



Source Light School Year 2 – Module 9

With Kathy Forest

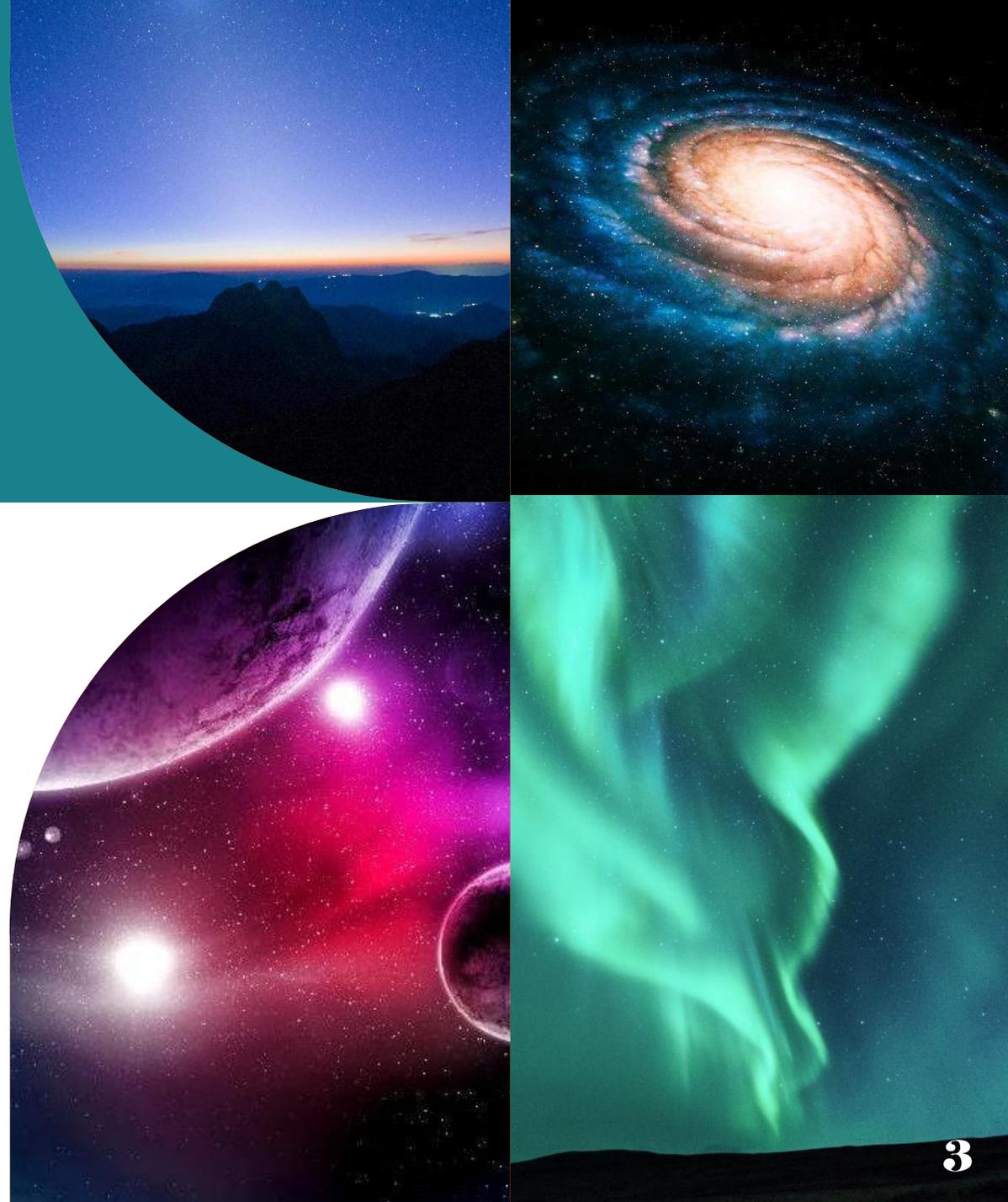
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 9TH 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, Seventh, & Eighth Dimensions

Begin learning about the 9th 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 the 9th Dimension

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
- Our 8TH DIMENSION is the Level of TRUTH



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*
- *8th DIMENSION – Access to Divine TRUTH (& Dragons!)*



The 9th Dimension ~ The Realm of Love...

So, the Eight Dimension was all about Ultimate Truth...

- This Dimension is all about Ultimate Love.
- It also contains NO Duality...Just LOVE...period.
- We learned that our First Dimension, Our Soul's Awareness creates reality. In the Ninth Dimension you get to learn exactly how that awareness creates reality.
- In the Ninth Dimension you get to “see” or gain insight into how all the constructs create the reality you are living right now.
- It is actually quite beautiful, despite all the trauma, and the drama, and all the issues you have, you get to see that it all comes from a place of Ultimate Love.



Take a moment. Close your eyes.
Can you remember who you were before Source Light?
Compare that to who you are now.

JOURNAL



Let's talk about Ego...

This is the part of us that may have the most difficult time with this high-level learning.

Our Ego consists of:

- Attachments,
- Expectations,
- Judgments and
- Resistance.

As we work with our Soul, our First Dimension, you will become more aware of where these specific things are causing difficulty in our life.

This is why we hammer TRAUMA CLEARING! As we become aware of these, we will begin to see how they are really the culprits that are causing our difficulties, and **THEY ARE ALL RESULTS OF TRAUMA.**

As we heal the trauma, these habits begin to melt away and so do our difficulties.

And as you can see, going to the **DIMENSIONS GROWS YOU!**



More...

So, as you move through the dimensions, and as you begin to more and more connect with your Soul, then when you move into the Second Dimension, and you become AWARE OF OTHERS, you can begin to see them with more compassion.

So, as you move through your days, you may become aware of judgements you have of others, and hopefully you begin to use your tools to release that judgment, because as you all know:

WHATEVER YOU FOCUS YOUR ATTENTION ON GETS BIGGER. THE MIRROR IS ALWAYS GOING TO REFLECT BACK TO YOU!

So, if you are judging, you are going to be judged... NOT BECAUSE OF PAYBACK, OR PUNISHMENT OR KARMA, but because of LOVE!



For Example...

Let's look at illness...

Illness shows up in the body because there is a gap in our consciousness...a faulty belief system or a place where we don't completely see ourselves through the eyes of love.

An illness will show up in that gap to get our attention. **From a place of complete love, it is showing you that gap in your consciousness.** Clear the gap and the illness goes away. We do it all the time in energy work. That's why energy work works! We have tons of germs moving in and around and through our bodies all the time, but we won't get ill with them unless there is a gap in our consciousness that allows it in. And then, instead of getting angry and frustrated, if we use our tools and remember,

THIS IS HERE TO SHOW ME SOMETHING. WHAT IS IT?

The awareness that comes with the work in the First and Second Dimensions is how you can begin to work with what is out-picturing in the Third Dimension. So many times, we may feel guilty or disappointed with ourselves when we get ill, but all of this is happening for our good *from the place of HIGHEST LOVE!*



THIS DOESN'T MEAN THAT IT IS ALWAYS GOING TO FEEL LIKE LOVE.

IT MEANS THAT YOU ARE GOING BE MORE PERCEPTIVE ABOUT THE ROOT CAUSE OF YOUR DIFFICULTIES SO YOU CAN ADJUST THEM.

YOU ARE GOING TO BE MORE CONSCIOUS OF DENSITY AROUND YOU AND OTHER PEOPLE.

AND WITH THAT AWARENESS, YOU TOO CAN RESPOND WITH COMPASSION.



This may feel quite difficult for those who are empaths, usually because they haven't cleared enough trauma so they are hyper-aware of all the density.

Why? Go back to those 4 things.. Attachment, expectation, judgment & resistance.

When you experience a traumatic event, it rips your energy field open. It causes you to be able to “feel all the feels” You LITERALLY BECOME HYPER-AWARE as a form of self-preservation. You engage in these behaviors to keep yourself safe. So, you actually train yourself to do the very things that are going to continue to cause you difficulty. This may begin at a very young age and the programming sticks until you learn some new habits.



So, the more you work with your soul, the more you are going to become hyperaware of all these issues that are not ***OUTSIDE of you, but inside of you.***

Your AWARENESS, from a place of LOVE is showing you where you need to make adjustments. Not because it hates you or is mean, but because it wants you to feel better.

Because your awareness is NOT your body, or your ego or your trauma. Your awareness is your SOUL.

That awareness will probably be met by a traumatized ego holding attachment, expectation, judgment and resistance. This is normal for an individual that has been born into the 3-D realm with no guidance on connect to the SOUL and working from a SOUL level.

Does this mean we need to get rid of the EGO?

ABSOLUTELY NOT!



We are working to PURIFY those 4 aspects of your EGO, not get rid of it.

If you totally get rid of your ego, you won't be able to manage your life in 3-d. You won't be able to manage your world, go to work, feed yourself, keep yourself safe etc. Your ego is what helps you do that. Your ego is your survival mechanism. When you are trying to survive in a messed up world we get those other outcomes.

What we want to do is purify it...moving

- From Attachment to LOVE
- From Expectation to PRESENCE
- From Resistance to FLOW
- From Judgement to COMPASSION



So the question then becomes, How?

How do we move

From Attachment to LOVE

From Expectation to PRESENCE

From Resistance to FLOW

From Judgement to COMPASSION

This is where the 9th Dimension becomes our guide!

Lets take love an attachment: When we are attached to an outcome from someone, when they don't behave the way we want them to and we try to withhold our love from them to change their behavior, that is attachment.

True LOVE rises above our own attachment and allows our SOUL to show us in full awareness, where we are actually withholding LOVE from ourself.



TODAY...

We are going to the 9th Dimension!

We will enter the same way we always have. Once again, I will remind you that this is not the way they truly look and show up. It is an open floor plan.

Today we want to ponder a situation where we are stuck. Remember 9th Dimension shows you the constructs of how things are working for your good.

So we go in and ask, how can I see this situation from a place of LOVE? What am I missing? Why do I have such an attachment? How can I synchronize with FLOW? How can I release JUDGMENT.



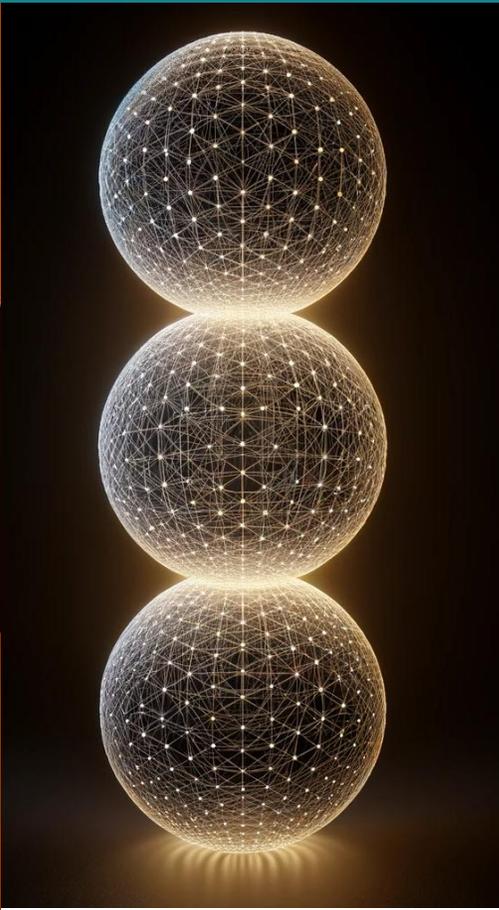
Stay with your practices...

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 will follow this
format...**





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

- We learn more about the 9th Dimension

Dance-



Close Sacred Space

NEXT CLASS:
OCTOBER 2, 2025