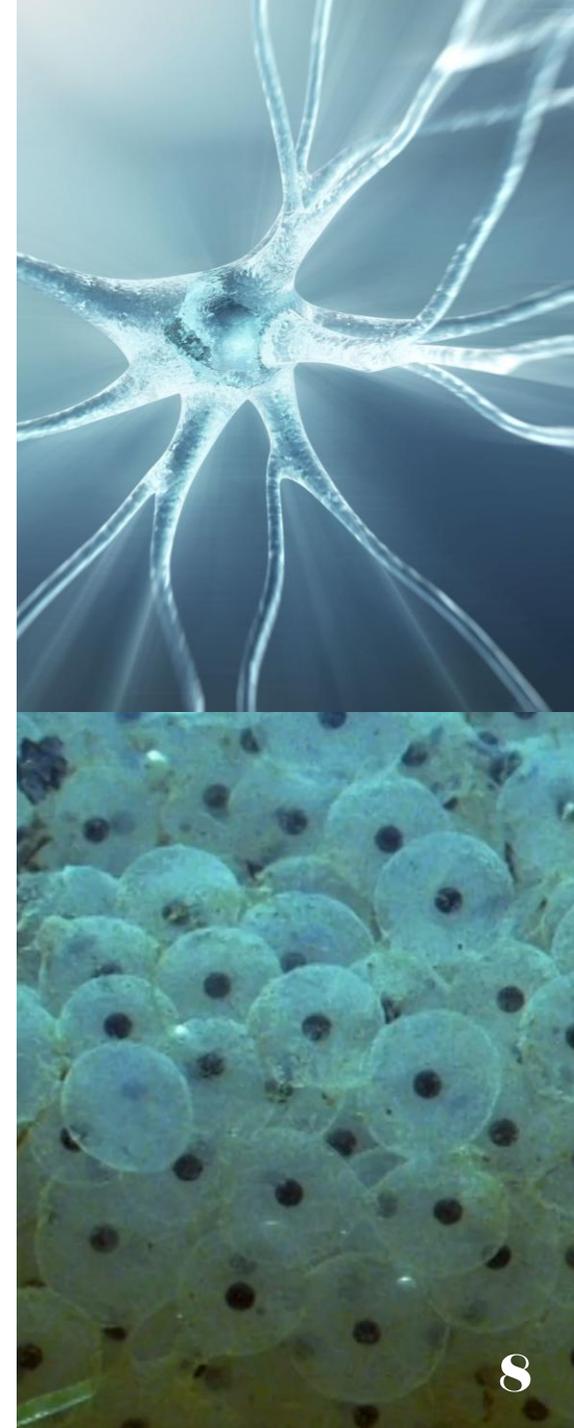
Remember those cells that caught you when you arrived here as a soul?

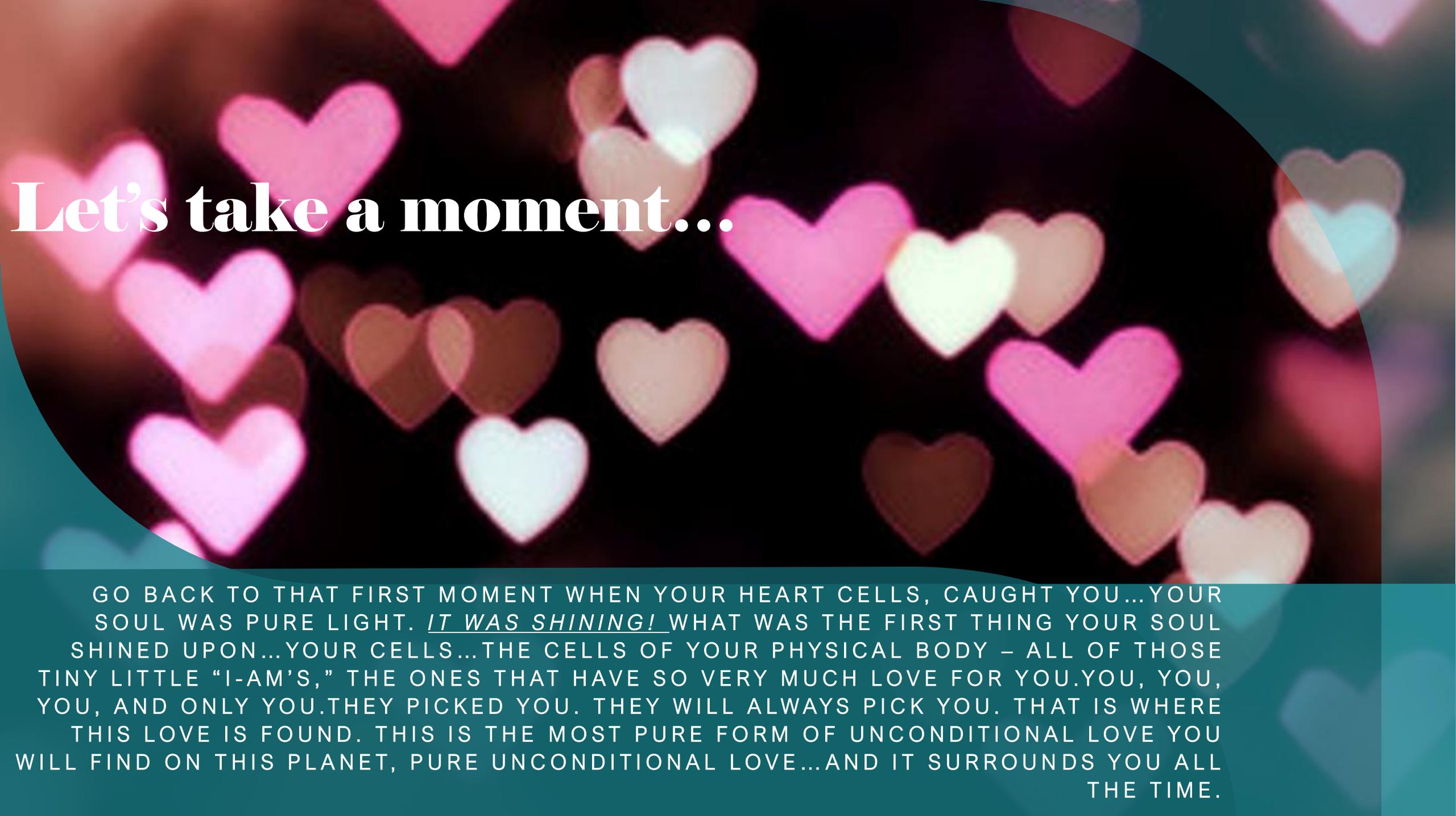
Those cells that remember your essence, the BIG LOVE you brought with you...

Your Source Light Energy Field is like a big blanket of that love surrounding your whole body ALL THE TIME!

It is your creation, protection field. It was designed to hold you and keep you safe AT ALL TIMES, while still allowing you to complete your Soul's Mission & plan *AND* allowing you your free will!

It doesn't just exist on its own floating in space. It is connected to Source energy at all times both above you and below you.





Let's take a moment...

GO BACK TO THAT FIRST MOMENT WHEN YOUR HEART CELLS, CAUGHT YOU...YOUR SOUL WAS PURE LIGHT. IT WAS SHINING! WHAT WAS THE FIRST THING YOUR SOUL SHINED UPON...YOUR CELLS...THE CELLS OF YOUR PHYSICAL BODY – ALL OF THOSE TINY LITTLE “I-AM’S,” THE ONES THAT HAVE SO VERY MUCH LOVE FOR YOU.YOU, YOU, YOU, AND ONLY YOU.THEY PICKED YOU. THEY WILL ALWAYS PICK YOU. THAT IS WHERE THIS LOVE IS FOUND. THIS IS THE MOST PURE FORM OF UNCONDITIONAL LOVE YOU WILL FIND ON THIS PLANET, PURE UNCONDITIONAL LOVE...AND IT SURROUNDS YOU ALL THE TIME.



**Just like hug of a loving
mother...**

THIS NET 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.

**Unfortunately,
this may not have
been everyone's
experience...**



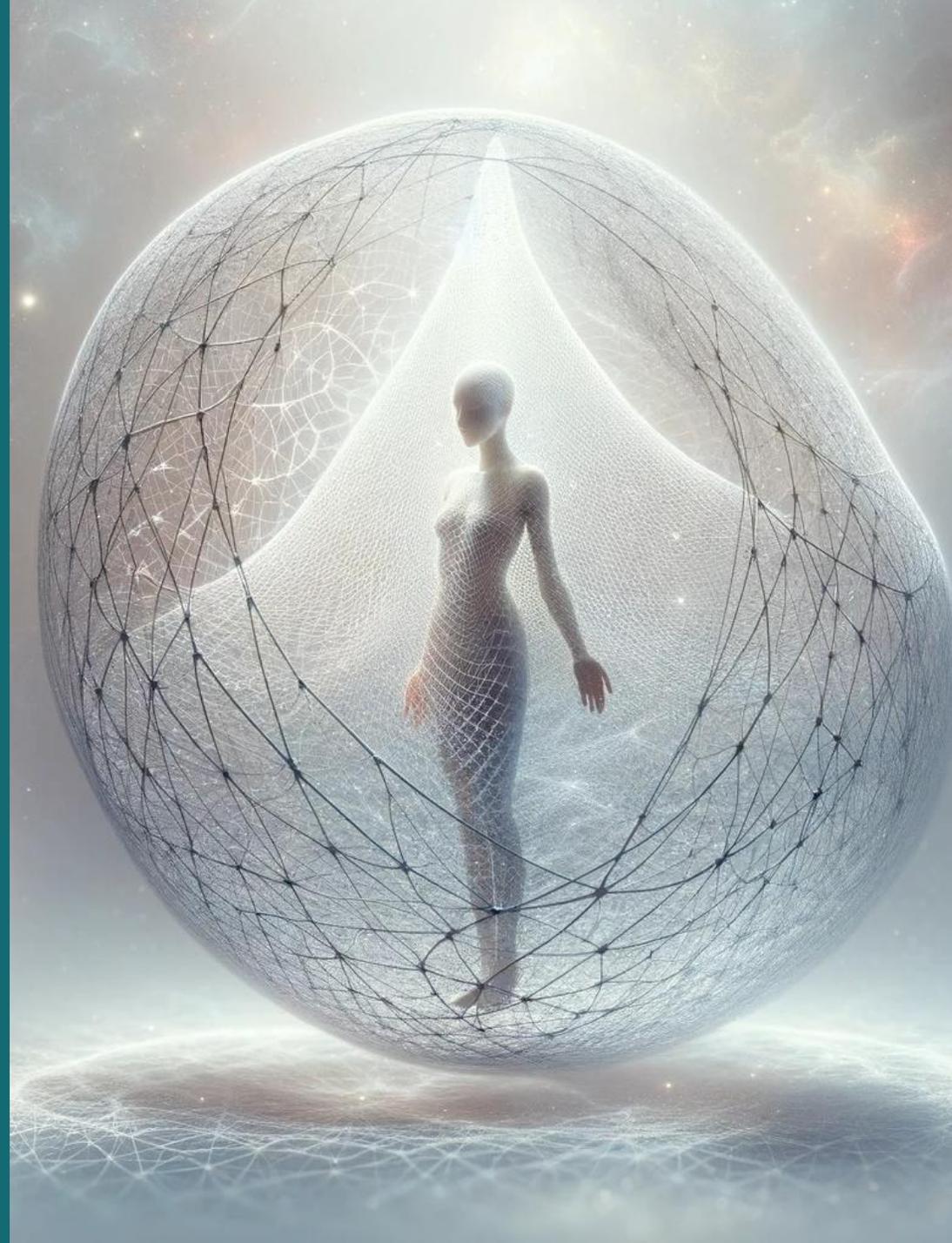
Some of us
may feel like
our net looks
like this...
And it might...



If you don't know to give it attention, if you don't know to pay attention to who and what you open it up to, it might not feel like a warm hug...



**But we can repair
it and return it to
its original
pristine glory...**





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”)

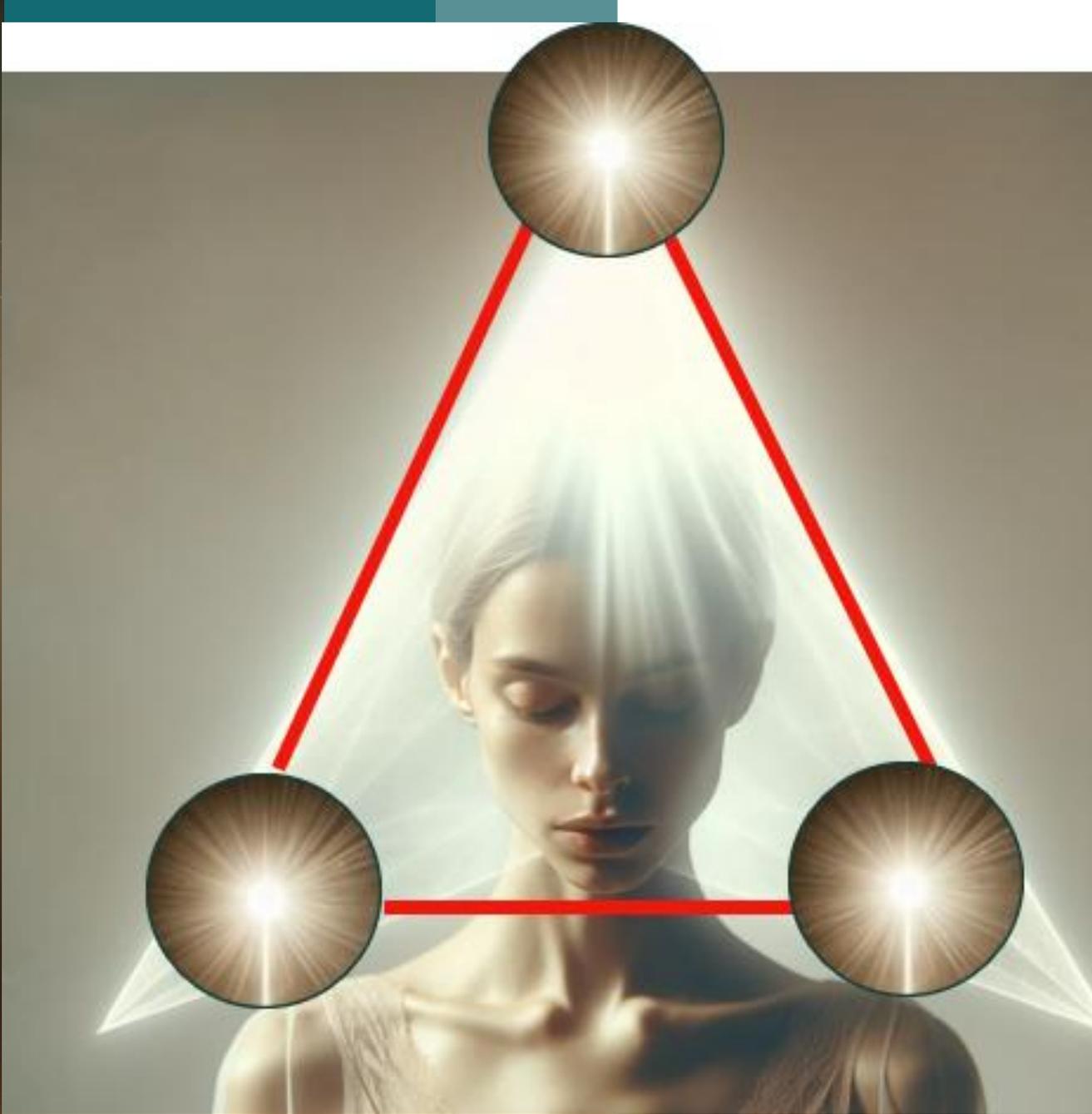


*This image is actually an SG
Symbol for an action we learned
to do the meditation to build our
field.*

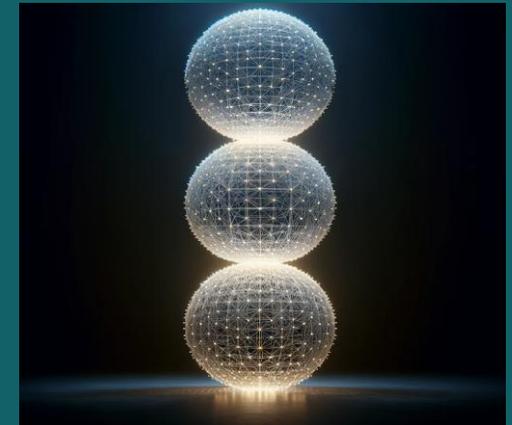
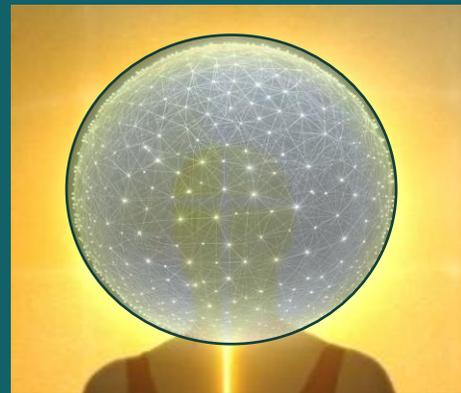


**As you
remember, we
always begin
with...**

**The Clearing
Meditation –**

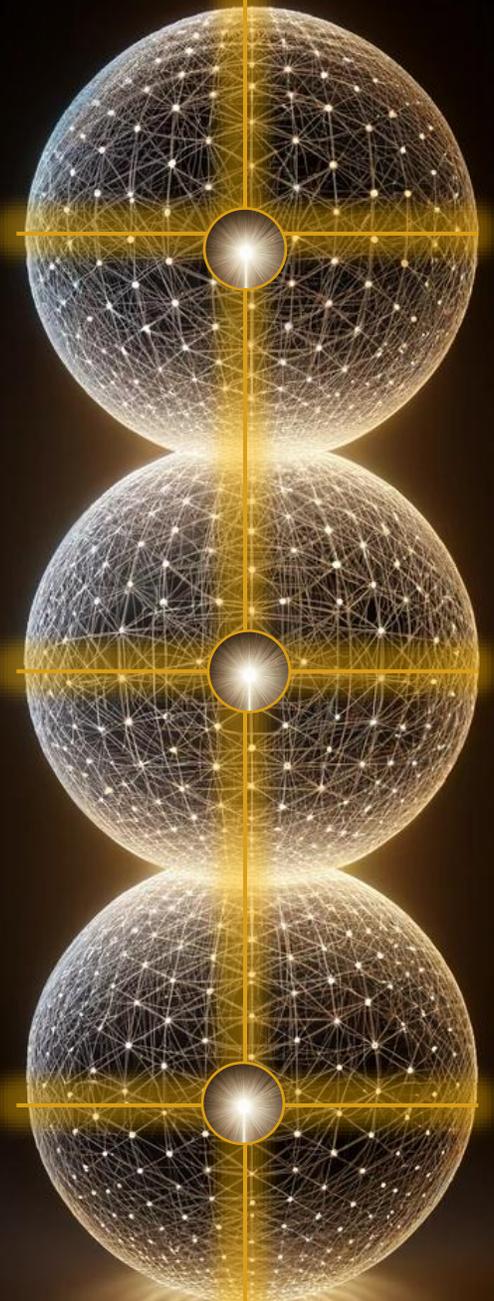


Finding the Cave of Bhrama...

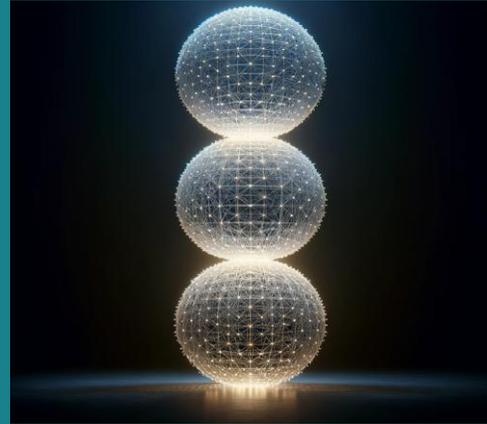


**We have been
rebuilding
something
similar to this
inside of you.**

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.

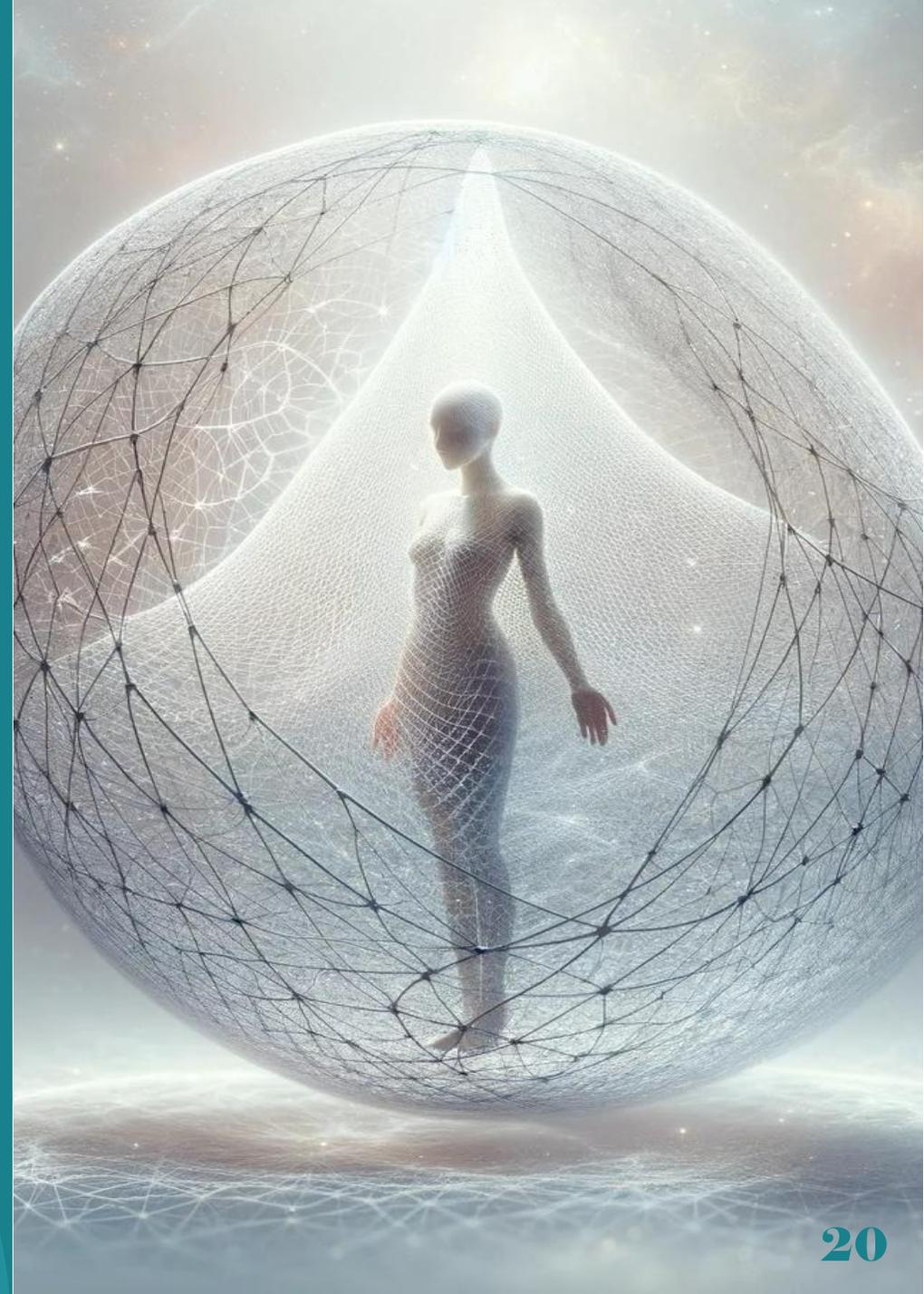


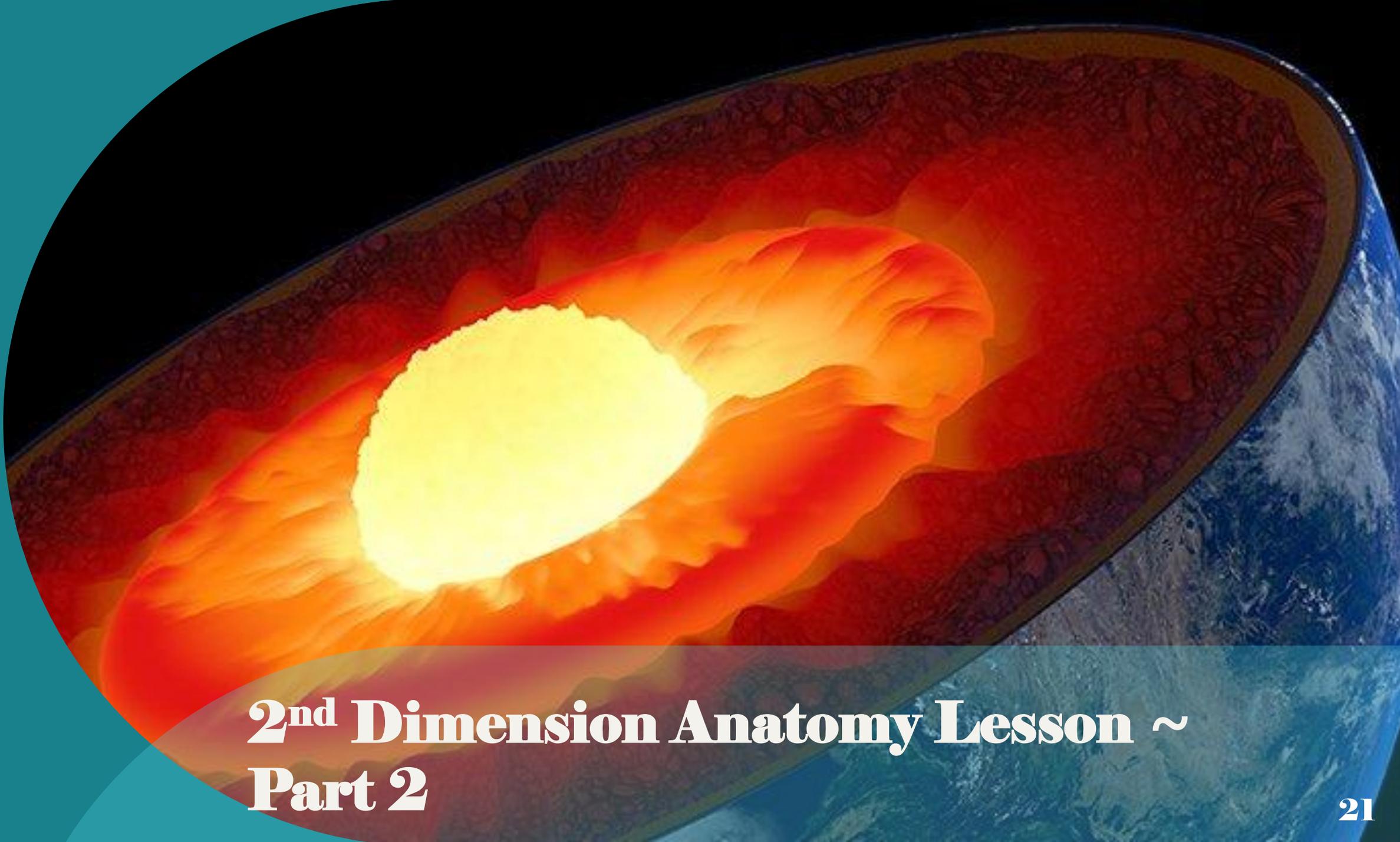
Remember this is most likely not what your Source Light Energy Field looks like, but it is how we will rebuild it so it is functional, and you can begin to work with it.



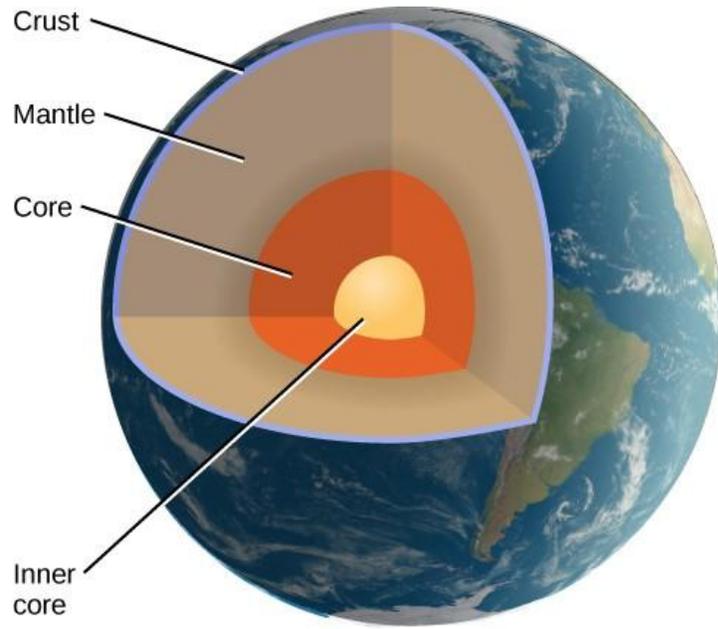
YOUR 4TH DIMENSIONAL SELF WILL GIVE YOU YOUR OWN IMAGE TO FOCUS ON...ALTHOUGH THIS IS NOT QUITE MINE, IT IS A DECENT EXAMPLE...

THE MEDITATION TO DO THIS IS FOUND IN THE SOURCE LIGHT 1 CLASSROOM.

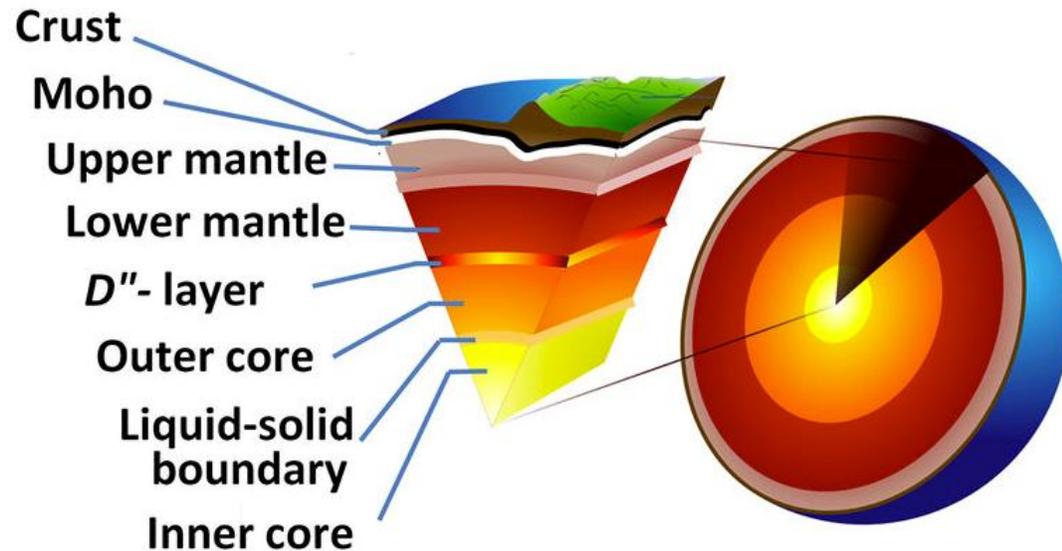




**2nd Dimension Anatomy Lesson ~
Part 2**



In the center of the Earth is an Iron Core. Remember, Iron is an Earth Element. It has an innate consciousness.



Energetically this is the Seat of the Earth's Wisdom...Divine Wisdom...Holy Wisdom... Sophia. It is the Earth's Cosmic Library.



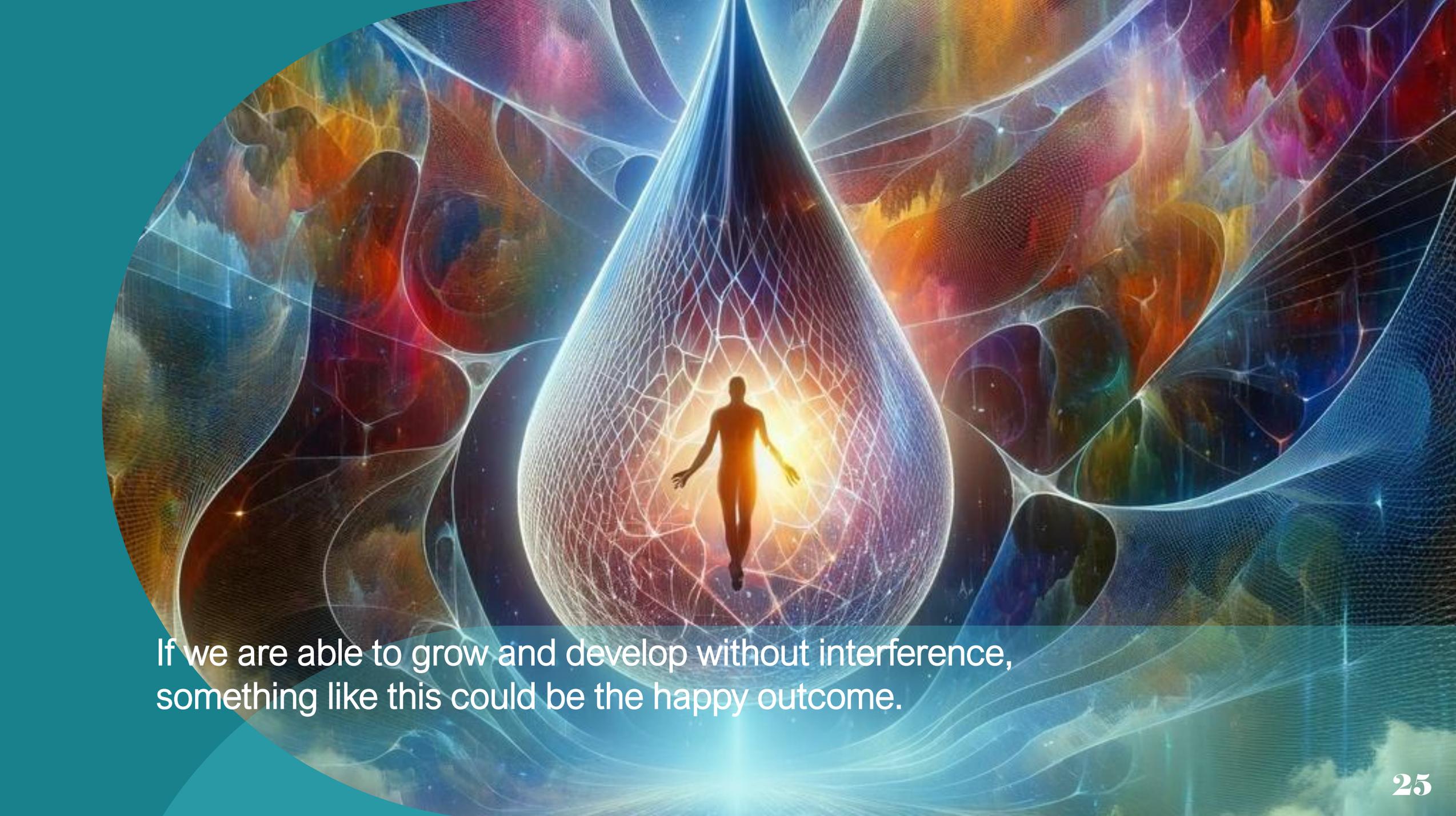
This is happening all the time. The Earth is bathed constantly in Divine Light. The frequency of that Light may change. This is what we are experiencing right now. The frequency is raising because of the presence of more Galactic Light. This light is electromagnetic.



So, whenever this happens, that tiny little magnetic explosion of light attracts one of those little photons of light. And because of the pull of the Iron Core deep in the center of the Earth, it pulls it all the way through and anchors you to the earth's core. It's like plugging in a 2-way electrical circuit. Suddenly your little egg of cells is swimming in Divine Light from above and below the earth, as well as the Light you brought with you.

So, if we were to magnify one of those beams of light you can imagine it looking like this. Embedded within all of those strings of light is encoded, sacred geometrical information – **PACKED THOUGHT FORMS**– just waiting to be un-packed, all hanging out around YOU!



The image is a vibrant, abstract digital composition. At the center, a human silhouette is shown from the back, arms slightly out, standing within a large, teardrop-shaped structure. This structure is composed of a fine, glowing grid of lines that converge at the top, creating a funnel-like effect. The silhouette is illuminated from behind by a bright, golden light. Surrounding this central element are various colorful, ethereal patterns that resemble organic cells or complex fractals. These patterns are rendered in shades of blue, purple, orange, and red, with a translucent, mesh-like texture. The overall background is a deep, dark blue, suggesting a vast, digital or cosmic space. The entire scene is framed by a teal-colored circular border on the left side.

If we are able to grow and develop without interference, something like this could be the happy outcome.



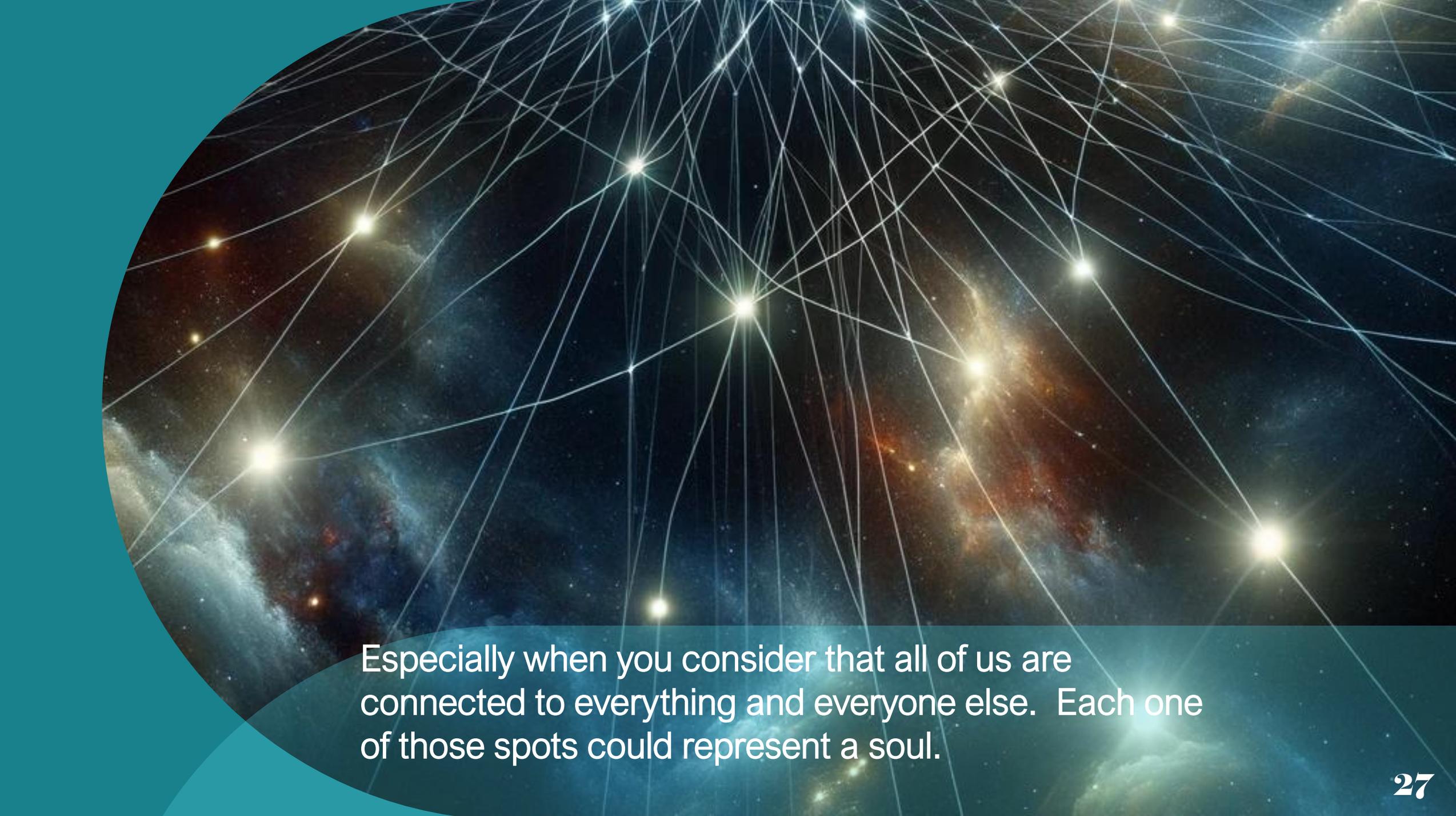
And on closer inspection, it could look something like this.

I show you all this because I want your linear mind to know what we are doing. It has been in charge for a long time. When we get it on board, instead of you just taking my word for it, it will start to work with you.

So, when you consider that all of those connections are magnetic, we are being impulsed all the time.

The more we strengthen our inner core, the more stable and strong our net becomes. It makes us more solid, more sovereign--not so easily influenced by what is around us.

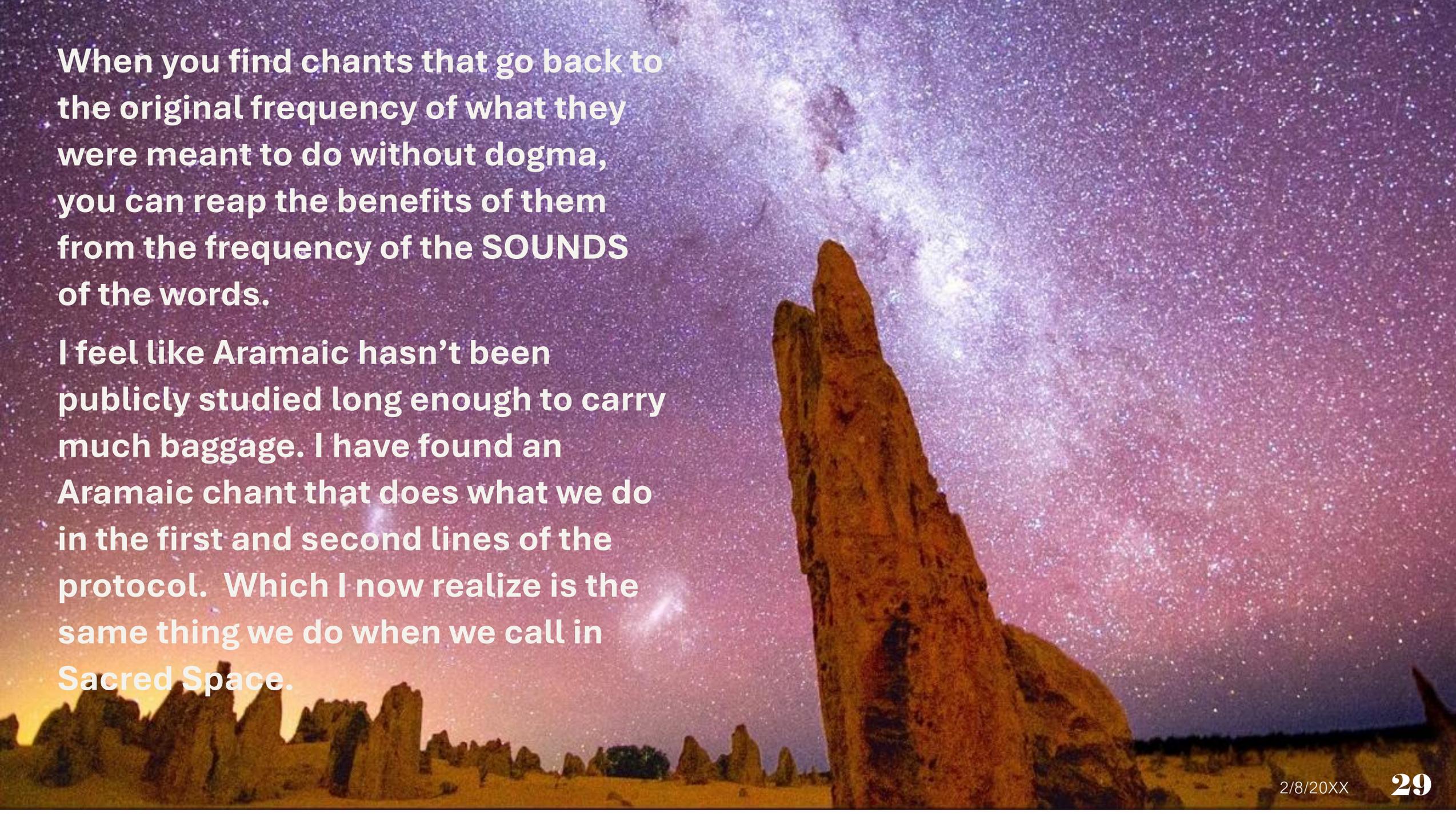
THIS IS IMPORTANT AND NECESSARY FOR OUR AUTONOMY.



Especially when you consider that all of us are connected to everything and everyone else. Each one of those spots could represent a soul.



This is why ancient traditions came up with practices to help us connect to our original Source and STAY connected. It's why we use the protocol. It is why chanting works. It's why dirt-time, and medicine wheels work. It's why we use meditations. It is all based on **FREQUENCY!** Today we are going to try something new.

A night sky with the Milky Way galaxy visible, and a tall, dark rock formation in the foreground. The sky is filled with stars and the galaxy's structure is clearly visible. The rock formation is a prominent feature in the lower right quadrant of the image.

When you find chants that go back to the original frequency of what they were meant to do without dogma, you can reap the benefits of them from the frequency of the SOUNDS of the words.

I feel like Aramaic hasn't been publicly studied long enough to carry much baggage. I have found an Aramaic chant that does what we do in the first and second lines of the protocol. Which I now realize is the same thing we do when we call in Sacred Space.

Abwun d'bashmaya.

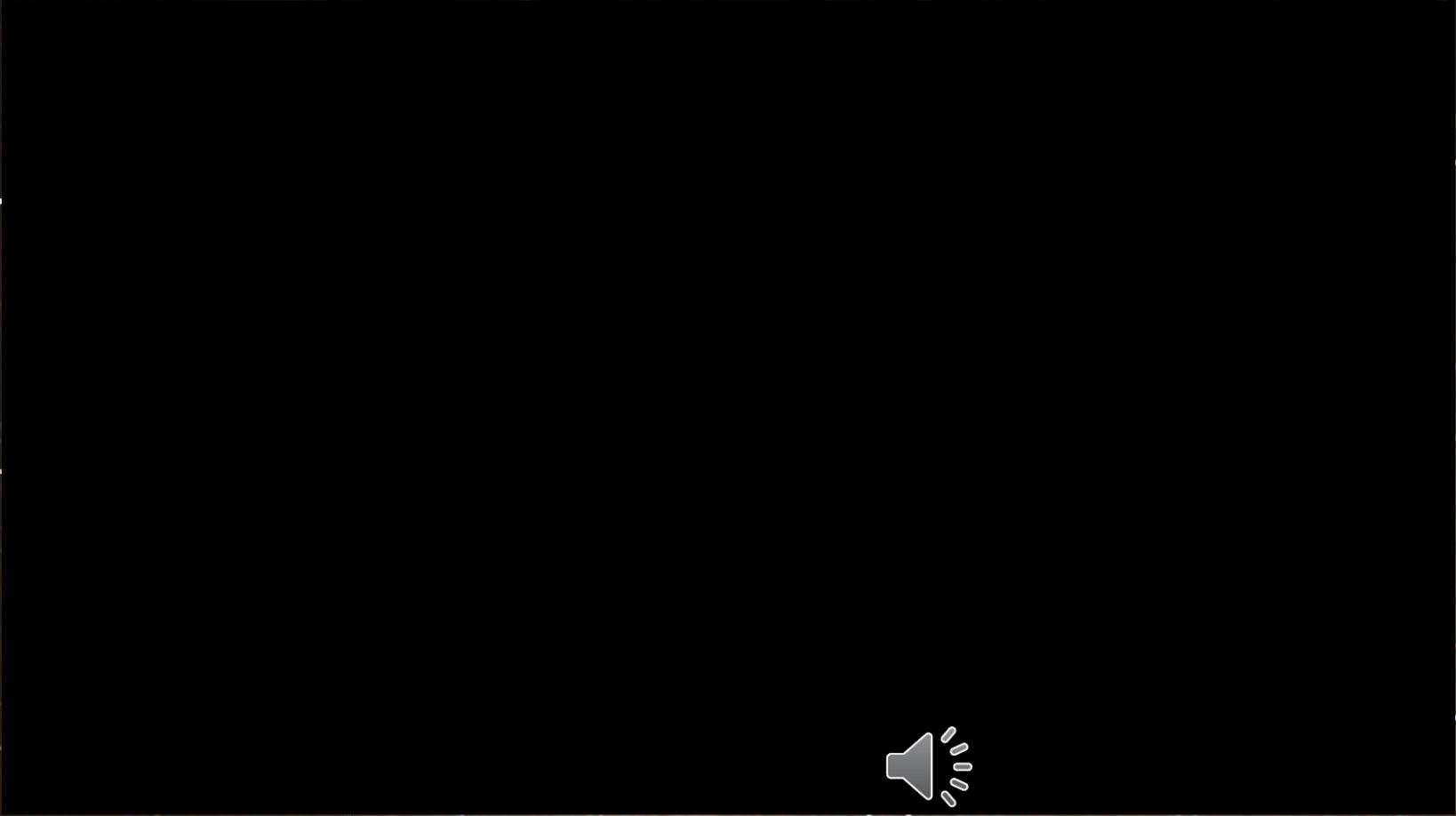
If we were to translate that into English it might sound like: “O Birther! Father-Mothering of the Cosmos, creating all that moves in light and sound.” What it is describing is **CREATIVE LIFE FORCE ENERGY THAT YOU WERE CONNECTED TO AT BIRTH!**

But Aramaic is a language built on frequency, meaning *THE WORDS DO WHAT THEY SAY JUST BY MAKING THE SOUND (Similar to HINDU CHANTING but without the baggage or dogma.)*

So, what it is going on is far more than what may feel like addressing something or someone outside of us.

Energetically it is connecting us to the divine energy above way up above us and to the divine wisdom way down below us.

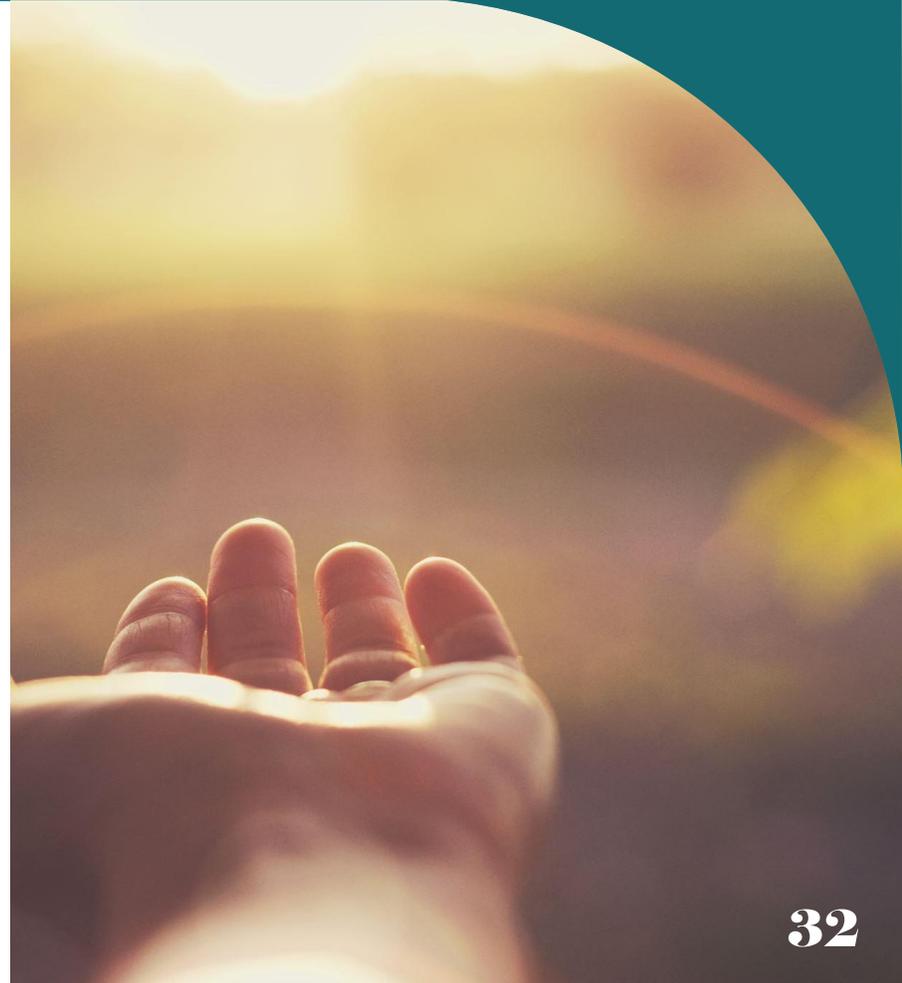
It is allowing that energy to meet and coalesce in our hearts and expand all around us and build a bubble of protection. It is calling in Sacred Space, creating a safe, effective and efficient bubble of protection around us. It creates a base from which we can live our lives that supports us. Just like when we open a wheel, just like when we call in sacred space or open a circle. The more we chant it the stronger our soul becomes.



Goal for the Next 4 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, and/or listen to the chant. Note what happens throughout the month.
- 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



HOMework...

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.

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



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

- How this translates in the third dimension

Dance-



Close Sacred Space

NEXT CLASS:
MARCH 5, 2026