



Source Light School – Module 1b

With Kathy Forest

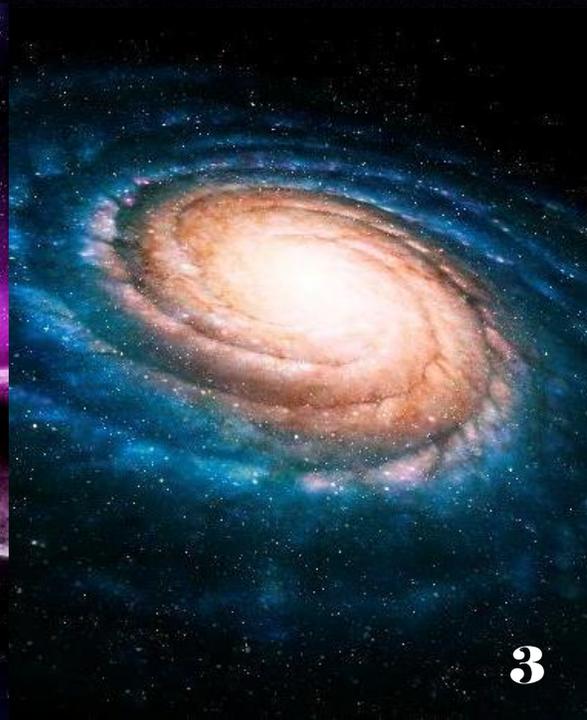
Calling In Sacred Space...

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 SOUL
- NEW TOOLS
- RESOURCES



My Goal is to...

Help You Engage Your Soul... First Dimension...

Introduce You to Your 12 Dimensions & their gifts...and give you tools to access them...

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.

Check-In

- NAME AND ONE WORD
- PROTOCOL
- QUESTIONS





Let's dive into the Soul...

- Teachers usually skip 1st & 2nd Dimension and go straight to 3rd.
- Yet, those are the most important ones...
- *What is the Soul? A singularity of Consciousness: I AM! I EXIST.*
- Feel it first – go into your heart. Feel it. Let it begin to swirl around you and permeate you. The more you focus on it and spend time with it, the more you activate it.
- Notice there is a Spark of Life there. It is a singularity of consciousness that moves through to exist separately as a Radiant Part of Source. You are a **LIGHT BEAM** coming from Source, and **the moment you step away from Source** to create a personal experience, *THAT IS THE FIRST DIMENSION!*
- **So 12th Dimension and 1st Dimension are the closest to Source!** We all think we need to go to the 12th Dimension to get to Source, but actually we could just turn around or fall back into 2nd and 1st and that would be a lot closer! ***WE ACTUALLY BROUGHT SOURCE WITH US!***

THE ACTUAL ENTRY OF YOUR SOUL TO THE PLANET...

7

If you really feel your Soul in your heart...

- It doesn't feel like your everyday you...LIKE I am Kath...it's bigger. It's been there a VERY LONG TIME.
- *Your Soul-Your I AM cuts through time.* It experiences all the lifetimes...everything. But it doesn't EVER CHANGE. It comes from SOURCE! The only time it changes is when it goes back home to SOURCE in its entirety. *IT'S NOT YOUR IDENTITY.*
- ***IT IS WHAT LITERALLY ANIMATES YOUR LIVING EXPERIENCE!*** It is breathing you. You can feel it in your heart as a place of LIGHT.
- How do you know? Think about your childhood. When you reach your soul, and you go back to childhood, that inner knowing BIG YOU was there...all the time...pondering...ALL OF IT!



This is what has been keeping you alive!

And so that beautiful little cell that remembers who you are from the beginning of your existence as you are in this time here, that little cell, is being **IGNITED BY YOUR AWARENESS, YOUR CONSCIOUSNESS** and...

CONSCIOUS CREATES FORM. *That is why the spiritual, mental and emotional bodies are more important than the physical. (And why we really shouldn't be letting our ego drive the car!)* Out of all 12 dimensions **only 1 is physical!** They all work together...

but out of all of them, what drives it, what animates it? What moves through? **IT'S YOU! YOUR I AM~ YOUR SOUL. IT'S ALWAYS BEEN YOU!** It is what is powering this whole thing.

IT IS WHERE ALL THE LIFEFORCE TO RUN THE MACHINE COMES FROM!





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”)



**As Promised, A
New Tool...**

**The Clearing
Meditation –**

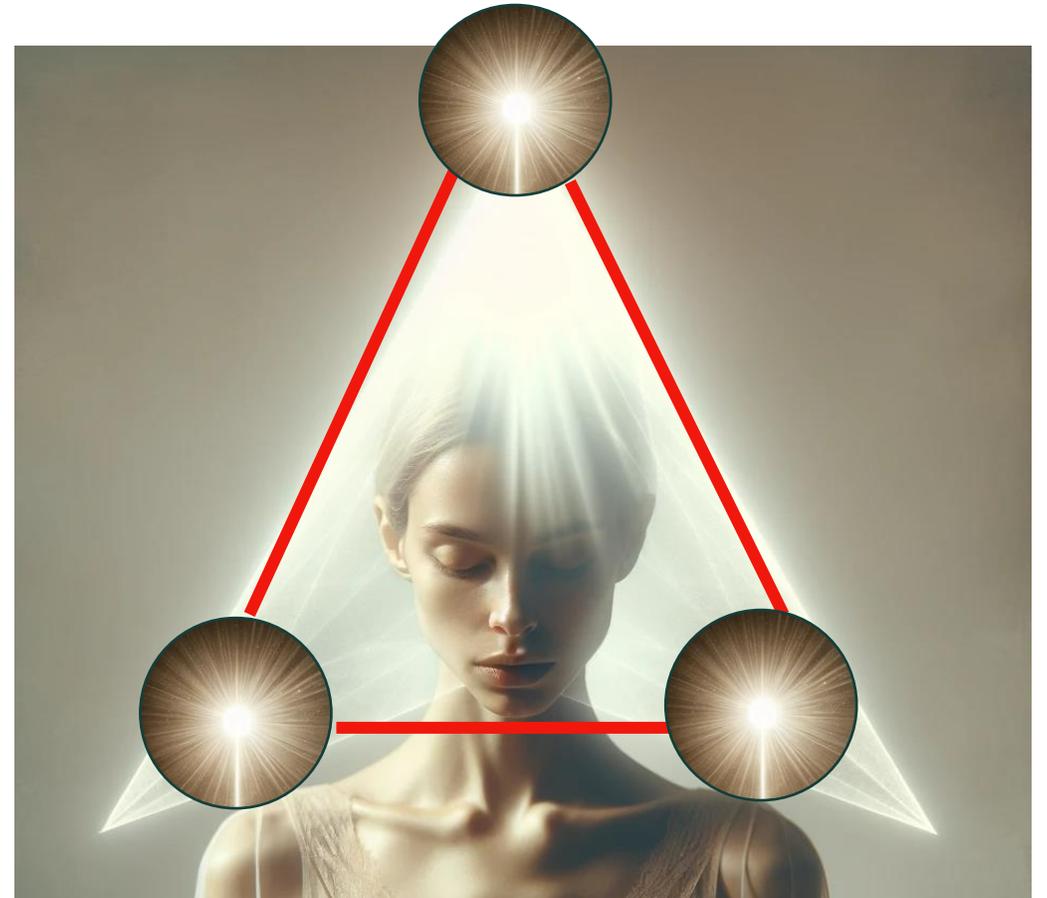
**Focus on the Light
Chakra above your head**



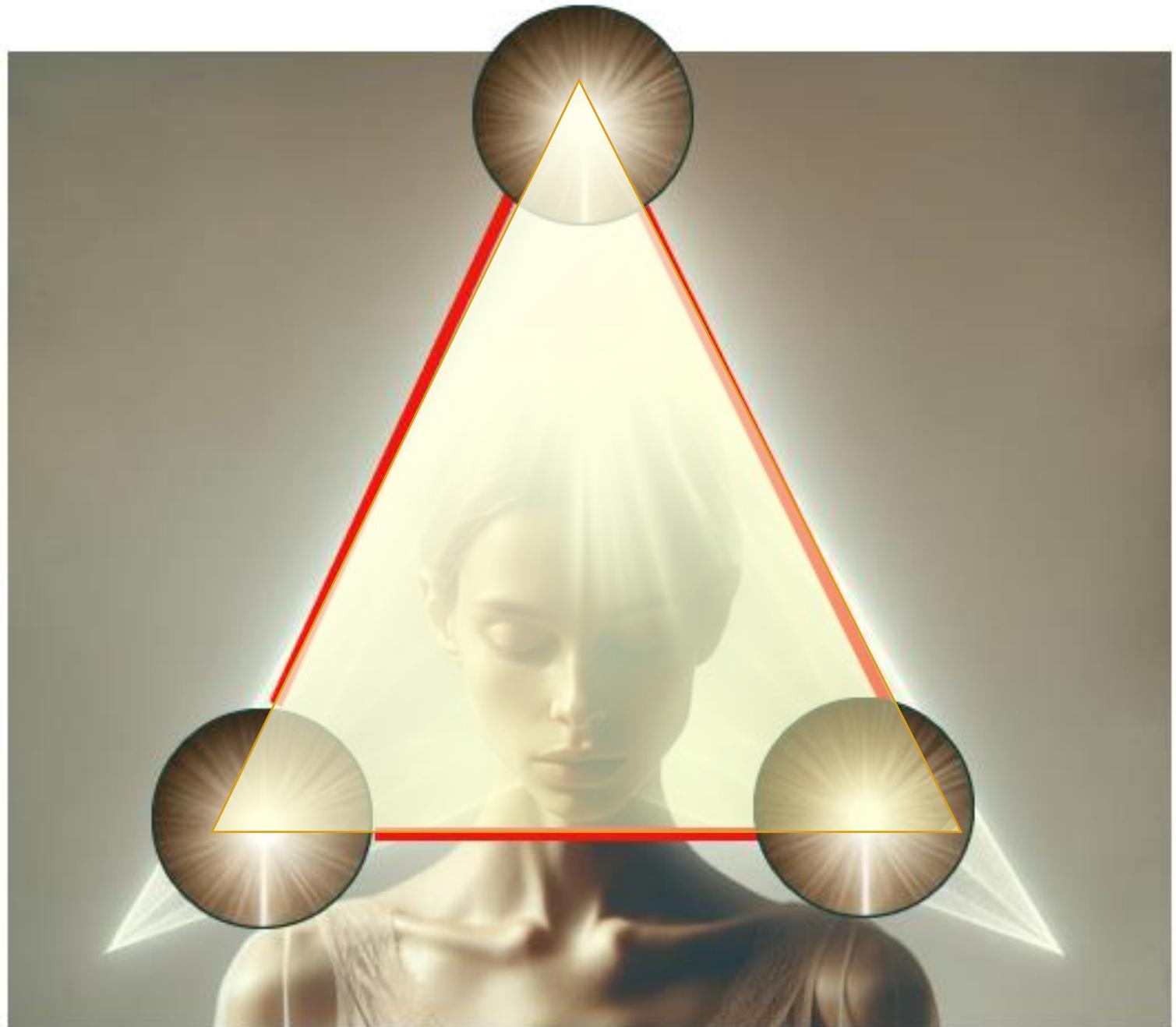
While holding your focus there, focus on the two energy centers on top of each of your shoulders.



Now connect a line between each of the circles of light.



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





My Process

- Clearing 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 in just a moment, but first another surprise...

**The Source
Light
Frequencies...**

The Cards





Date: _____
Goals & Desired Outcomes:

SOURCE LIGHT DAILY CONNECTION PROTOCOL

I acknowledge and connect to my **Source Light Center Point**.

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**.

(Optional) I infuse into my **Source Light Point**, my **Golden Spiral**, and my **Source Light Energy Field** the specific frequencies of (state frequencies or pull cards).

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.

*How to
use
them...*





SOURCE LIGHT DAILY CONNECTION PROTOCOL

I acknowledge and connect to my **Source Light Center Point**.

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 original 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**.

[Optional] I infuse into my Source Light Point, my Golden Spiral, and my Source Light Energy Field the specific frequencies of (state frequencies or pull cards).

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Advantages of Connecting to Source Daily...

- You begin to make decisions from your wisdom not your fear.
- You decrease the vibration of panic in your creations.
- More confidence.
- You aren't afraid anymore.
- You begin to learn REAL TRUST
- You begin to manage your life better.
- Things just get easier.
- Life gets more fun.
- You can't wait to get up.
- You are excited for each new day.
- Life has sparkle again.
- Creativity just keeps coming!



HOMEWORK...

Ways to plug in and stay connected...

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.

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

Do 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.

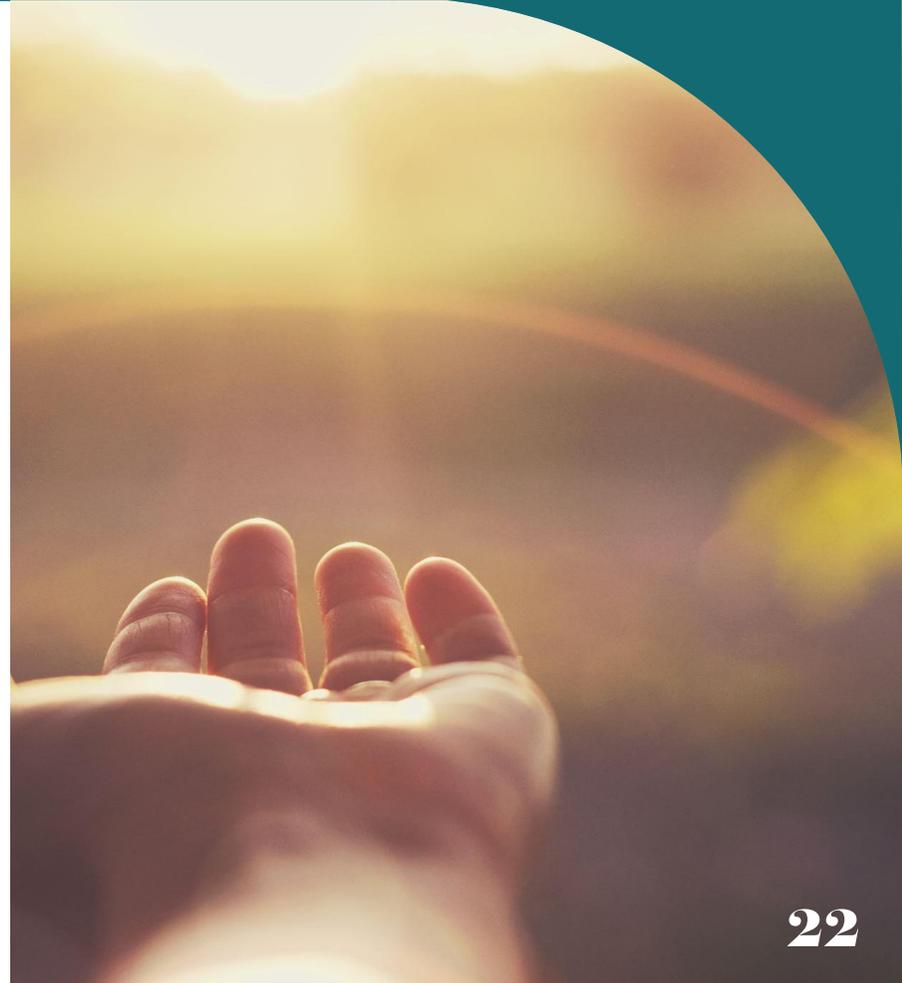
Connect with like-minded individuals in the What's App for this class!

ANOTHER RESOURCE: Learn the Color of Your Soul: Prune Harris | The Energy Expert

Goal for the Next 2 weeks...

CONNECT TO YOUR SOUL DAILY

- Do the clearing meditation 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.
- Ask your soul every day, "Who am I?" and write down 3 attributes of you today.
- Clear trauma.
- Stay Grounded





Our Process Tonight

- Determine Desired Outcomes
- Clearing 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 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...**

- Introduction to The Second Dimension
- Rebuilding the Relationship to Source
- Restructuring The Light Body
- More Meditation Practices
- What Is Sacred Geometry?

Dance-



Close Sacred Space

NEXT CLASS:
FEBRUARY 13, 2025