



Source Light School – Module 5b

With Kathy Forest

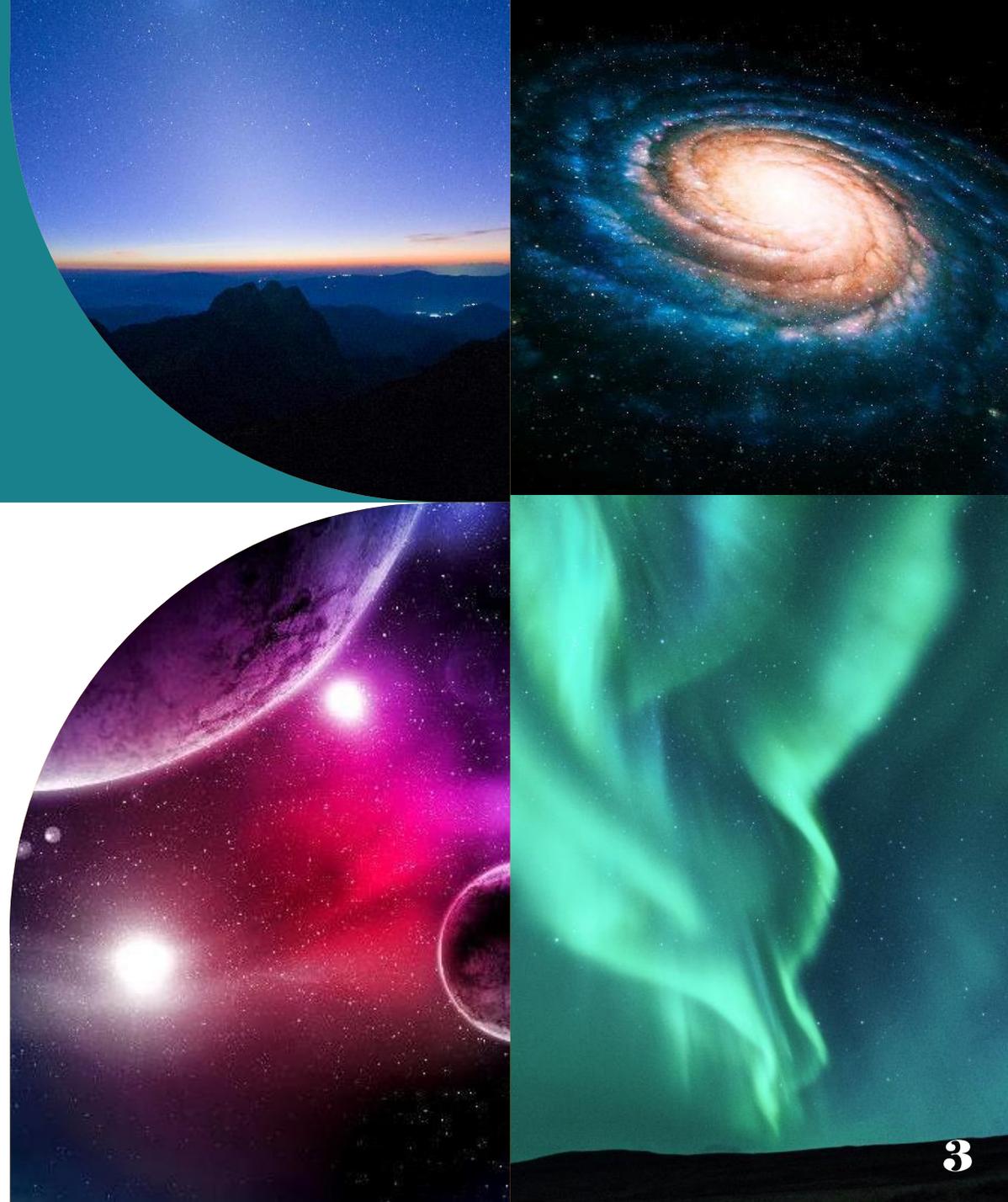
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING MORE ABOUT THE 5TH DIMENSION
- NEW TOOLS
- RESOURCES



Check-In

- EXPERIENCES & QUESTIONS



My Goal today is to...

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

Dive deeper into the 5th Dimension...slowly.

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: Your choice – Light Infusion or Journey to 5-D!

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.



The Gifts of these Dimensions...

- *1st DIMENSION – Endless Prana*
- *2nd DIMENSION – Connection and Equanimity* – which means we are not ALONE, and we are TOTALLY ACCEPTED
- *3rd DIMENSION – Physical Experience*
- *4th DIMENSION – The Power to Create Reality*
- *In order to move forward, we need to be solid in at least the first 3 and practiced in 4.*
- *5th DIMENSION – The power to choose... any possibility*



Pace...

- At this point, all of this may seem very overwhelming.
- Maybe up to the Fourth Dimension you had been semi-keeping up but now it feels like you are falling behind – ***YOU ARE NOT FALLING BEHIND!***
- **Navigating Dimensions is not for the faint of heart.** That's why most of us haven't done it. From here on out it is ok to **GO SLOW...at your own pace** and don't try to do too much.
- Consider the rest of the classes on the Dimensions informational, but don't feel like you have to keep up. Take them on as you are ready.
- Most of you may not even have done any work in 5-d yet and that is perfectly ok.
- We will be talking more today about approach and even that is at a very slow pace.



The 5th Dimension ~ The Power to Choose

What the 5-D gives us is an array of choices. The consequence of that: *YOU CAN NEVER CLAIM YOU ARE A VICTIM OF ANYTHING ANYMORE.*

What we can find in the 5-D is every micro-choice we could ever make and how they truly create our life. Our life is truly a consequence of all the tiny, day-to-day choices we make.

THIS IS NOT ABOUT REGRET! This is about understanding. Knowing the consequences of all our choices takes away shame and blame. It also gives us knowledge and WISDOM. There are no regrets because every choice we have made has made us who we are right now. And know this will allow us to make even WISER choices in the future.



Both the 4th and 5th Dimensions are full of other beings that live there.

FAIRIES!

Yes, Fairies are 5th Dimensional Beings. Yes, they are real. Yes, they exist. Yes, they will mess with you and steal your stuff if you cross them. *They (like all other 5-D beings) can also see your weak spots.* You can't hide anything from them. If you are vulnerable, they will see it and exploit it if it serves them. They are tricksters. They are not evil or bad, they just have a playful outlook on life. And in truth, they have been horribly harmed by humans. So, treat them with respect. The easiest way to appease them is to feed them. Put out some honey or chocolate for them. And the next time you lose something, don't just think you are being absentminded. Feed the Fairies and see if whatever you lost turns up.

(Surprise: Many of you were probably Fairies in other lifetimes.)



So, if this place is so tricky why do we want to go there?

When done properly, this can be a very valuable tool to navigate your life.

For instance, you could use it to heal all the things that have plagued you all your life.

You could use it to make the appropriate micro-choices to get you the desired outcomes that you want.

Eventually, once you become grounded in it you can use it to manage big portions of your life without you having to be conscious of it at all.

So how do we get to that point?



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).

The benefit of doing the protocol, the Source Light Energy Field Meditation and the Light Body Meditation, is that you are building a solid foundation in 4-D. You are established and grounded in it. It will start to take form. It will build your strength of will and your protection.

How to use the 5th Dimension – step by step

First why we need to go slowly:

It's one thing to learn about all these dimensions, it is totally another to embody them. We have gone for 800 years at least with out knowledge or access to anything but mostly 3rd and maybe some of 4th.

Our physical body needs *tiny bits of regular exposure to get used to embodying these dimensions*. If you go too fast, the intensity of the trauma we carry can be overwhelming. We will get tired, and maybe even experience a big cleansing response.

So, we dip our toes in a tiny bit at a time on a regular basis. This is where the daily protocol starts to make sense!



1. WE WANT TO JUST BEGIN AT THE BEGINNING AND FOLLOW THE DIMENSIONS
2. SO, TO BEGIN, WE CAN JUST READ THE PROTOCOL AND DO A QUICK RUN OF OUR MEDITATIONS.
3. THEN, JUST DROP INTO OUR HEARTS, REALLY CONNECT TO OUR SOULS.
4. THEN WE JUST FOLLOW THE DIMENSIONS, WE CONNECT TO OUR SOUL AND OUR OWN SOURCE LIGHT ENERGY FIELD
5. WE FEEL INTO OUR BODY IN 3-D.
6. WE GO TO OUR SAFE REFUGE IN 4-D. AND MOVE INTO 4TH.



Now you are ready for 5-D. It is good to have an idea of what you want to see and to be very grounded in your body and what you are doing. This isn't a joy ride where you are just going to go and see what you see. You don't want to be overwhelmed by all that is there and you don't want to stay very long. You could say,

“Divine Source, take me to 5-D and show me the first place that I need to clear to heal my issues around...(abundance, relationships, family, etc.)” or

“Divine Source, show me the possible outcomes of making this choice.”

The important thing is to be very clear and solid in who you are and what you are there for.

Then, once you have gotten your answer, back out through 4-D to your refuge, and then back into your body in 3-D.

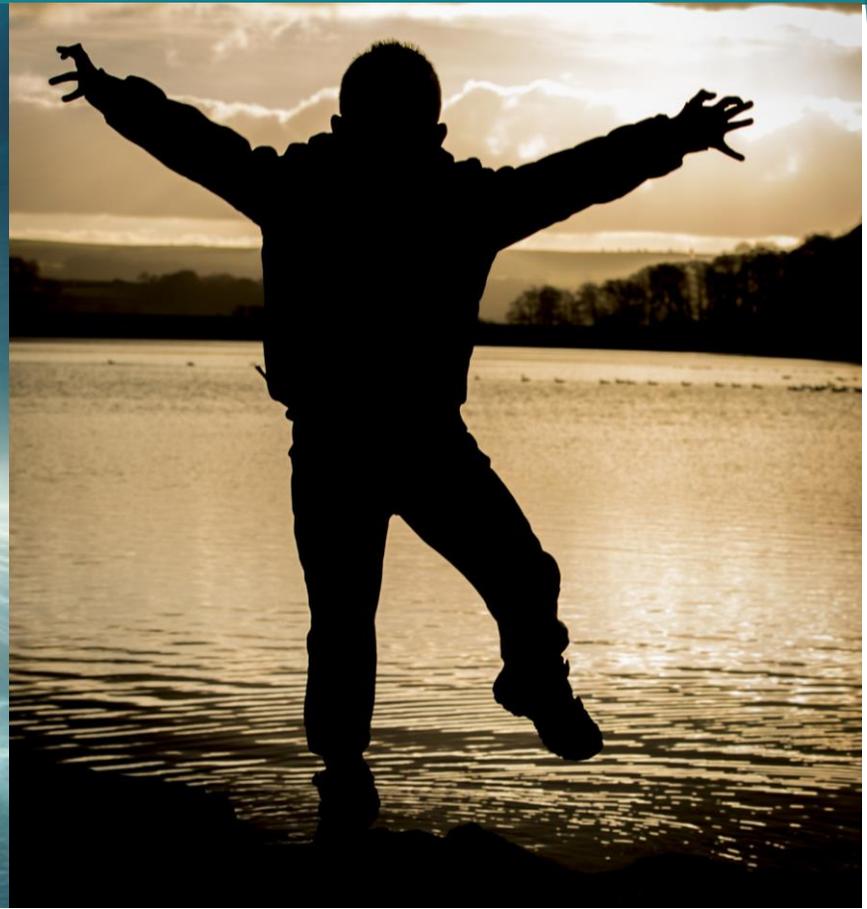
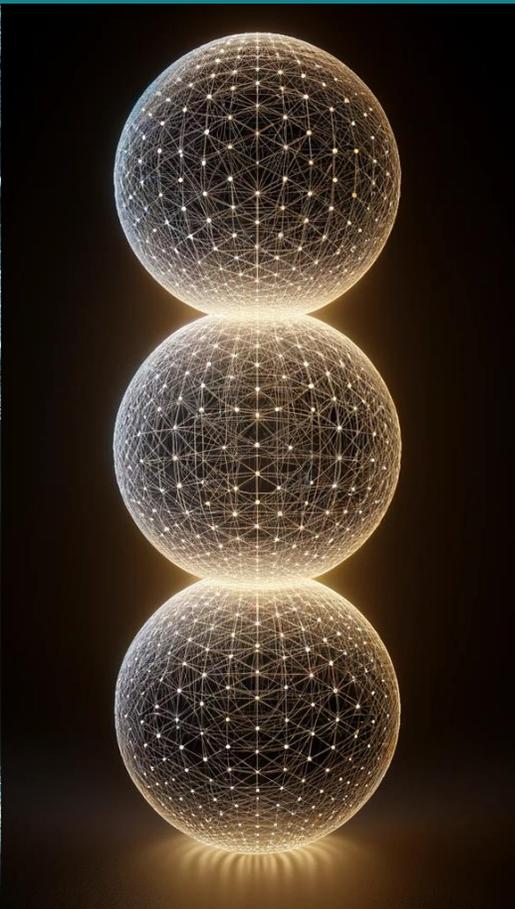


Then wait for a bit and see what shows up

- 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!

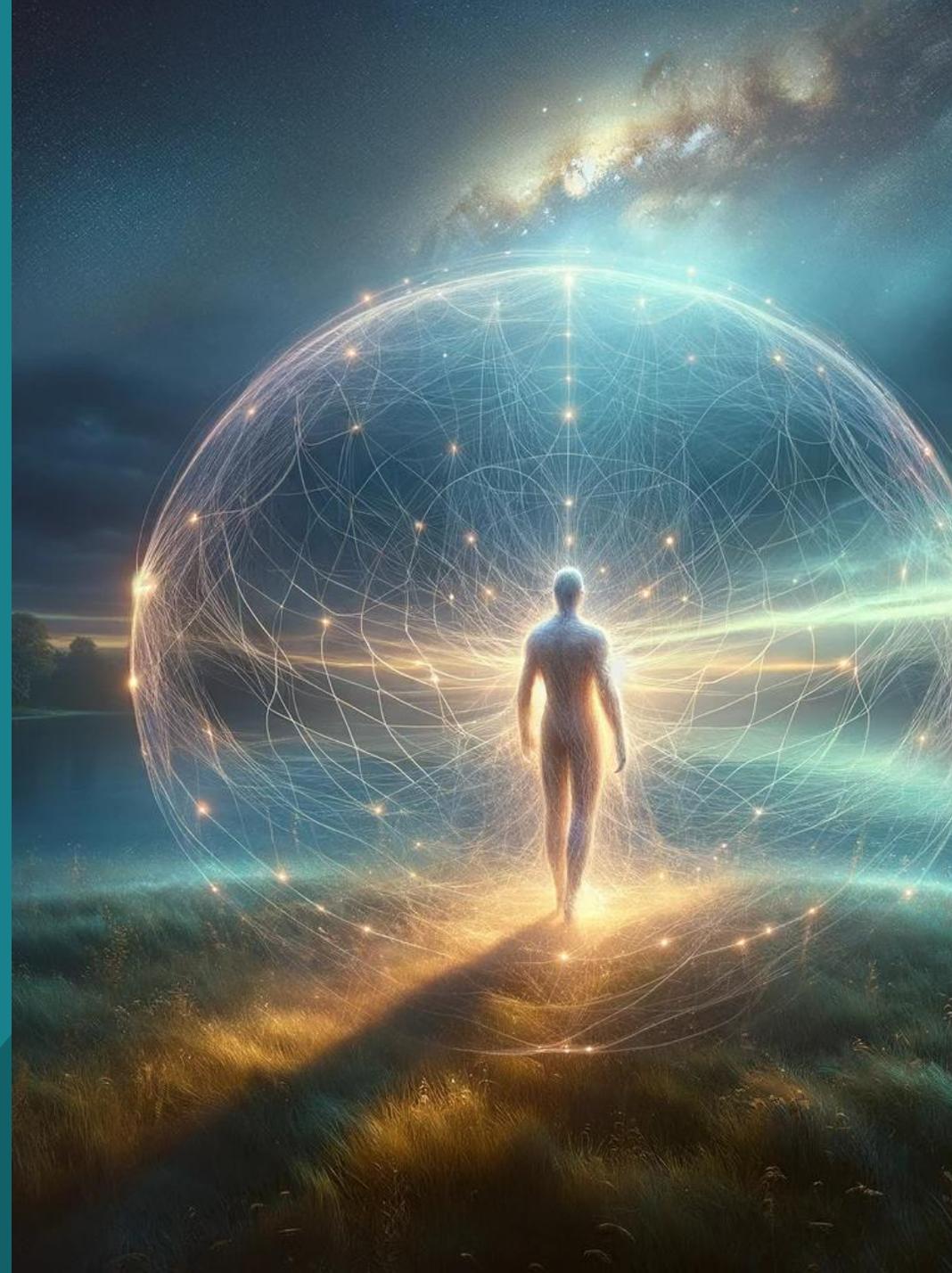


**So look at how far we have
come...**



TODAY...

- We are going to dip our toe in the 5th Dimension again.



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





Journey to the 5th Dimension



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

- Learning the 6th Dimension – the Realm of the Archetypes!
- More exciting toys to play with!

Dance-



Close Sacred Space

NEXT CLASS:
JUNE 12, 2025