



Source Light School – Module 11a

With Kathy Forest

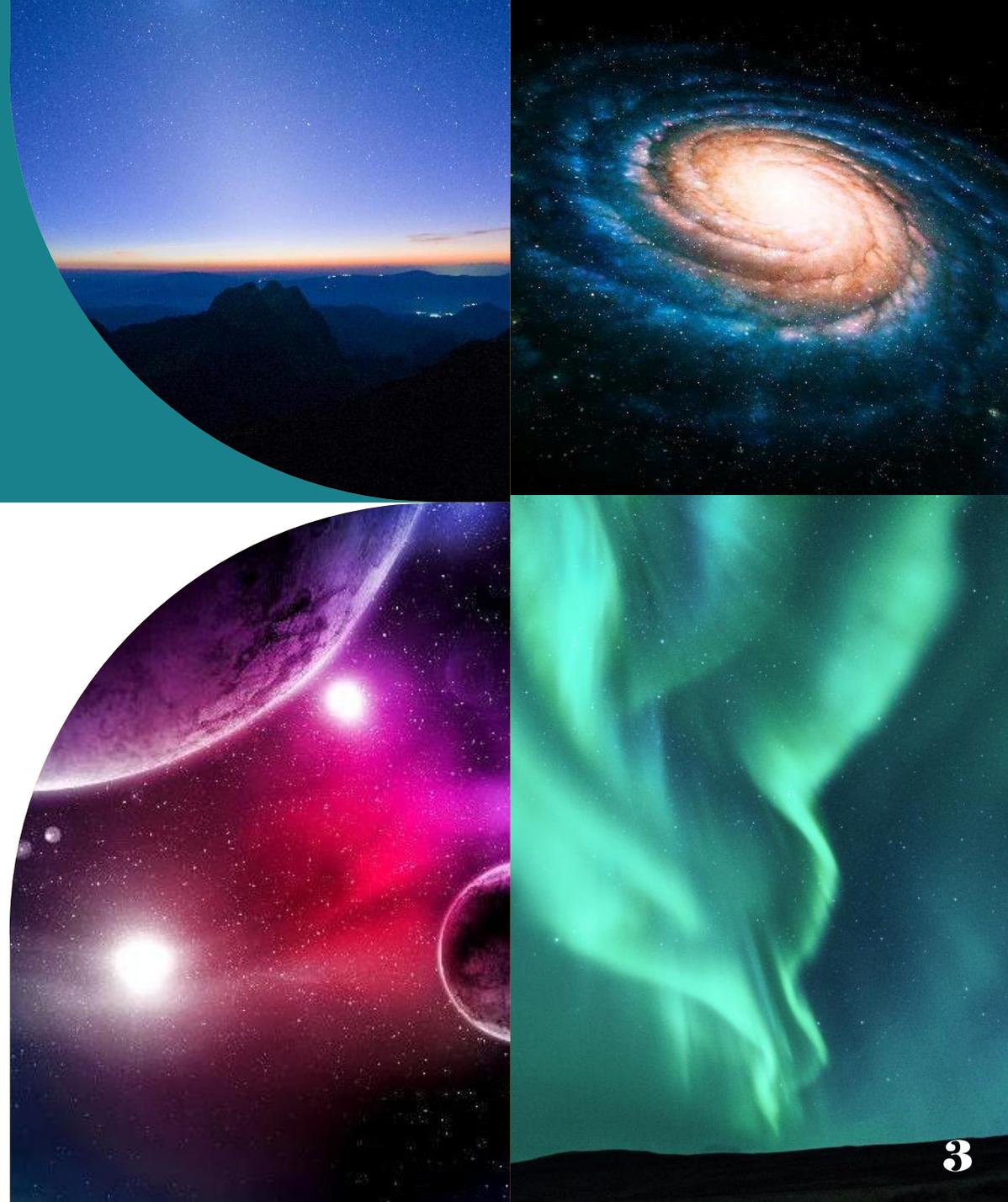
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 11TH 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.

Continue learning about the 11th 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 11th Dimension.

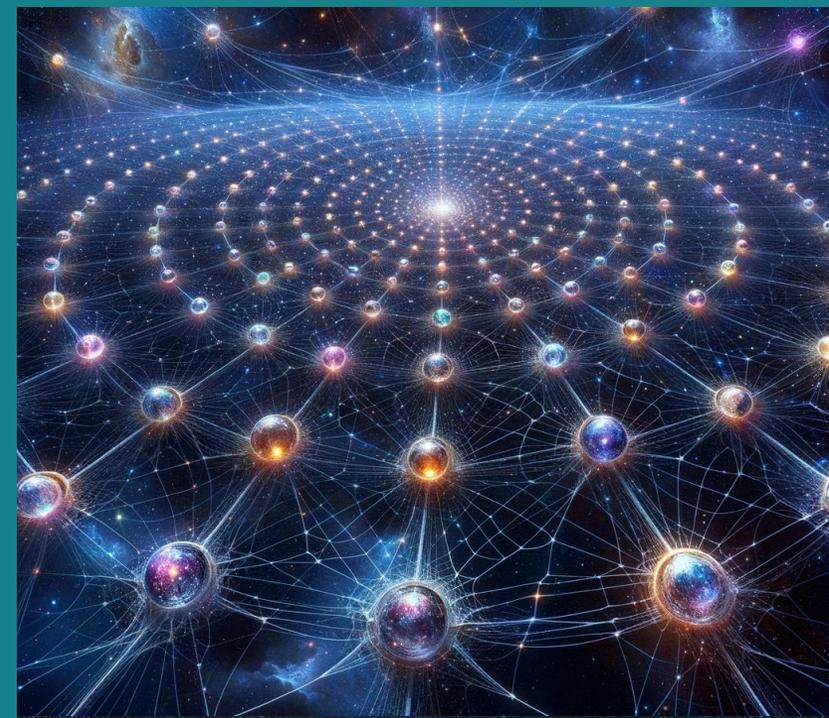
First...we remember

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



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*



So hopefully you are noticing a shift in yourself as we go through each of these dimensions...

Seeing the world and your place in it is totally different when you take a broader look, rather than just 3rd Dimension. It gives you a perspective that most don't have, but that we certainly need right now.

What would the world be like if all of us had had this perspective earlier? What would our lives be like, if we personally had had this perspective? What choices would we have made differently?

Right now, we may say yes, we would have changed a lot of things. And that might have been a good thing...maybe.

As we move into the 11th Dimension, we are going to have an opportunity to ponder those questions.



The 11th Dimension ~ The Seat of Perfection

And the Intensity continues...

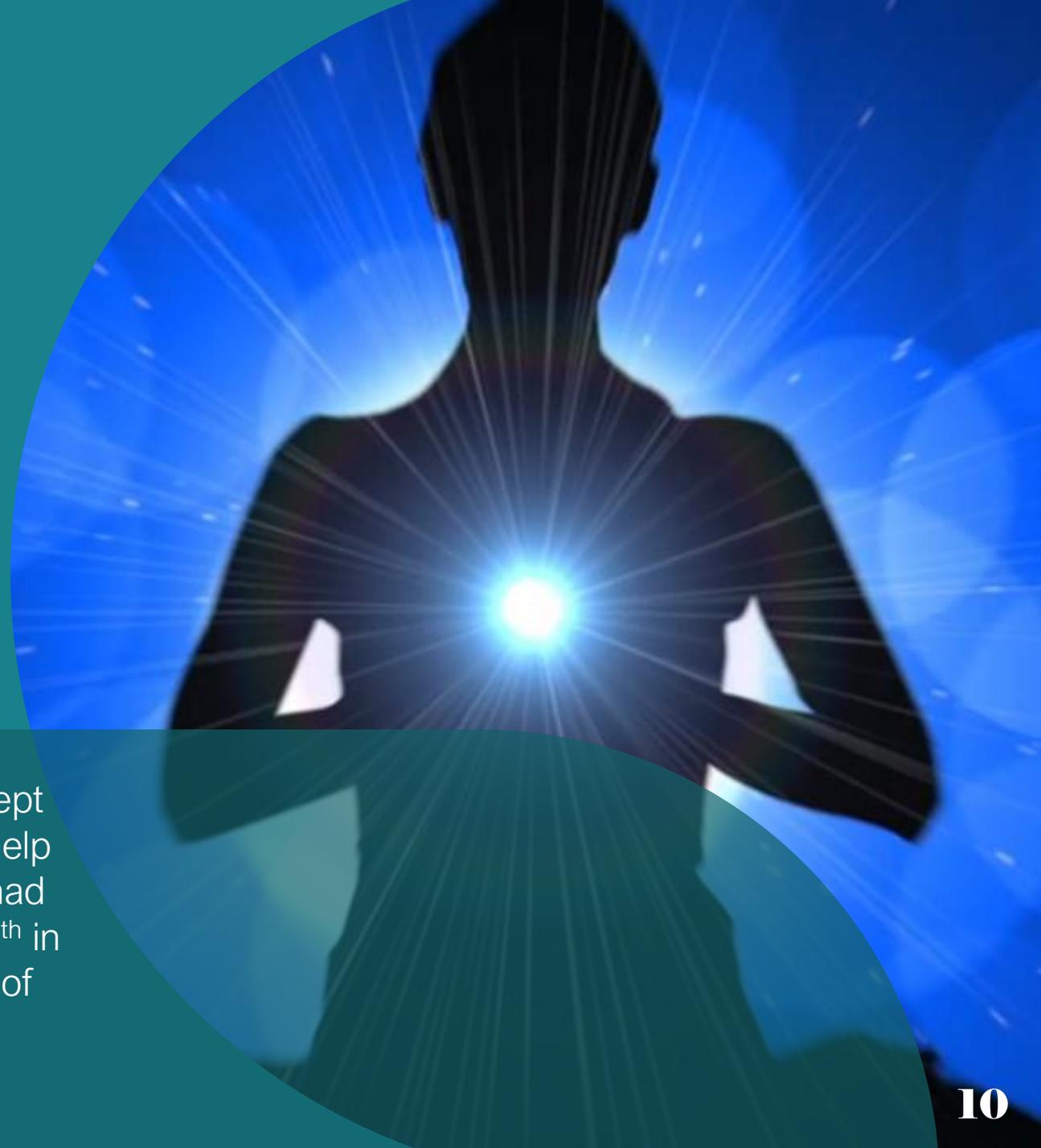
So, when we moved through all the lower dimensions 1-7 we were learning how to move around in duality. When you got to 8 you got to see the TRUTH behind everything. In the 9th you are beginning to see all things through the EYE OF LOVE. From that perspective, you got to see that you ARE the creator in the 10th Dimension.

Now in the 11th we move even deeper into the Truth of all of existence and enter what may feel like the Eye of the Storm.



REMEMBER:
The 11th
Dimension is the
most Experiential
so far...it's not
physical.

There is nothing physical about any of the dimensions except the 3rd Dimension. But we have been accessing them to help manage our physical experience. And we have probably had physical experiences by utilizing them. We can use the 11th in a similar way, but it is going to feel more different than any of them so far.



In fact...

This is the most immense Light Body yet. It goes way beyond our mere physical experience.

When we backed up into the 10th we backed up to experience ourself as part of the God-Self, and we looked at our world from that perspective.

Now we are going to back up even further and examine all of creation from an even broader perspective.

And the first thing we must examine is OUR MIND. Why?

Because to examine this Dimension, we have to step away from it: our mind, that is. We have to let go of our mind in order to experience it.

We have to begin to “stalk” our mind. We have to watch it and notice how it manipulates us and what it needs. Up until now, we have understood all of these dimensions using our mind. Learning this information has probably actually fed our mind. But there is a reason...

Our mind tends to have an agenda. Our mind wants to know how all this works because our mind needs to believe that it is here for a reason, a purpose. It has many attachments. But in order for us to truly experience the TRUTH, we have to let go of all of that!



Remember Neo's Response...



I don't show you that to suggest any of that particular scenario is true, but to show you Neo's response.

That is the way our brain can behave when presented with information so new to us, or information that causes our brain to have to let go of belief systems that have been in place for so long, we feel we will lose our identity if we let them in.

We are entering a time when big truths that we may not want to know are going to be revealed. And our brains have huge attachments to the all of the systems we have in place...the internet, our economic system based on fiat currency, our governmental systems, we rely on all of it, not just to make our world run. Our brain needs certain constructs in place to help us feel safe. Like we have some semblance of control.

And the truth is that our small tiny minds can't really control anything. And the truths being revealed are validating that much we have believed in is an illusion. It's been a very exciting and interesting illusion, but an illusion all the same.

But seeing it from the 11th Dimension can give us a whole new way to see it!



What is the 11th Dimension?

This is an immense Light Body beyond the God/Goddess self. Here we back up even farther to examine everything.

The first thing that will require our examination is the mind. The reason is because you have to step away from it. We watch it. We stalk it like we would stalk a wild animal. We watch its responses like we watched Neo.

Because we want to become obsessed with the Truth. We want to be able to discern the TRUTH and take it in and not allow our mind to reject it. The 11th Dimension is going to reveal even MORE Truth. It is going to EXPAND YOUR KNOWING of what is real and what is not.

Because when you go there, you are going to find that it is more of what is NOT there, than what IS there. The 11th Dimension is the Zero point that doesn't change.

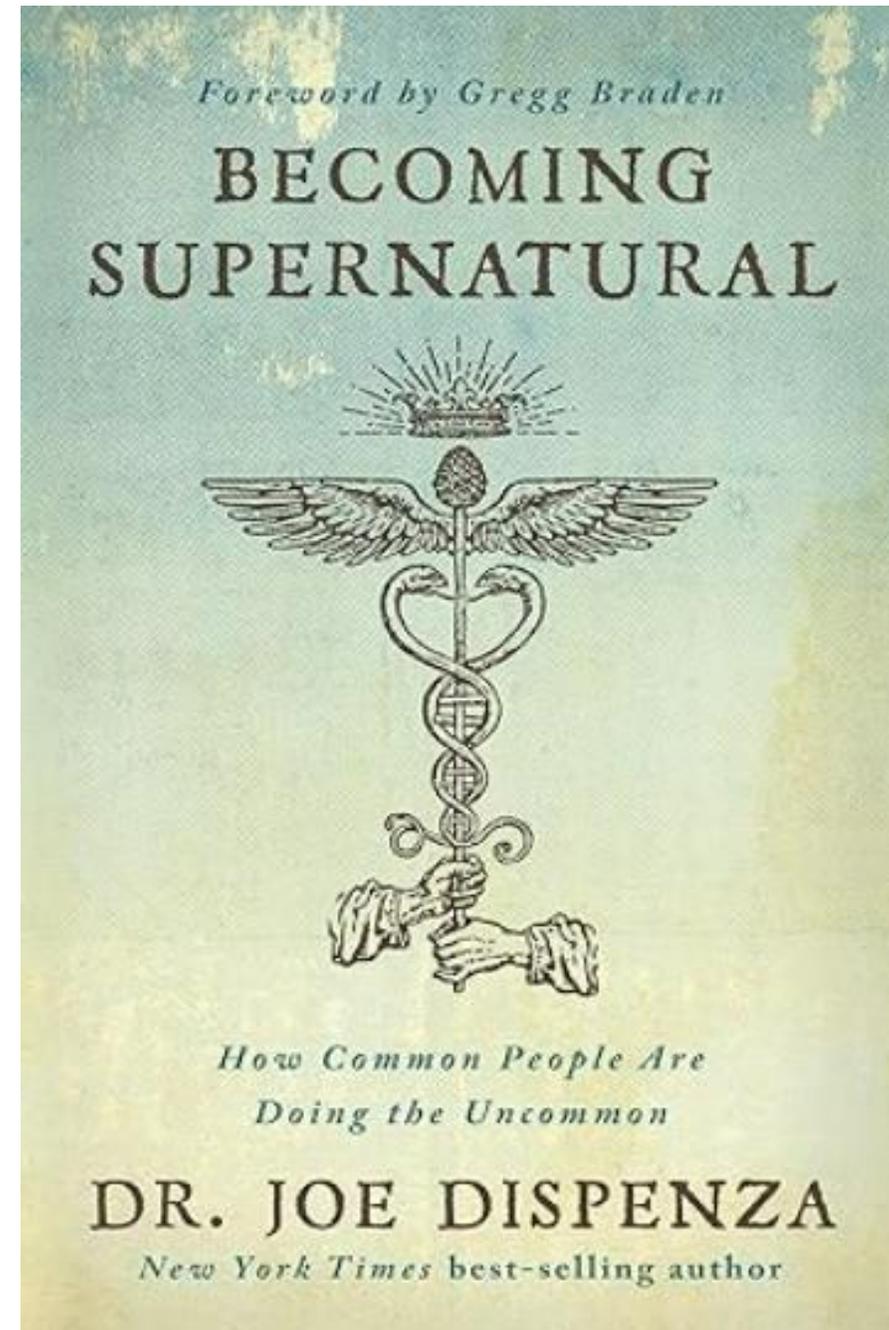


Dr. Joe Dispenza explains this phenomenon and is now teaching people how to let go of the mind and ‘be in the Void” for extended periods of time.

What happens when they do that?
Spontaneous HEALING, they immediately drop into their heart and soul.

If we continue to allow our past to inform our future, we will never get out of this mess. **WE MUST GO TO THE VOID AND ALLOW IT TO INFORM US, OUR BODIES, NOT OUR MIND!**

Check him out on Gaia!



When we go to the 11th Dimension, we are falling back into the eye of the storm: THE VOID – the nothingness from which everything came. THE REALM OF ALL POSSIBILITY!

This can feel even scarier than the 10th. Because our mind is going to try to go to something it knows out in the chaos of the storm. Our mind is going to try to make sense of what it is experiencing. It will try to make up a story or give ourselves a reason. And there is none.

But if we can let go of that, we can let ourselves come to another knowing...



Think about our example of concentric rings...

THAT IT IS ALL PERFECT...
JUST AS IT IS...
IT IS ALL AS IT SHOULD BE...
AND THE POSSIBILITY FOR
SOMETHING NEW!



So we are just going to do another little dip with a new perspective. 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 into 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 11th Dimension!

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

When we get to the 11th 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.



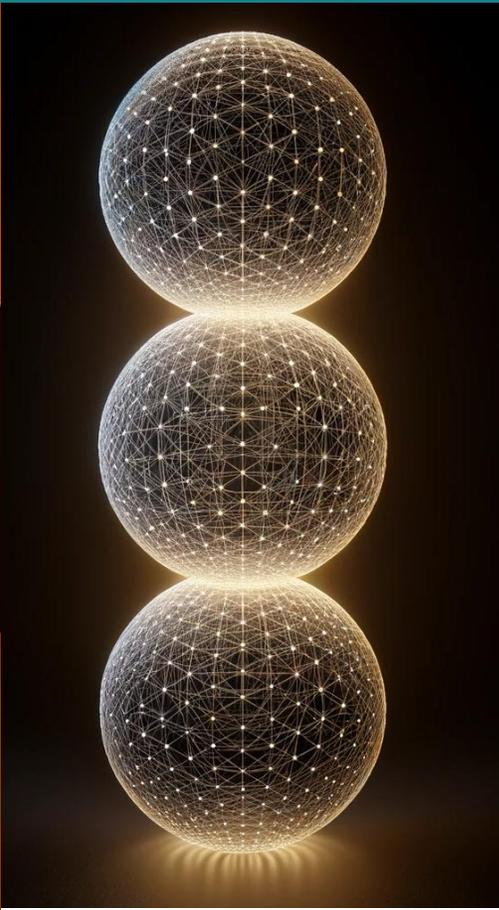
Stay with your practices...

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 any of the lower Dimensions 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...**



A vibrant aurora borealis in space, with green and blue light streaks against a dark starry background. The aurora is seen from a perspective that makes it appear as if it's flowing across the frame.

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

- We explore more of the 11th Dimension!
- WE MEET NEXT WEEK!

Dance-



Close Sacred Space

NEXT CLASS:
NOVEMBER 20, 2025