



Source Light School – Module 7b

With Kathy Forest

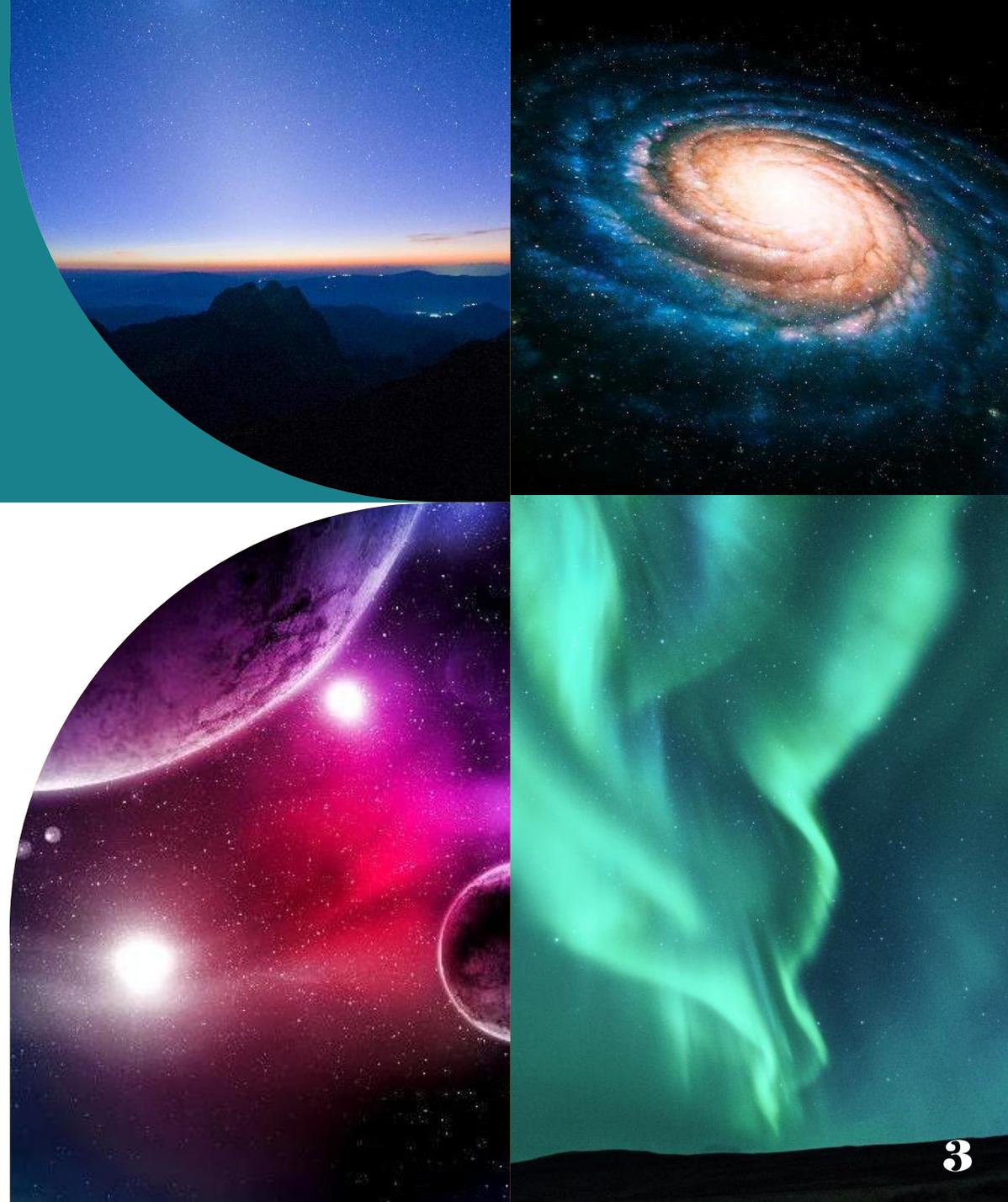
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 7TH DIMENSION
- TOOLS
- RESOURCES



Check-In

- EXPERIENCES & QUESTIONS



My Goal today is to...

Help You Stay Connected to Your Soul...

Review the First, Second, Third, Fourth, Fifth & Sixth Dimensions

Continue learning about the 7th Dimension.

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: Visiting Angels

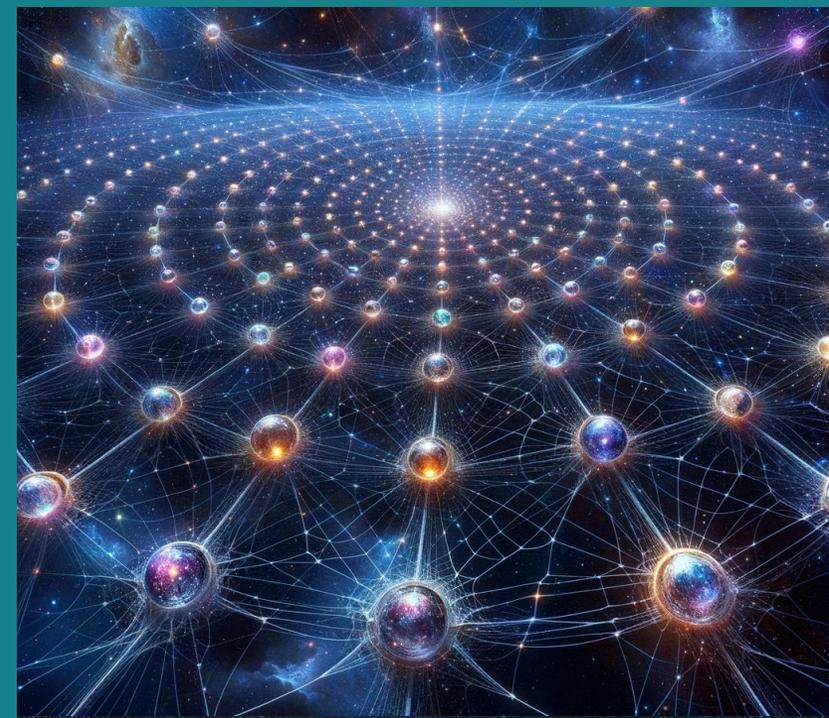
First...we remember

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.
- Our 5TH DIMENSION is the realm of ALL possibilities...tread carefully!
- Our 6TH DIMENSION is the Hall of Archetypes!
- Our 7TH DIMENSION is the Level of Angels & Demons



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*
- *6th DIMENSION – Access to ALL Archetypal Information*
- *7th DIMENSION – Access to Divine Help & Information*



A Mini-Review about how this realm works

1. Opposing energies are required on this planet to keep the balance and to literally keep things stable in the physical realm. It is easier to think about this in terms of physics: Light and Heavy or Condensed. Some have referred to the darker energies as **Light under pressure**. Meaning that there is a lot more of them in a very condensed space, so they feel “heavy.” This doesn’t mean that you can just view them as all love and light. **You must use your discernment**. The heavier energies like shame, guilt, anger, and just plain evil do exist and you can’t really trust them to behave like the lighter energies. It is not in their nature to do so. **Their nature**, just like the lighter energies of love, joy and peace, **is to go to where there is more energy like them, and to generate more of that energy**. So, it has been taught that darker energies will do things to cause you to feel more guilt, shame, or sadness, and this is true, but it is not because they hate you. It is just the natural way they behave—it’s physics. If you throw a ball in the air it will drop because of gravity. It’s helpful to begin to view it from this perspective.



More review...

2. Like attracts like. That means, if you notice heavier energies around you, rather than look for an outside source, LOOK WITHIN. This is not about blame or feeling bad about yourself. It is practical. If you continually look outside of yourself, even “blaming demons” or negative energies, you will never get to the root cause of the problem.
3. A better way is to go within as ask yourself things like, “Where is this negative emotion or feeling coming from?” “What is the root cause?” “What do I need to do to heal it?” “Is there anyone I need to forgive?”
4. Another approach is to do things to raise your vibe. This doesn’t mean covering it up or ignoring it. But it does mean doing things that are going to diminish the toxic emotions, like movement, dancing or walking, playing music, taking a bath...you know the drill. You may still need to do some inner work to clear whatever is there, so it doesn’t continually badger you.
5. From this perspective you can view all of these frequencies objectively and see them as your helpers rather than “the good guys” and “the bad guys.”



A few more tidbits for navigating this realm...

Just because you have let go of the personifications, doesn't mean you can let go of your wisdom. Low vibe frequencies are just that and will behave accordingly. *Here are some rules for dealing with this realm...*

- **NEVER TALK TO A “DEMON.” NEVER!!** If any form appears to you (in your mind or in the physical), ignore it. If you feel you must, always VET IT! Ask questions! Who is it? Why is it here? What motivation does it have for reaching out to you.
- As a general rule, Angels will never ask you a question or speak to you unless spoken to or requested by you. They always wait for your invitation.
- The higher you keep your vibration, the higher vibrations you will attract.



The true nature of this realm...

- Never ever bargain or make agreements with dark energies. The Rule of Seven applies here. The Rule of Seven is that for whatever benefit they may afford you you will have to pay them back 7 times. (Kinda like credit cards!) So, this is why they would agree to help you with something. They always win and you always loose. Notice what happens inside of you when you hear that. Even just knowing that, can cause your vibration to drop, and when it does, they got you. They will merge with that emotion.
- You may have heard that negative energies like to keep you in lower vibrational states so they can “feed” off your energy. This can be considered true from a human perspective, and it may feel like that. But just like a high frequencies in you will attract higher frequencies outside of you (your Angel of Happiness) and you will feel happier, darker energies will glom on to you and keep your vibration lower. The longer you hang out there the worse you will feel. *This is why harboring anger, or any other lower vibe energies are such life suckers.*



MORE ...

- Prolonged experiences of depression or deep sadness are indicators that there are things that you need to look at and clear. If you don't seem to be able to do it on your own, then get help. Usually, a healing from someone else is usually enough
- Take a closer look at the things that you don't necessarily think are important but that you have negative thoughts and feelings about...like the government, people you like to hate. We all have ingrained beliefs around things that we think don't matter. This makes you vulnerable. There is literal food for demons hiding inside of you.





Notice how you feel when you look at these pictures. What do they trigger in you?

Ask yourself how much do you feed yourself this kind of information and what that frequency you may be drawing to you.

Think about other things that we digest everyday without thinking about it.

I'm not suggesting that you put your head in the sand. I am suggesting wisdom. Use your energy to cultivate solutions for some of these situations rather than just mindlessly scrolling.

And then begin to focus your energy on the frequencies of Wisdom, Love, and Light that can bring solutions to the things in this world we might consider wrong.

As you begin to build your Light Bodies through connecting with the dimension, things begin to shift, especially your perspective.

You are going to begin to understand that you truly aren't going anywhere. All of this exists inside of you. It is a subtle shift but you will begin to perceive the world differently. You won't see the world the same as other people do.



The 7th Dimension is really all about balance.

- We are symbiotic beings on all levels: Physically, mentally, emotionally and spiritually. This is where we get to see all the aspects of ourselves and keep them in balance.
- So, it is not about denying any part of ourselves. Just like we have germs and viruses floating through our physical body all the time, the physical body works very hard to keep those in check and to maintain a balance. Same with our dealings in this dimension.
- It is about acknowledging that we do have opposing forces within us and it is up to us to maintain a balance of those energies within us. We are built to always work in that balance.
- This has even bigger implications about how we balance the chaos we see outside of us. It is an inside job. When humans begin to maintain their own inner balance, the outer world will reflect. (Hence, moon-lodging and all the other self-care practices I teach.)



We can eliminate the “dark order” by eliminating it within. If you want to end war, end it in yourself. If you want to end poverty, end it in yourself. If you want to end imbalances, end it within yourself first. It will then reflect out around you.

This is why we talked about going to the 5th and 6th dimension and asking those important questions. This is how we can go to work on all the stuff we have accumulated when we didn't know how to deal with it or even that we were supposed to.

So, notice the things in your outer world that trigger you. Then use the dimensional tools we have, to so you can begin to unlock these things and bring them into conscious awareness.

Understand that when you do, your world will start to balance itself. We have a tendency to keep ourselves in imbalance because we don't know we are doing it. We get used to it.



Many times, you may notice that in the beginning, that it seems to get worse before it gets better. Don't get discouraged! That means it's working!

Let go of the idea that demons are going to attack you. Rather, **see the lower frequencies as a warning** that maybe you have dipped a little low, and do whatever you need to do to raise your frequency pronto.

And then give gratitude! GRATITUDE stops all of these lower frequencies in their tracks. It is one of the highest frequencies. Once you can say thank you for the learning, for the revealing, for all the sacred medicine that this lower frequency has brought you, then you release it.

Remember when you do this, your body may need to do things to help your physical body balance with the new frequency of your other bodies.



So the question becomes..

How have the experiences in your life, both the negative and positive, how have they served you? How have you grown from them?

Working on your Trauma, especially right now and we move into more and more Galactic Light is the most important thing we can do!

When you clear it the war inside you ends. When the wars inside of us end, the wars outside of us end!

Gratitude is your superpower.

Using these tools is how you begin to take responsibility for our situation and change our world. We are the Creator Beings and we have to harness our power and utilize it responsibly.

Then we can be truly grateful for ALL of the frequencies, not just the light ones.



Stay with your practices...

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 or 6th Dimension and see what you can discover.
- Clear trauma.
- Clear your subconscious.
- BODY WORK – YOGA, CHI GONG, TAI CHI, ENERGY WORK, STRENGTHEN YOUR ELECTROMAGNETIC FIELD!
- Stay Grounded

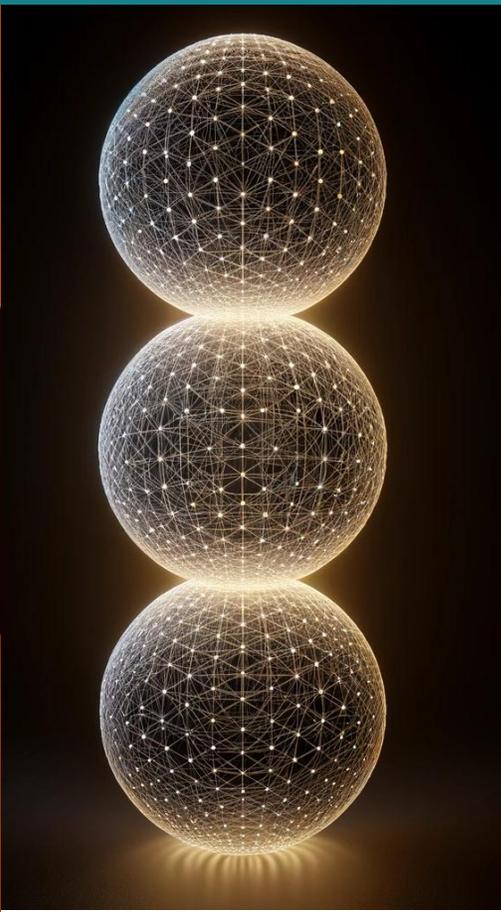


TODAY...

We are going to the 7th Dimension!



**Today we will follow this
format...**





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

- Learning about the 8th Dimension –
THE WORLD MADE OF LIGHT
- Even more Surprises

Dance-



Close Sacred Space

NEXT CLASS:
SEPTEMBER 11, 2025