



Source Light School – Module 12a

With Kathy Forest

Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 12TH 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, Ninth, Tenth &
Eleventh Dimensions.

Begin learning about the 12th 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: Practice falling back into
the 12th Dimension.

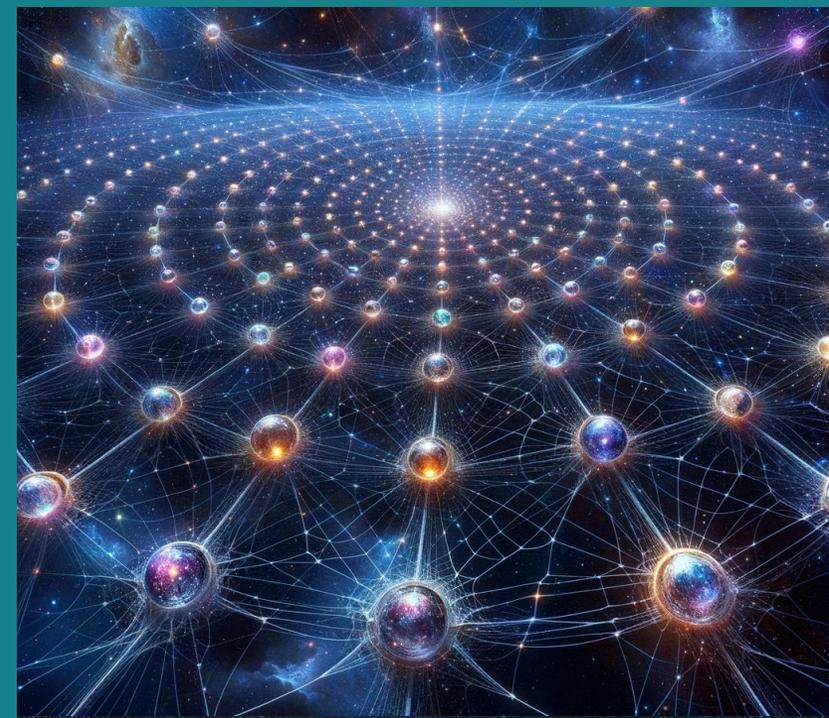
First...we remember

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
- Our 9th DIMENSION is the Level of UNCONDITIONAL LOVE
- Our 10th DIMENSION is the Level of GOD CONSCIOUSNESS
- Our 11th DIMENSION is the Experience of the VOID



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!)*
- *9th DIMENSION – Access to Divine LOVE*
- *10th DIMENSION – Access to God Consciousness*
- *11th DIMENSION – The Wisdom of Acceptance*



The 12th Dimension ~ The Un-Nameable ~ Becoming One with Source

So, when we moved through all the lower dimensions 1-7, we were learning how to move around in duality. When you got to 8 you got to see the TRUTH behind everything. In the 9th you are beginning to see all things through the EYE OF LOVE. From that perspective, you got to see that you ARE the creator in the 10th Dimension. Then in the 11th we moved even deeper into the Truth of all of existence and enter what may feel like the Eye of the Storm –THE VOID!

If you hang out long enough with “who you really are,” the Universe can seem very small. When you spend time experiencing the vastness of YOU – things begin to happen. The Void doesn't seem like such an uncomfortable place.



The Clear Light of Existence...

When you can allow yourself to be in that still place long enough, then the ego, the trauma, the resistance, the pain and suffering, all drop away. You are in the realm of ALL POSSIBILITY – not just in this existence, this 12-dimensional experience, but the Void holds the possibility of all possible Universes. The Void is beyond all things. It is the place from which all things arise. It is Light without a Source. IT IS THE SOURCE. And you are that. When you hang out here in the stillness long enough, then all the troubles and traumas become very small. We begin to realize that it is ALL very, very precious. ALL OF IT!



**Because it only
happens once!
YOU only happen
once!**

YOUR LIFE, your human experience, this one specific lifetime is unique to you. You are only here, like this, in this specific human form, with these sets of circumstances in this NOW moment, only ONCE. Yes, you may have many different lifetimes. *BUT YOU ONLY GET ONE SHOT AT THIS ONE!*

FROM THE PERSPECTIVE OF THE 12TH DIMENSION, CAN YOU FEEL HOW PRECIOUS THAT IS?

So, let's ponder this a moment...

- Each one of us has a unique perspective, a unique set of circumstances and life experiences.
- We may have done this thousands of times, experiencing many different lifetimes and circumstances.
- From the 12th Dimensional Perspective, we have access to all of them...all the experiences of all of those that have had those experiences, all the outcomes, and all the gleaned wisdom that was derived from them.
- So, when you see it from this perspective, how can we view any of it as bad or wrong?

When we back way up, so we can see the whole of experience for what it is, we begin to gain a different perspective. We begin to take on more of a God-like perspective. It becomes easier to LOVE IT ALL!



What is the 12th Dimension?

IT IS WHERE WE REALIZE THAT WE ARE ALL OF IT. WE ARE ONE WITH ALL OF IT. AND IT IS ALL MAGNIFICENT.

This is the place where we develop the perspective of **UNCONDITIONAL LOVE** for everything and everyone, because **WE ARE THAT!**

If you really are the Light of Source, if your Soul is really one of those beautiful frequencies that Source can create, and you can back up all the way back out of the Universe and you can hold it, then you can begin to realize that **YOU ARE EVERYTHING...THERE IS NOTHING SEPARATE.** It is all the Light of Source that is pushed through an incredible spectrum, and all those points of light become “seemingly” separate.

Thus, it is the **LAST AND THE FIRST DUALITY – BIG SOURCE – 12th Dimension**, becomes **LITTLE SOURCE 1st Dimension**. So that you can be everything and still experience “everything else” as your own unique concept of separation.



This is what Universes do...

They take the **PURE BIG CLEAR LIGHT OF SOURCE** that contains *all LIGHT*, all possibility of frequency, knowledge, and wisdom, and separate it out into an experience so that we can experience one another.

When you lean back into the 12th Dimension, far enough and long enough, your mind, your ego, all the parts of you that seemingly make you, you, no longer exist. (Remember we had to let go of our mind in the 11th). Your mind can't exist here because if it does, then it starts to try to differentiate itself with other things.

But if you can fall back into it, you can begin to examine all those other points of consciousness as mirrors to ourself, bringing us back home to Source.

All of this can sound a bit hard to wrap your mind around or understand, which is why we say this is experiential. We can't really begin to "understand" it. The best we can do is understand what might happen there and why.



So why would we want to do this?

- So why would we want fall back into the 12th Dimension and literally let go of all of our ego, all of our trauma, all of our awareness of what makes us, us?
- Why would we want to become No-thing?
- Because when we do, our true Soul's Light can truly begin to shine. When we can become "nothing" then all that people will perceive is the Light of our Soul...**WE GET BRIGHTER!**



SO WHEN WE FALL BACK INTO
THE 12TH DIMENSION, WE WILL
BE FALLING BACK INTO CLEAR
LIGHT.

JUST ALLOWING OURSELVES
TO EXPERIENCE IT.



Remember our goal is to stay out of our mind and just stay in our experience.

We will use our 4th Dimensional Tool of our Imagination to get us there. Once again, we will go to a door and fall backwards. This time beyond the God/Goddess Self , and even beyond THE VOID. Do your best not to think, just be, just experience, just feel.

I'm also going to give you the option of moving through the concentric rings of the Dimension or using the doors. Use whichever method helps you.

Notice your responses. There's no right or wrong. And you can always come right back out by taking a step forward.



TODAY...

We are going to the 12th Dimension!

We will enter the same way we always have or we can use the concentric ring method.

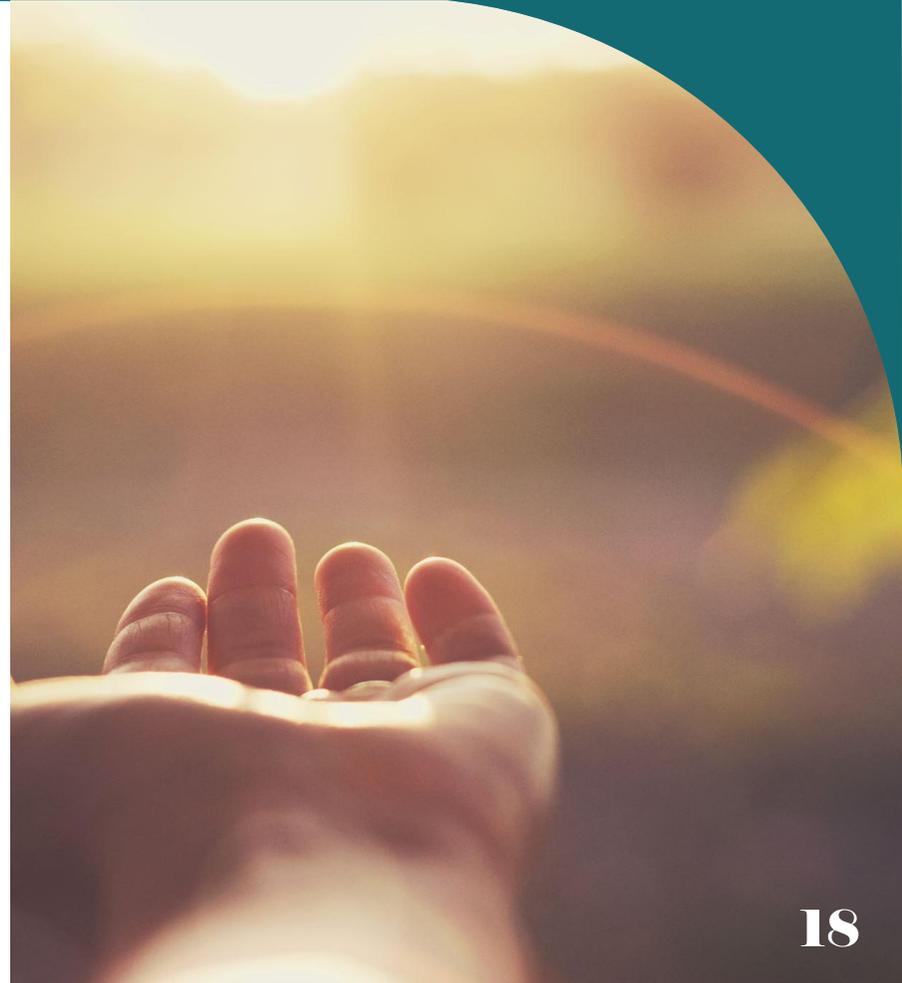
When we get to the 12th we are just going to turn around and fall back and just feel what it is like to be there. It may just feel like floating. Just feel it and notice your experiences and responses. When we finish, just take a step forward, and you will be back at the threshold of your doorway.



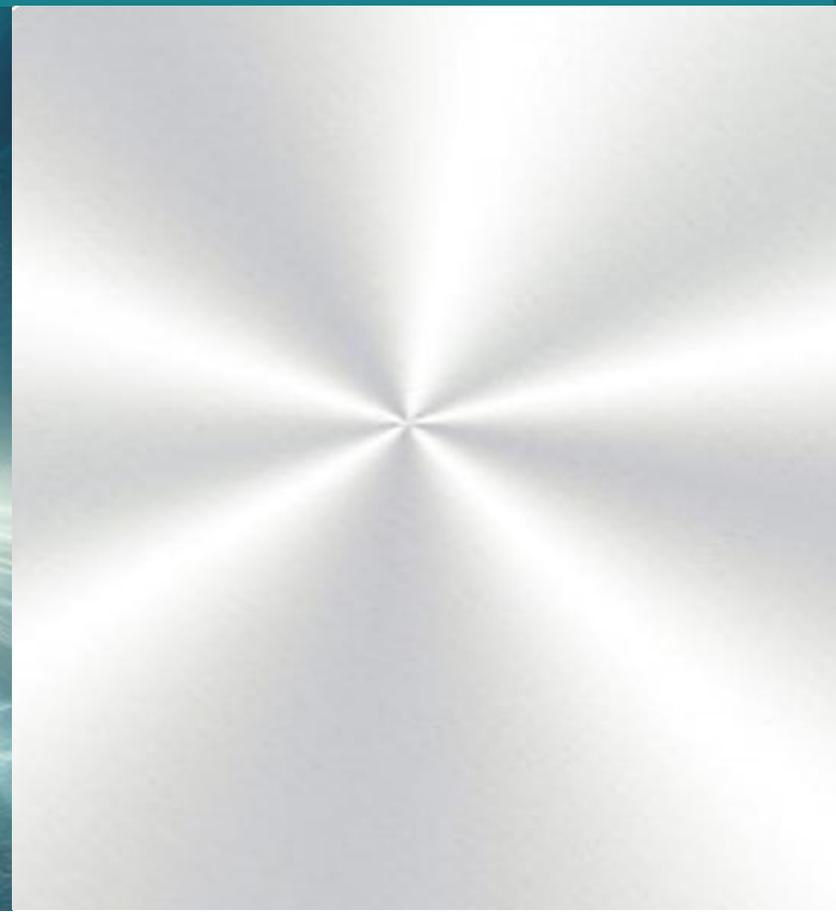
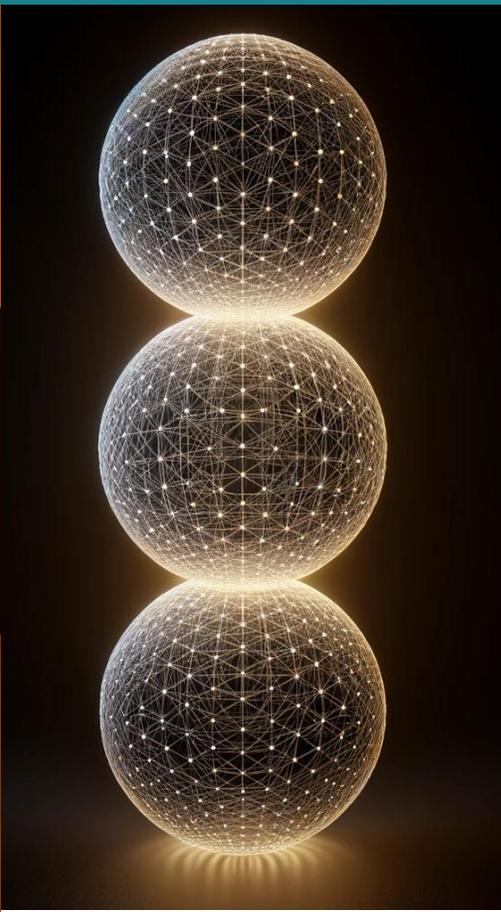
Stay with your practices...

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 explore more of the 12th Dimension!

Dance-



Close Sacred Space

NEXT CLASS:
DECEMBER 18, 2025