



Source Light School Year 2 – Module 8

With Kathy Forest

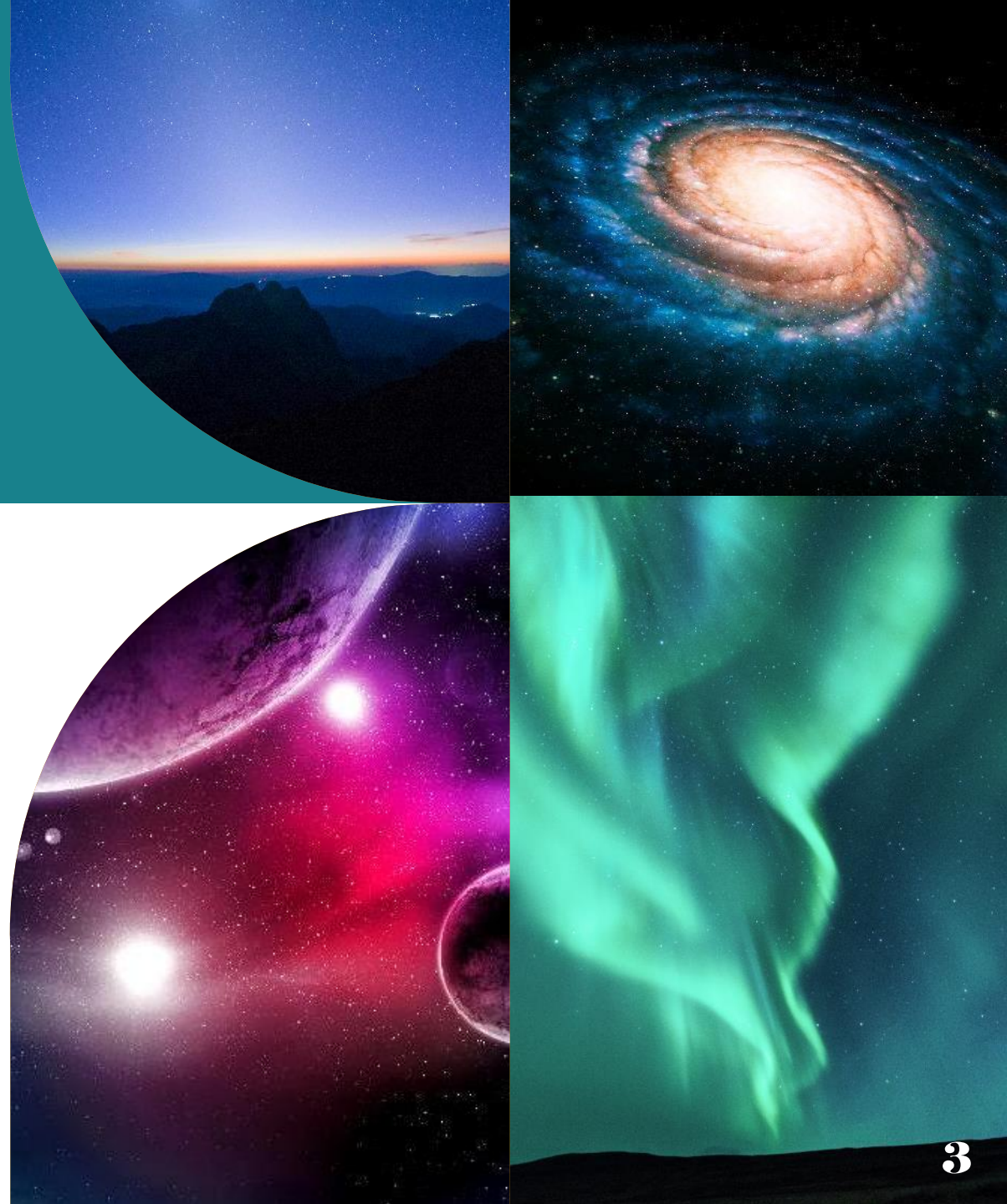
Calling In Sacred Space...

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 8TH 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 Dimensions

Begin learning about the 8th 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

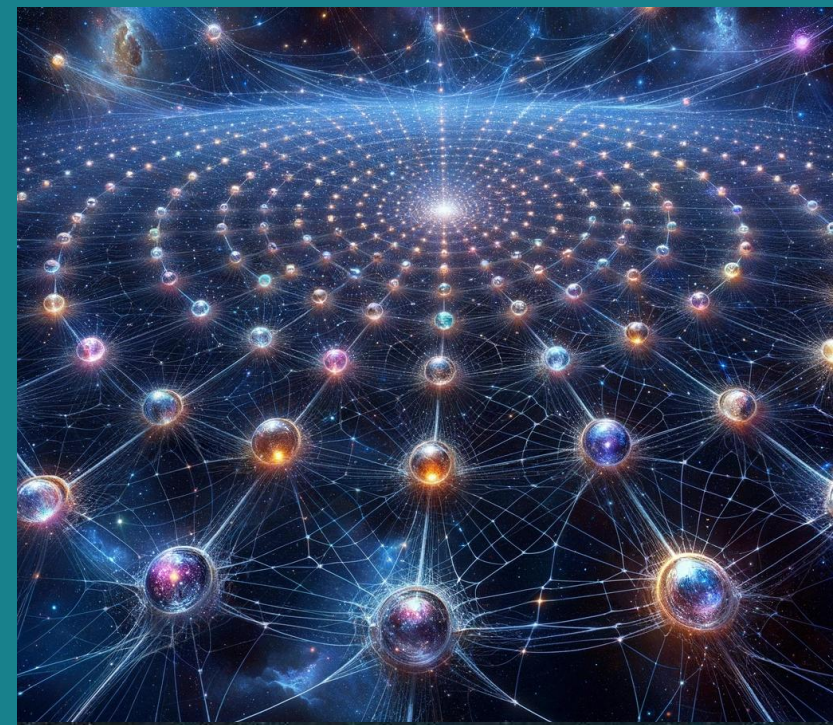
First...we remember

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*



The 8th Dimension ~ The Realm of Light

This is the first realm where we move out of the realm of Duality!

We have just moved from the most complex dimensions where we have been established and anchored. The first and second, and even the third were pretty simple. But as we progressed, the dimensions begin to be more and more complex as we go.

But now it begins to become simpler again, but first we had to understand duality. Half of the dimensions are based in duality. And as we learned in the seventh, duality is necessary for physical existence to happen. And all of the parts on the continuum are necessary. They are not at battle, they are just different spots on the continuum, and because they exist, we get to have this physical experience. I hope by now you are beginning to see what a very complex and powerful being you really are. *THERE IS NOTHING IN THE UNIVERSE LIKE YOU!*



More review...

So now that we are moving forward, we are getting closer to what some would call the “Godhead” or the Light. Ultimately, we will move all the way to the twelfth dimension which is pure light. And of course, you will remember that the twelfth is bumped up right next to the First. They live right next door to each other. So, we are literally moving toward where we came from ... ***AND WHAT WE BROUGHT WITH US WHEN WE CAME!***

What does that tell you about who we really are and our capabilities?

Starting with our home base as the third dimension, and literally thinking that is all there was, as certainly done a number on us. It has caused us to believe that we are small, weak, helpless, and need to cry out for assistance.

THE TRUTH is that we hold all the assistance inside of us!



The true nature of this realm...

Because we have become so focused on our 3-D experience, we begin to identify with our body and our genetic heritage and think **THAT** is who we are. **IT IS NOT.**

Step back and imagine your life is a movie you are watching. As you watch it you see all the things happen and have all the experiences and think that **it** is us. **IT IS NOT.**

We are not the film. **WE ARE ACTUALLY THE LIGHT IN THE PROJECTOR!** That light is shining through our 3-d experience. When we finally get this, we may wonder, ***WHY DID I CHOOSE THIS?***

Because **WE CHOSE ALL OF IT.** We chose the genetic line we came through. We chose to have those experiences that have resulted in repeating patterns. We chose it all to learn, to grow, to help humanity evolve.

BUT IT IS NOT WHO WE TRULY ARE. We can begin to heal when we can release the movie reel as our identity and begin to live from our **TRUE IDENTITY – OUR SOUL.**



How do you know if you are living from your soul?

Well, of course, we have the protocol. But sometimes that may feel like not enough, or maybe you are just not sure.

Here's another practice you can do. Close your eyes and practice, just imagining yourself falling backwards, backwards, backwards into your first dimension, your soul (the light in the projector.) Just keep falling back, back, back. Then ask yourself, how does it feel to just be in my Soul, to just sit in that Light. Let yourself just sit in your own luminosity.

Then from that place reach out to your second dimension and feel the love your body has for your soul. Let yourself sit and feel that. And let your body and soul have conversations. *The more you can sit in the realm of YOUR OWN LIGHT*, the easier it will be to move out into the bigger light dimensions that we are getting ready to move into.



SO AS WE ARE MOVING
TOWARD THE LIGHT, WE
MOVE INTO A PLACE THAT
LOOKS TOTALLY
DIFFERENT...LIKE SOMEONE
TURNED THE RAINBOW INTO
A HUGE BEAUTIFUL WORLD!



There is every different quality of light here that you can imagine. For every frequency, there is a different quality of light. Each frequency is full of information and data that is unique to that frequency.

There are beings here for every different quality. And you may find yourself drawn to different frequencies or qualities because you too are of that same quality. There will be places that feel more like HOME than others.

There are also qualities that are totally different than you. But they won't feel like evil or darkness, they won't feel bad, just different.



Everywhere you go there are different qualities of light. **This place has no good and evil. There is no duality in the 8th dimension.**

It is a place of **information and purity. We have ended duality.** This is a place ruled by ***oneness***. It is where all the wisdom, all the power, and all the knowledge of reality exists simultaneously.



All qualities of Light offer certain qualities of wisdom and knowledge.

This is the TRUTH of this dimension.
This is a place of undistorted knowledge and wisdom. It is not tainted by anything.

This is important because you too offer a certain quality of light out to the Universe through your essence.
Your essence has a place in this Kingdom of Light.



The beings here are made of light. They can and will communicate with you if you want them to. ***They will react and respond to your emotion.*** They have the full capability of having access to your subconscious. So, if you are afraid, they may try to show up as something that scares you. Nothing really scary but they will mirror back to you what you are feeling. However, if you approach them with kindness and curiosity you will find they can be very helpful. They can heal you of certain maladies.

They can show you things about yourself that you might not realize. They have the ability to mirror that back to you in different ways.

When you show them joy, kindness, love and compassion they will give it back to you in beautiful ways.

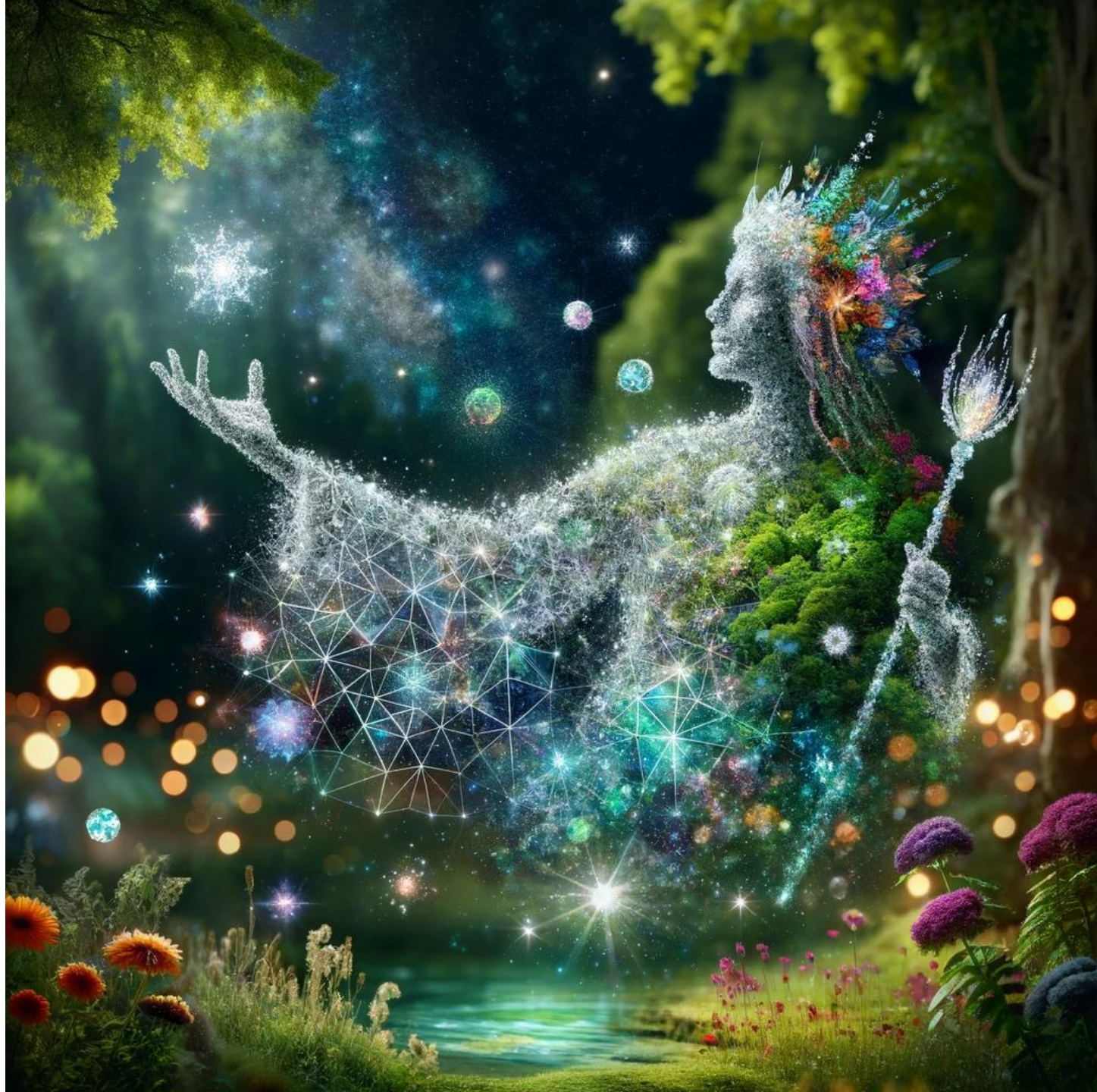


These beings do not seek out frequencies like themselves like those in the 7th dimension, because they don't need to. They fully embodied of all that is available in Light.

The light people are not here to learn or seek out anything. They are here simply to maintain. They aren't going anywhere. They aren't coming to the 3-d or help or harm anything like what we might see Angels and Demons do.

If they are ever called to another realm for help with something, it is because they can maintain a high level of knowledge and wisdom without judgement and maintain it just for its availability in consciousness – nothing more, nothing less.

They do not have any concept of disagreement or misunderstanding. This is a place of transparency. YOU CAN BE DECEIVED IN THE 3-D. But not in the other realms and especially not here.



Other beings that like to live here are **Dragons**.

Dragons like to live here because they are obsessed with knowledge and wisdom, and this is the place to come for that.

If you see them, you will notice that they may emanate a certain color. This is because they are emanating a certain quality for frequency of knowledge.

You might think that in the 8th dimension, things would get less structured. But there are entire cities of all the different colors you can imagine.

There are entire libraries of knowledge and information for one quality of light.

This is a place where you can begin to understand your own quality of light and begin to know your own quality of knowledge and wisdom that you are here to emanate to the universe.



This is a place where you can go to recognize your own quality of wisdom and knowledge...It is a place where you can go get to know yourself.

When you get here, you move way out of the movie of your 3-d life and you realize that you are heading back to ***YOURSELF...YOUR TRUE SELF—YOUR PLACE OF ORIGIN.***

Your understanding of reality is unique. In this place, like all the others, there is every different quality imaginable. ***But here, you will find some that feel like home.*** It will remind you of where you came from. It will remind you of what you came to bring.



TODAY...

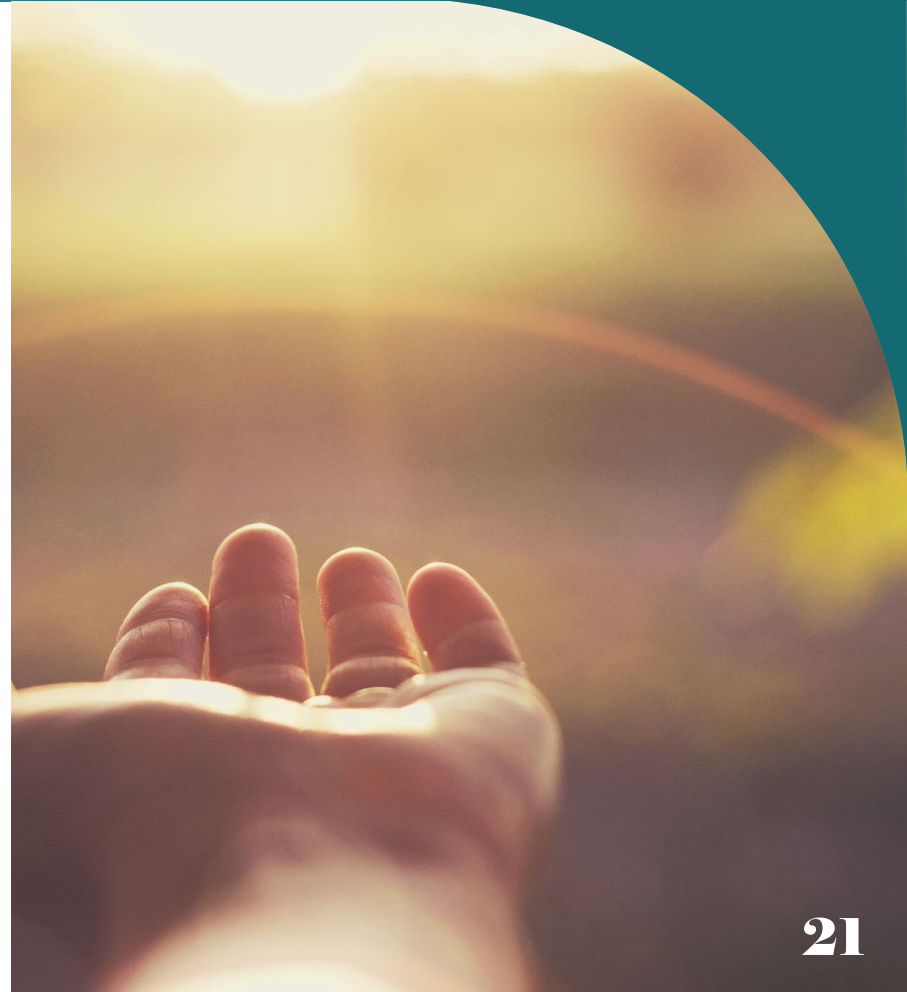
We are going to the 8th Dimension!
We will enter the same way we always have. Once again, I will remind you that this is not the way they truly look and show up. It is an open floor plan. Eventually you will be able to see how they all live together. But for now, we will take it a step at a time. And we won't stay long because this is an even higher frequency... so we just dip our toe in.



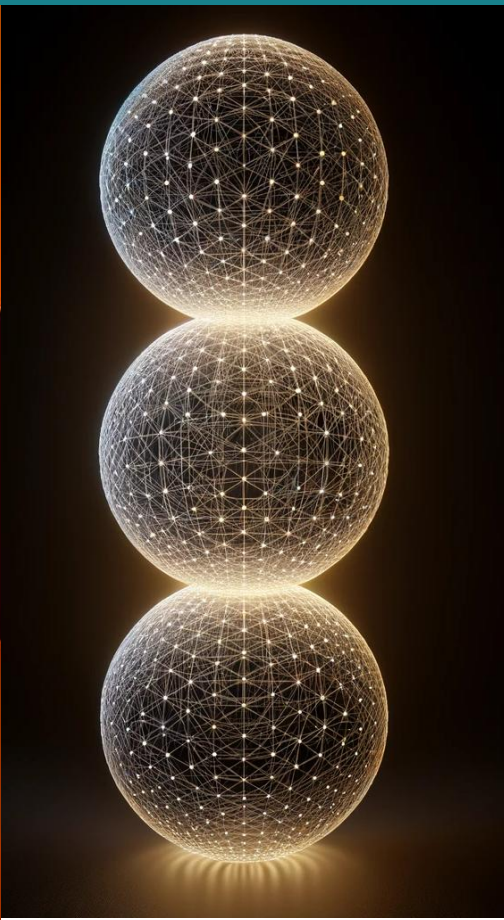
Stay with your practices...

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...**

- Learning more about the 8th Dimension

Dance-



Close Sacred Space

NEXT CLASS:
SEPTEMBER 3, 2026
RECORDING ONLY