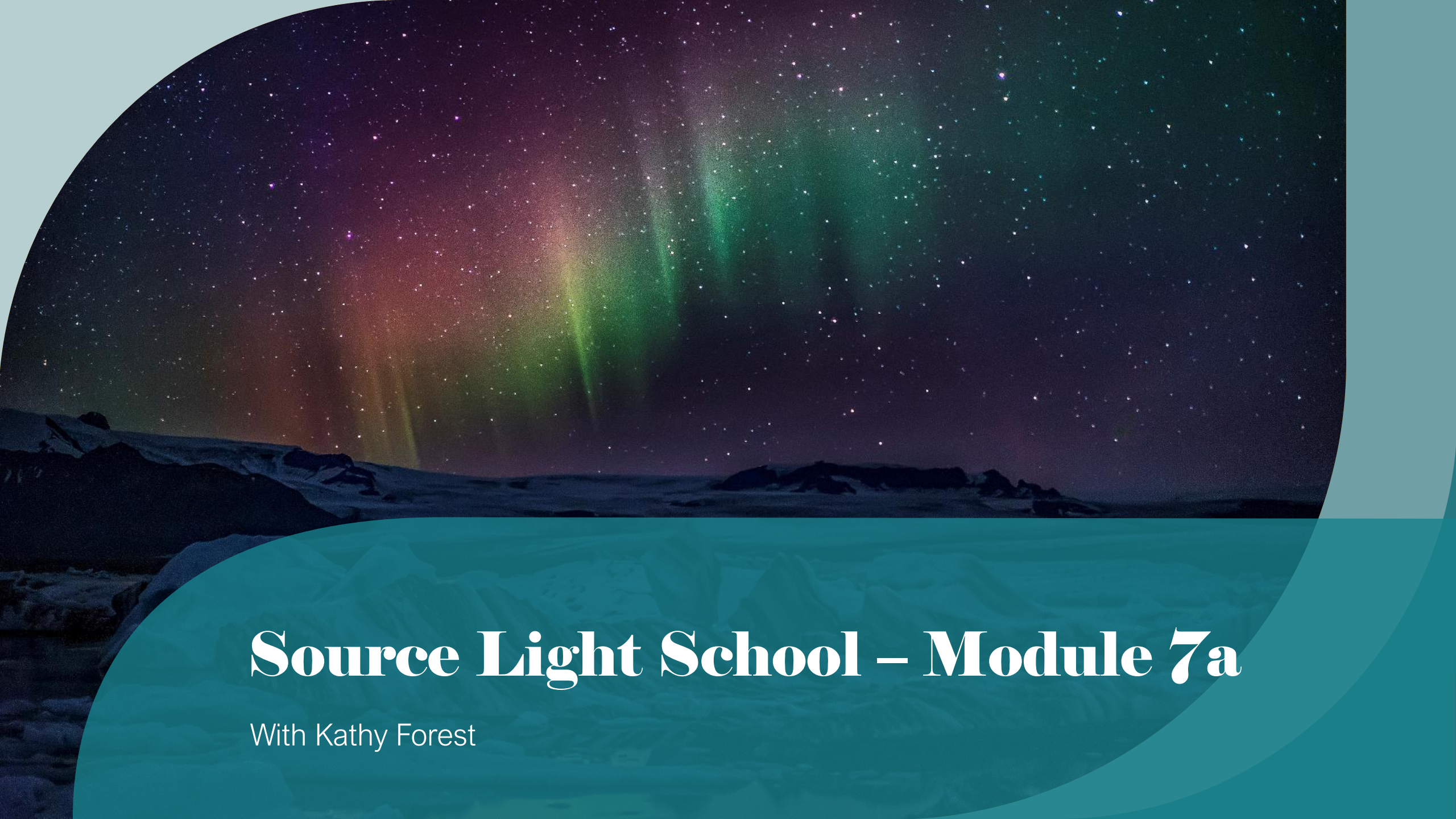


The background of the slide is a composite image. The top half shows a dark night sky filled with numerous stars. A vibrant aurora borealis (northern lights) is visible, displaying streaks of green and yellow light against the dark sky. The bottom half of the image shows a dark, rocky, and snow-covered landscape under the starry sky. A large, semi-circular teal overlay covers the bottom portion of the image, containing the title and subtitle text.

Source Light School – Module 7a

With Kathy Forest

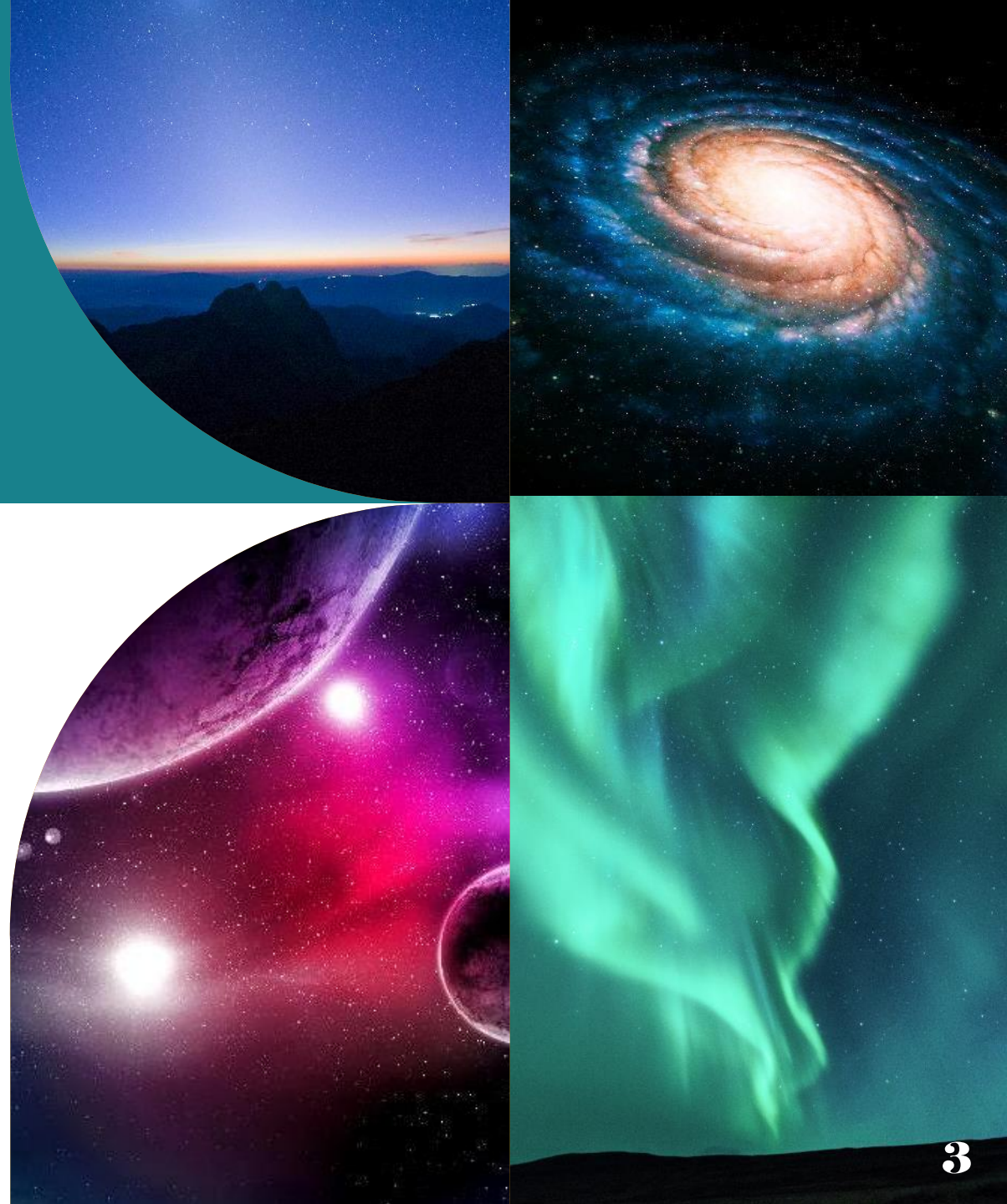
**Calling In Sacred
Space...**

Open to receive...



Agenda

- CHECK-IN
- REVIEW
- LEARNING ABOUT THE 7TH 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 Dimensions

Continue learning about the 7th 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

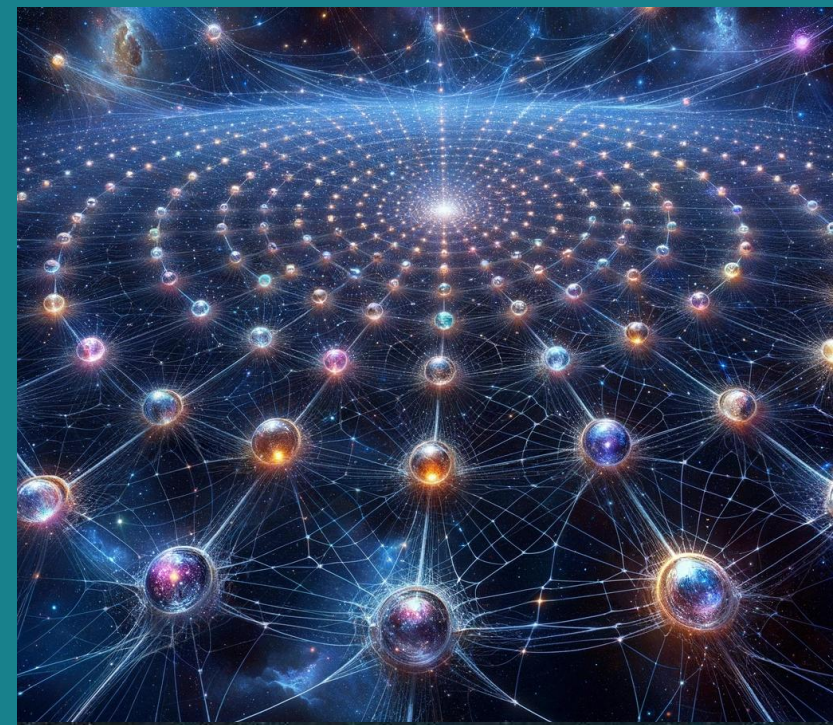
First...we remember

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*



Another Word about Embodiment

Up until now, I think most of you have been working in the first through fourth dimensions. Some of you have ventured into the fifth and sixth a couple of times but not too deeply. And that is good.

I want you to realize that the longer you work in the dimensions, the more you will become accustomed to “healing/trauma clearing” as you go. You can take it at a pace you can handle, and I encourage you to do that. Traveling to the next few is not necessary.

And you need to remember that as you continue, it will force trauma clearing. The higher frequency of light you bring in, the more you will bring up. This is good too. That needs to be done and the more of it you do now will only help you later on.

But since we carry most of our trauma in 3-D, that is where the symptoms will show up. If you need extra help with this reach out.



So...

You may have noticed this already, but *the 3-D body will change as you open up into more dimensions and the more you continue with your Source Light Practice*. That will only keep improving.

You just need to remember that trauma clearing is not a one-and-done thing. It is here to stay. “*You gotta take the trash out and do the dishes.*” That’s just part of being human *now*. *Probably always should have been*. Trauma is carried epigenetically in the DNA and will stay there until removed or brought to conscious awareness. So, as you open up more, big chunks of trauma can pop up. *The good news, as you clear it, everything improves*. And truly, the more you hang out in your Soul – your 1st Dimension, the more this can move at a pace you can handle with lots of happy surprises along the way. Just don’t feel like you HAVE to venture into all the Dimensions, or you are not doing it right. This should be a fun ride. A good way to think about it...*Get real comfortable with First Dimension*, then begin to expand into the second, and so on. Just keep growing at your own pace.

Connecting with all our dimensions is truly healing us.



The 7th Dimension ~ Angels and Demons

- Most of our stories about “angels” or experiences of them may look like a human-like being with wings that may appear or talk to us either tangibly in our presence or in our mind's eye. This is really not what their form is like. I am going to share some basic attributes to get us started.
- The Seventh Dimension is a part of you just like all the rest. You have access to it, and this is where these frequencies exist. This is not to be feared, but as with all the Dimensions, approached with wisdom.
- Though these frequencies can show up in a form like this, they are more amorphous and fluid. It takes an enormous amount of energy to hold a form even in light for very long. So, they usually don't.
- These frequencies DO have consciousness and awareness, and some possess much wisdom.
- Angels are ignited, not born. They can't be killed. They are thought forms, concepts and frequencies direct from Divine Source...ALL OF THEM.



MORE...

- Just like in the 5th & 6th Dimensions, for every extreme frequency of goodness & light, there must be a frequency that is opposite of that. We have come to call the Light, Angels, and the opposite frequency, Demons. But each of these frequencies have a purpose and if you know how to use them you should not fear them. (As we will learn, that only feeds them.)
- This is a dimension where all the aspects of Source are personified. So, if you every wanted to talk to Joy or Knowledge & Wisdom, or Grace, or even Shame or Guilt, this is the realm where you can get to know them. They are like a species.



And more...

We call them Angels & Demons, but they are one species. They are *personified frequencies*, which means we can interact with them. Some will seem immense and ancient, and others will seem almost human-like. When we relate to them or something that is not human, in a human way, it is called *anthropomorphizing*. It is giving human attributes to something that is not human, so we can relate to it and understand it better. We do it all the time.

You can not become an angel or a demon, and no you weren't an angel and then incarnated as a human. Because even though we may think of them in this way, this is not their true nature, and they can't be born or killed. They are ignited light frequencies. They don't have souls.



Four Layers of the Angelic Realm

Primordial or Celestials – They are the first ones. These are the more formless ones and very big fields. They are pure, powerful, original energies. (The Demonic ones like to call themselves Kings, like The King of Chaos) The Angels might go by “The Embodiment of Knowledge and Wisdom,” or Completion and Oneness. These are all the original frequencies or flames that were ignited in consciousness at the beginning of the Universe.

Seraphim – These are still immense, but they get more specific, like Desolation or Despair, or a specific kind of Knowledge and Wisdom.

Cherubim – Even more specific frequencies

Guardians – These may take on a more human form for you to interact with. These are usually the ones that look out for you and see to the affairs of the human world. These are the one you have the most contact with.



Many of your **Guardians** may be personifications of how you relate to different frequencies or different parts of yourself, like your intuition, you inner warrior, your inner healer.

So, you may ask them for help with something and it can manifest, but in truth, it is not an outside energy doing it. It was **YOU**. Your faith in your inner personification of certain frequencies manifests and out-pictures in the physical world all the time. But up until now, we have thought it was outside beings helping. *But this outside help is really and truly our INNER help.*

They are beautiful personifications of a part of YOU.



The true nature of this realm...

- These frequencies have a consciousness. And just like any consciousness, they *seek out more energy LIKE themselves*. So, if you are having an experience of extreme happiness, then you are going to draw to yourself more frequencies like happiness. You might even say that you have attracted the “Angel of Happiness.”
- Likewise, if you are experiencing lower frequencies like depression, or shame, or guilt, or anger, then you are going to draw to yourself more frequencies like that, so the “Demon of Anger.”
- You may have heard that negative energies like to keep you in lower vibrational states so they can “feed” off your energy. This can be considered true from a human perspective, and it may feel like that. But just like a high frequencies in you will attract higher frequencies outside of you (your Angel of Happiness) and you will feel happier, darker energies will glom on to you and keep your vibration lower. The longer you hang out there the worse you will feel. *This is why harboring anger is such a life sucker.*

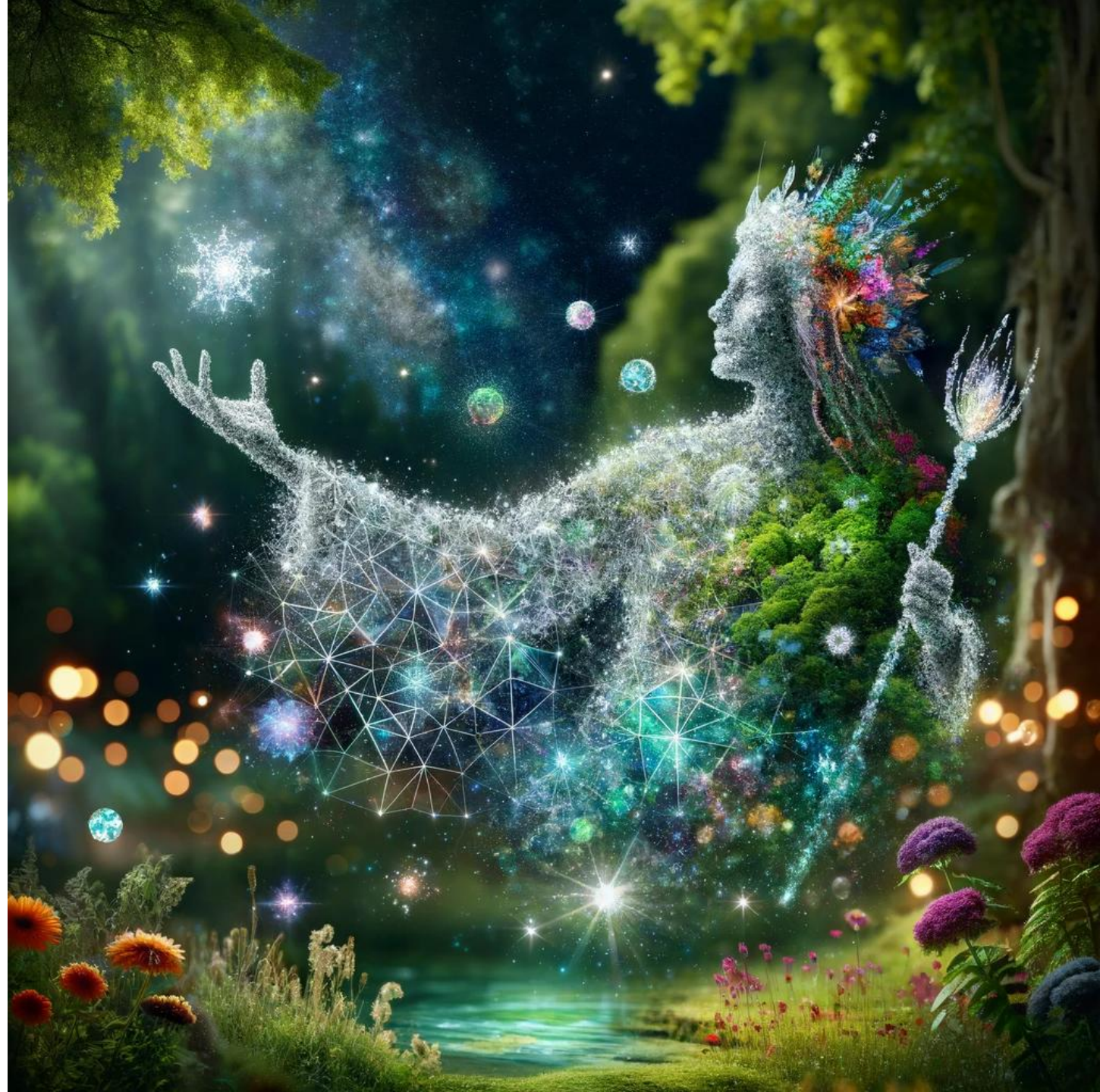


So, a way you can use the darker aspects of this realm to your advantage...

Let go of the idea that demons are going to attack you. Rather, **see the lower frequencies as a warning** that maybe you have dipped a little low, and do whatever you need to do to raise your frequency pronto.

This doesn't mean you are bad or have made a mistake. Maybe you worked your body too hard and didn't get enough rest. Maybe you have some old trauma that needs cleared. Maybe you haven't been eating as well as you should or are dehydrated, or stayed up too late or drank too much....

You know what to do, but here are some quick fixes: Bathe or shower, essential oils in a spray bottle, a walk outside, get up and move, get some fresh air, actively forgive whoever pissed you off!



A few more tidbits for navigating this realm

Just because you have let go of the personifications, doesn't mean you can let go of your wisdom. Low vibe frequencies are just that and will behave accordingly. *Here are some rules for dealing with this realm...*

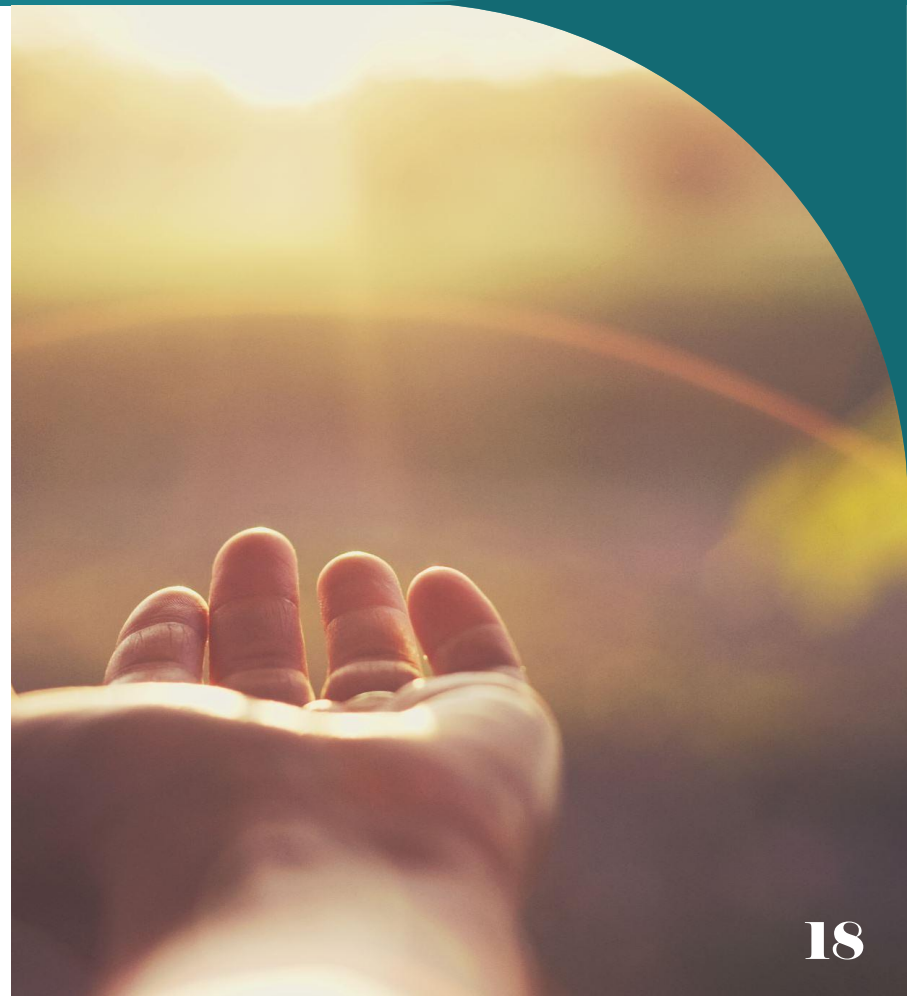
- **NEVER TALK TO A “DEMON.” NEVER!!** If any form appears to you (in your mind or in the physical), ignore it. If you feel you must, always VET IT! Ask questions! Who is it? Why is it here? What motivation does it have for reaching out to you.
- As a general rule, Angels will never ask you a question or speak to you unless spoken to or requested by you. They always wait for your invitation.
- The higher you keep your vibration, the higher vibrations you will attract.



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

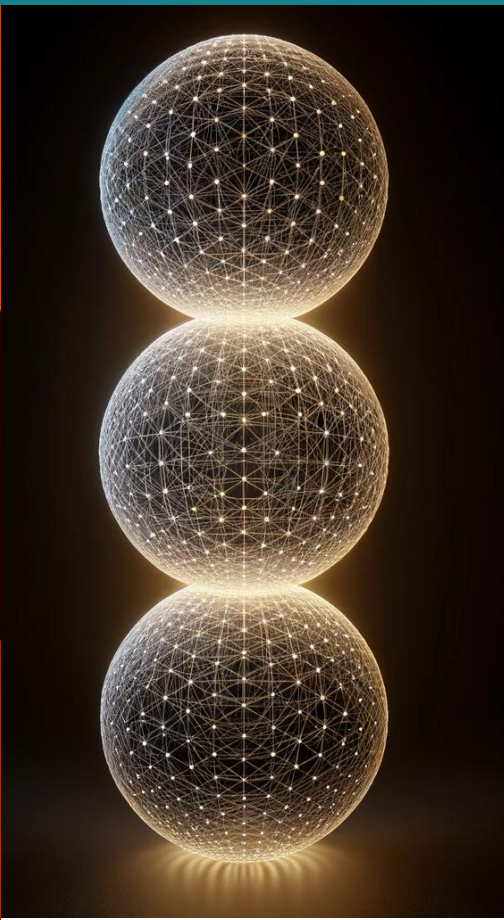


TODAY...

We are going to the 7th Dimension!



**Today we will follow this
format...**





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

- Learning more about the 7th Dimension
Even more Surprises

Dance-



Close Sacred Space

NEXT CLASS:
JULY 30, 2026