



# Source Light School – Module 9b

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- LEARNING MORE ABOUT THE 9<sup>TH</sup> 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

Continue learning about the 9<sup>th</sup> 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 9<sup>th</sup> Dimension

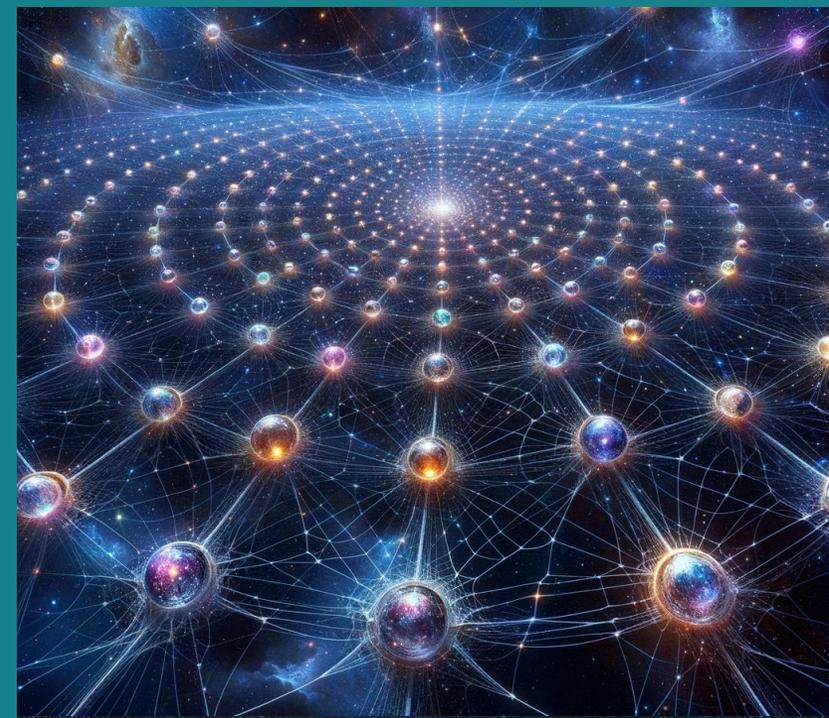
# First...we remember

THE MOST SACRED, THE MOST PRECIOUS OF ALL OUR DIMENSIONS ARE OUR...

- 1<sup>ST</sup> DIMENSION, OUR SOUL, located in our heart; and
- 2<sup>ND</sup> 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 3<sup>RD</sup> 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 4<sup>TH</sup> DIMENSION contains all the extra fun tools we can use to make our experience of the 3<sup>RD</sup> more enjoyable.
- Our 5<sup>TH</sup> DIMENSION is the realm of ALL possibilities...tread carefully!
- Our 6<sup>TH</sup> DIMENSION is the Hall of Archetypes!
- Our 7<sup>TH</sup> DIMENSION is the Level of Angels & Demons
- Our 8<sup>TH</sup> DIMENSION is the Level of TRUTH
- Our 9<sup>TH</sup> DIMENSION is the Level of LOVE



# The Gifts of these Dimensions...

- *1<sup>st</sup> DIMENSION – Endless Prana*
- *2<sup>nd</sup> DIMENSION – Connection and Equanimity – which means we are not ALONE, and we are TOTALLY ACCEPTED*
- *3<sup>rd</sup> DIMENSION – Physical Experience*
- *4<sup>th</sup> 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.*
- *5<sup>th</sup> DIMENSION – The power to choose... any possibility*
- *6<sup>th</sup> DIMENSION – Access to ALL Archetypal Information*
- *7<sup>th</sup> DIMENSION – Access to Divine Help & Information*
- *8<sup>th</sup> DIMENSION – Access to Divine TRUTH (& Dragons!)*
- *9<sup>th</sup> DIMENSION – Access to Divine LOVE*



# The 9<sup>th</sup> Dimension ~ The Realm of Love...

*Last week we learned that this dimension is 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, AND WHAT YOU HAD IN MIND!
- 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.



# The Key to this work is self-inquiry...

First, continuing to ask yourself “Who Am I?” meaning your first dimension...your I AM...

Then noticing where we still have:

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

And asking ourself, (When we see someone we judge as selfish) *Where am I behaving Selfishly?, etc.*

In the 5<sup>th</sup> Dimension you can see this more clearly and **be aware of ALL THE POSSIBILITIES**. Then when you see ALL the possibilities, you begin to **CHOOSE HIGHER CHOICES**, so eventually your old **REACTIONAL RESPONSES** are no longer automatic.

*This is how we mitigate trauma. And we move out of reaction.*



# More...

- *Meditation helps with this.* It keeps your mind calm.
- You also can begin to *take responsibility for your feelings.* You notice them and acknowledge them. *You stop blaming others for your feelings.*
- It also helps you *have compassion for others who are not in their soul* and acting out. *You begin to be able to spot it and not judge them so harshly.*
- **AND...**the more you do this work, the more you will see what some call “blow-back” or “push-back.” You will see this not necessarily in yourself but in *those around you that usually hold a lower consciousness.* So, you have a really good clearing and get some good downloads which raises your vibe. And almost immediately someone around you that is not as aware, may respond negatively or be triggered. **It has a tendency to hit the weakest or most unconscious mind.** (These folks usually have a tendency to “run the show.”) *They aren’t used to the new level of frequency you are holding, and they try to normalize it back to a level they are comfortable with.* Or there could just be some kind of crazy event or drama that happens that will seem totally unrelated. This just shows you how dramatically this work effects the outside world. ***It is not just for you. We are literally changing society all around us!***



# This will also test your breakthrough...

When the blow-back happens, can you hold your ground and stay firm?

Even if you slip up, you will catch it, because you won't feel as good as you did when you had the breakthrough. You will know. And you can immediately take responsibility for your reaction and get back in your Soul.

*We have to remember that most of the world is NOT on a spiritual path.*

They ARE the weakest minds (not a derogatory statement). They believe there is ONLY 3<sup>rd</sup> Dimension. They don't have the skills or understandings that you do. They don't even have the desire to know. **AND THAT IS OK!**

*Remember... in order for the material world to exist, we have to have duality. These individuals are playing their role and are necessary.*

Remember the 7<sup>th</sup> Dimension: All extremes of frequency – Light (Angels) & Dark (Demons). This is the realm where we see the like attracting like and how that works for us by showing us what we are holding. We can also see the constant volley between those energies. But when we understand it as frequency, it can release the fear around it.



REMEMBER USING SELF-  
INQUIRY IN THIS DIMENSION  
(THE 7<sup>TH</sup>) HELPS YOU TO  
IDENTIFY WHAT YOUR SOUL IS  
SEEKING OUT.

YESHUA TAUGHT THIS – THE  
WORD CHRISTOS MEANS  
PURIFIED LIGHT. HE SAID,  
WORK TO SEE LIGHT IN ALL  
BEINGS. HE HELD THAT LIGHT.  
IT EXPLAINS WHY CERTAIN  
FOLKS GRAVITATE TO HIM (NOT  
NECESSARILY THE CHURCH) HE  
WAS THE PERSONIFICATION OF  
PURE UNCONDITIONAL LOVE-  
LIGHT FROM THE MASCULINE  
HEART. HE SOUGHT IT OUT IN  
ALL THINGS. THIS IS WHAT THE  
NINTH DIMENSION IS ALL  
ABOUT.



How can you find YOUR LIGHT in all things?  
BECAUSE IT IS THERE!

How can you find Unconditional Love in all  
things? BECAUSE IT IS THERE.

We find each other because we are all  
holding it...that is what we are seeking,  
and we seek it out in others.

As we continue to do this, to clear ourselves  
and seek light in ALL THINGS AND ALL  
BEINGS, we raise the frequency of  
society. Until everyone is doing it and  
higher societies in the Satia Yuga are  
formed!

This then activates the fullness of the 2<sup>nd</sup>  
Dimension – Indra's Net. It becomes  
restored. (Just like we have been  
restoring our personal net with  
meditations and light infusions.



The more we Stalk the Light within us the less dense we become!

We can begin to fully embody the 8<sup>th</sup> Dimension of freedom to release duality. *We know the TRUTH of all of it and it is all LOVE and ALL GOOD.*

But remembering the blow-back principle, as we live here, when we run into folks that are more dense, they may try to get us wrapped up in their pain and suffering. *This is not their fault as they are not aware. And the demonic frequency will try to use them to get a response out of you.* Because they are trying to get and create more food for themselves.

This is all caused by TRAUMA. *The only way any human or animal can be controlled is through TRAUMA!*  
*THIS IS WHY OUR SOCIETY TRIES TO TRAUMATIZE US!*

*This happens every time we get in front of a screen.* *It is not entertainment it is entrainment. The light moves so fast through the pixels and shuts down your frontal lobe. It all goes into your subconscious!*



*Our society is run by the demonic forces because it a good source of food.* The Military Industrial Complex, the Pharmaceutical Industrial Complex, the Entertainment Complex, the Medical Industrial Complex – they are all run by incredible darkness whose soul purpose is to cultivate more of it. Demonic forces creating their own food.

But as YOU keep doing your work, your own TRAUMA Clearing, *and you turn the system on it's ear by using the screens to fill you mind with GOOD STUFF*, you shift it, you CULTIVATE the GOOD. In the future, the society of homoluminous will never put up with this. It won't look at all like what we see now.

*But now we know...WE ARE AWARE OF ALL OF IT. And we begin to change it. Our awareness changes it. It changes our body. It changes our outcomes...effortlessly.*

*Your body may show you deep stuff to purge... toxins, people, relationships, jobs, blocks in your way, situations that are not for you highest good...*

*They will all begin to show up to be released.*



# Beware: As you go through this process, the demonic forces won't want you to heal the big stuff.

They may tolerate small issues, but the big ones like self-hatred, self-loathing, deep guilt, that we have buried very deep, that we may not be aware of but keep running our programs...when those come up, it may feel more difficult to release. This is when you reach out to get help.

You want to get to the point where you can THANK these forces for what they have brought to you. When you get to gratitude, you are beginning to use the 9<sup>th</sup> Dimension! You are able to take the negatives and give it back to Source. Your journey always leads you to love – the 9<sup>th</sup> Dimension. Your own LIGHT begins to take over.

*When you beat these, and you will, you will be able to help others with these difficulties with compassion.*



Not only that. You will be able to begin to see that **YOU –THE SOUL OF YOU created every circumstance and situation in your life OUT OF LOVE.**

Every difficulty, every disease, every stroke of luck, good or bad.

In the 9<sup>th</sup> Dimension you can see every aspect and outcome of your life, the densest stuff has the most beautiful complexity.

So, you can go to the 9<sup>th</sup> Dimension and begin to understand every difficult aspect of your life. You go in there and ask. This is not a one and done proposition. For big things you will need to go back in again and again. There will be many layers sometimes.

Not just your own personal stuff but all the stuff in your DNA – your genetics. Your history. You can understand it here in the 9<sup>th</sup> Dimension.

*The greatest teacher that holds the most light: PAIN! Which means we are all here to conquer it.. If we do, we are invincible!*



# TODAY...

We are going to the 9<sup>th</sup> 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 – maybe in pain or suffering of some kind. Remember 9<sup>th</sup> 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.



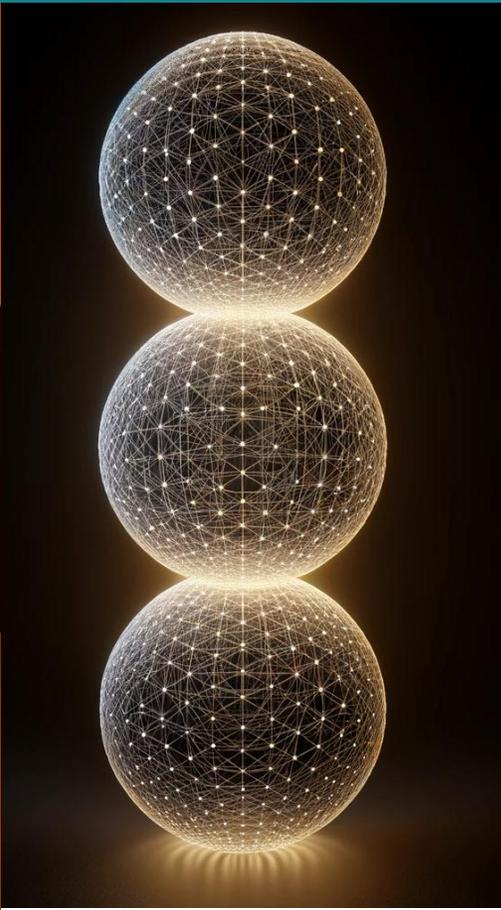
# Stay with your practices...

## 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 5<sup>th</sup> or 6<sup>th</sup> 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 about the 10<sup>th</sup> Dimension

**Dance-**



# Close Sacred Space

NEXT CLASS:  
OCTOBER 9, 2025