



# Source Light School – Module 6b

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- MORE LEARNING ABOUT THE 6<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 Dimensions

Dive a little deeper into the 6<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: Returning to 6<sup>th</sup> Dimension

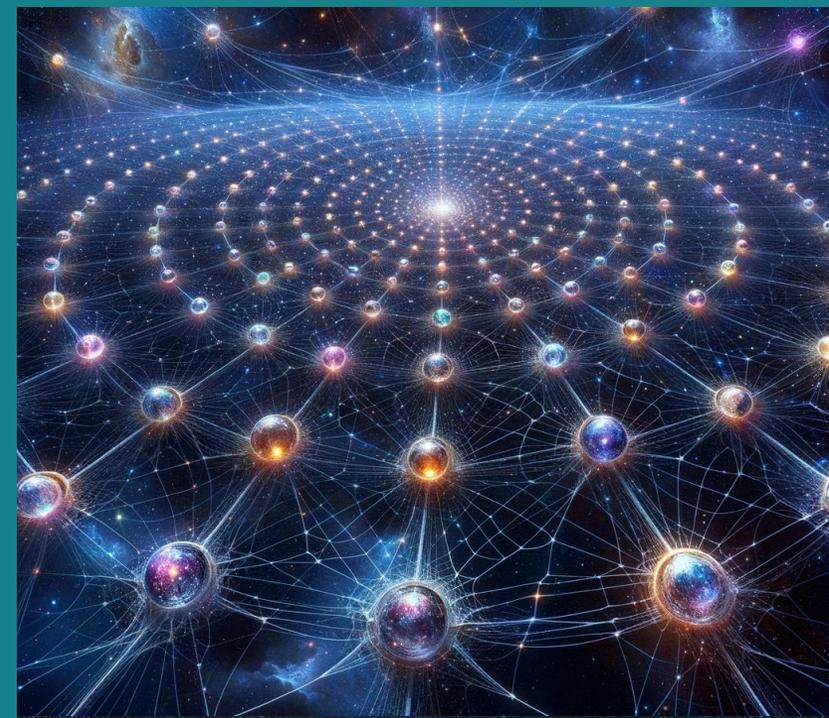
# First...we remember

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!



# 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*



# Let's talk about Embodiment...

Up until now, we have been learning *ABOUT* each of the Dimensions and tiptoeing in...playing around a bit and moving on.

Our goal here *is truly more than that*. Just like anything else, the more you put into this work, the more you get out of it. And we are moving into a time when doing these practices *isn't going to be optional*.

I think most of us spent a lot of time in the beginning doing the meditations and the protocol and that is still important. I think many of you that continue to do that will understand what I mean by embodiment, because I think many of you are actually beginning to *EMBODY your Soul*. Once again, the more effort we give this, the more we will see the effects. Our goal now is to begin to extend that work to more of the Dimensions, if we haven't been. As we do, we can begin to embody all of them.



# So...

*Embodiment* means we have the capability of shining Source Light through all of our 12 Dimensions, clearly without distortion.

Most of us in this class have been loosely connected to and using the 4<sup>th</sup> and 6<sup>th</sup> Dimensions for quite some time, maybe all of our lives.

- Many of us have very vivid dreams and work with them. We use our imagination to manifest our outcomes. We have been playing with the dials, bells, and whistles.
- Many of us have been reaching out to Archetypal Energies through prayer and meditation for most of our lives.

This feels natural and normal to us. But this doesn't mean we truly "embody" those Dimensions. We use them from time to time, browse around a bit, if and when we want to, and then spend most of our time trying to manage 3<sup>rd</sup> Dimension. I get it...

But the truth is, when we begin to truly embody the Dimensions, mystical, magical things begin and continue to happen, just like they did when we began with 1st Dimension.



## WHAT KIND OF MYSTICAL, MAGICAL THINGS?

- Becoming aware of other timelines or lifetimes that are meaningful and can add richness to our life right now.
- Continuous Dreaming – Dreaming a dream one night and then picking back up where you left off the next night.
- Spontaneous knowing.
- Tapping in to “Packed Thoughtforms” (downloads) at will. Just to name a few.
- And more that we may not even be aware of yet.



# So, how do we begin to **EMBODY** the Dimensions?

1. By continuing the practices you are already doing...and then expanding them.
2. By continuing to do your trauma clearing.
3. By clearing your subconscious.
4. By intending to remember your dreams and write them down.
5. Beginning to carefully explore the 5<sup>th</sup> Dimension.
6. Looking at your own fractal field in the 6<sup>th</sup> Dimension and beginning to explore it and how you can upgrade and make wiser choices.



## *So, here's an example...*

1. Do a mini-meditation and go to the 5<sup>th</sup> Dimension and ask a question like: “What is a dark propensity that I have that I need to work on right now?” You could also add... “that could help me with \_\_\_\_\_.” The more specific you are, the less fall out there will be.
2. Be prepared to look at those places and take responsibility for them. Do any healing or clearing around them you need to do.
3. Once you are clear, go to the 6<sup>th</sup> Dimension and ask to see your own Archetype. Look at the positive things about your soul, and also any propensities that need to be adjusted.
4. Examples....
5. The more you play with this, the more you will feel more confident and comfortable with it, and the more creative you can become.



There is NO RUSH! You don't have to feel like you need to "keep up." This is why you have a classroom and why we are taking a whole year to go through it.

But you aren't going to finish it in a year. This is a lifelong process! But just listening and not dipping your toes in a bit isn't going to do you much good.

This process is designed to help you transition into the "homo-luminous" being that you are becoming.

It can make the transformation that we are all going through much easier, even pleasant.

It can help you retain your excitement for this life you live. It is not supposed to be drudgery and survival!



And of course, don't forget...

The 6<sup>th</sup> Dimension is like your personal library of every concept you would ever want to learn about, or any avatar you would like to experience. So once you have an idea of what you want to focus on, you have a plethora of resources available to you.

Remember that these are frequencies, patterns, **NOT THE PEOPLE, NOT THE PHYSICAL FORM THAT YOU MAY IMAGINE.**

And although it is fine to go explore a little bit. It is still important to follow the steps just like in the 5<sup>th</sup> Dimension, have a plan of what or who you want to connect with and why, and don't stay too long. This is a different vibration than your physical body is used to so you still don't want to overdo it.



# And remember your other tools...

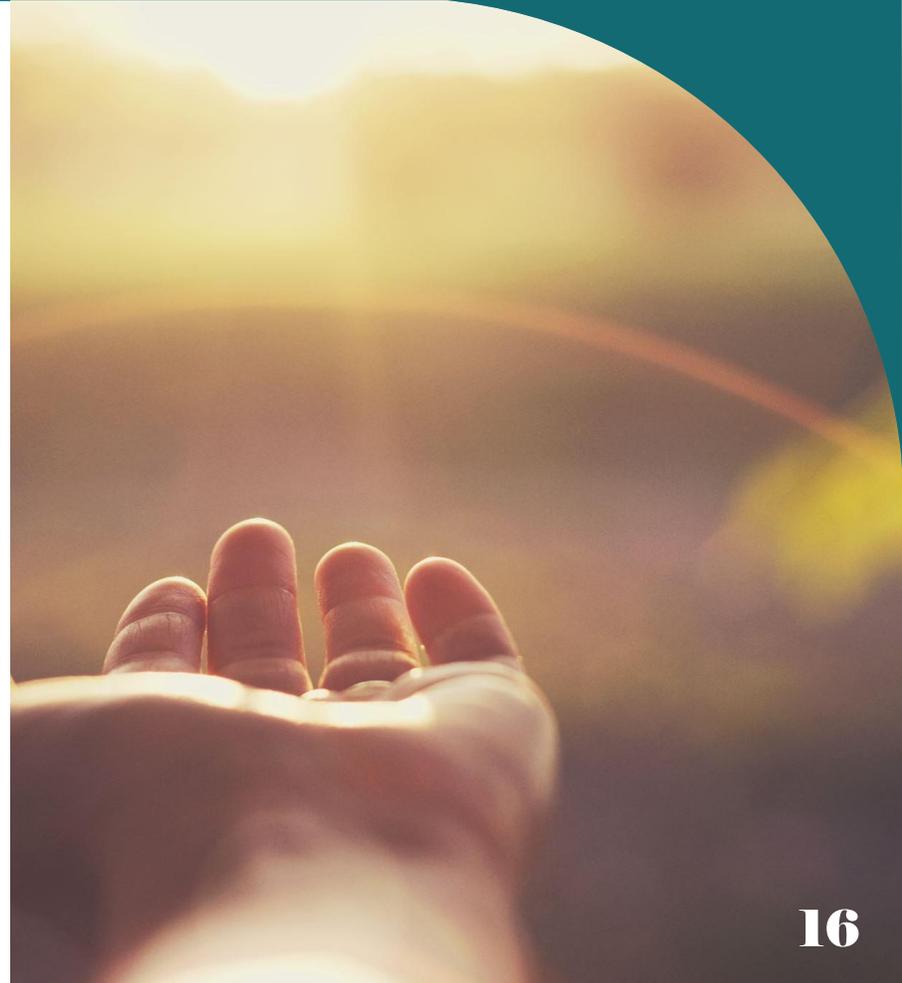
- ANY TOOL THAT HELPS YOU MOVE ENERGY IN YOUR BODY AND ACTIVATE AND ENERGIZE YOUR ELECTROMAGNETIC FIELD..
- SO, YOGA, TAI-CHI, CHI GONG.
- ENERGY WORK, CHAKRA WORK.
- IF YOU AREN'T ALREADY DOING THESE, START. IF YOU ARE, START PAYING ATTENTION TO YOUR BODY AND YOUR ENERGY FIELD AND HOW MUCH YOU ARE HOLDING. ESPECIALLY CHI GONG CAN HELP YOU MOVE AND HOLD ENERGY, SO YOU HAVE PLENTY TO DO THIS WORK.



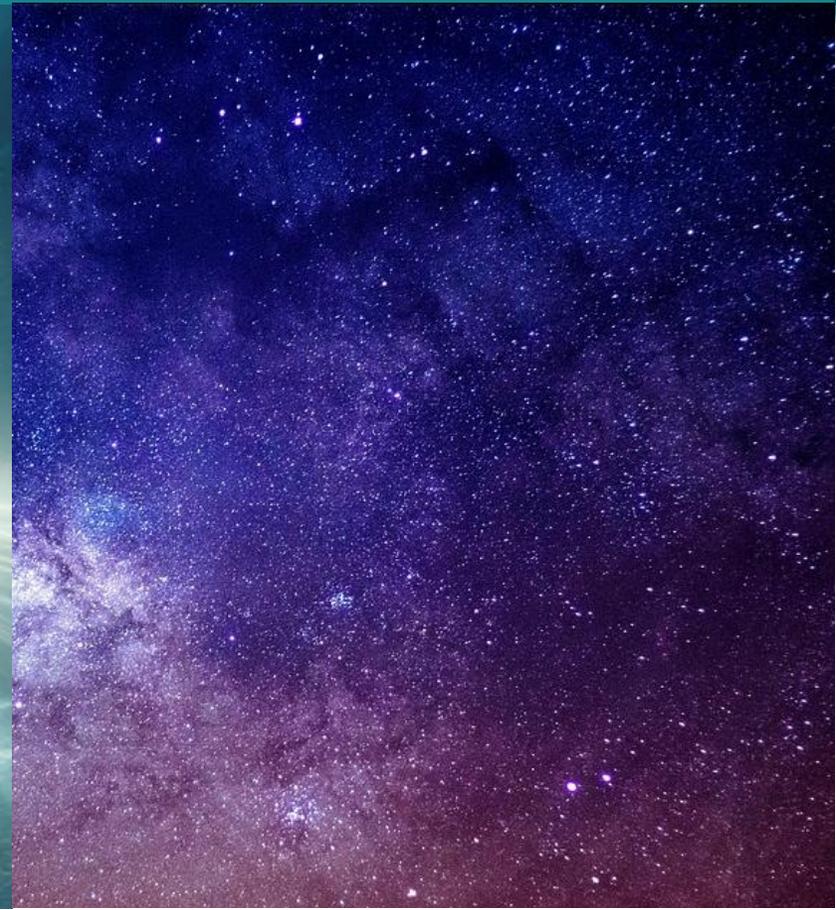
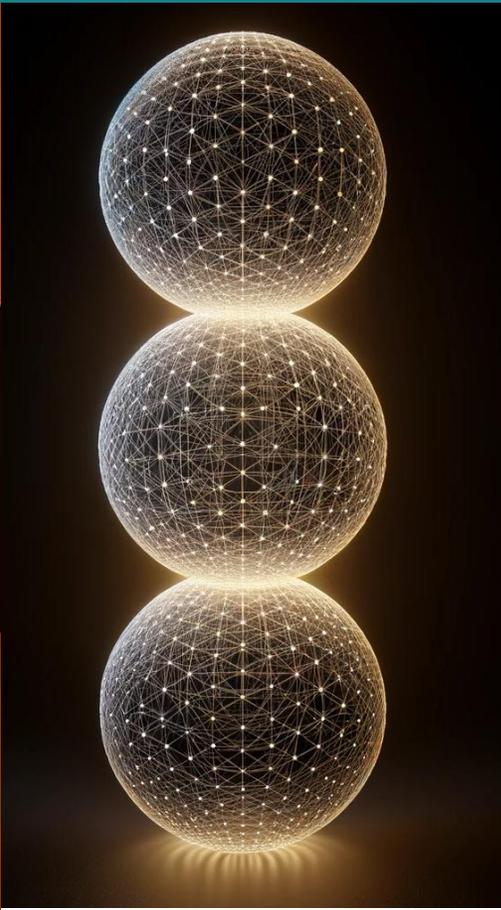
# Stay with your practices...

## 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> 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



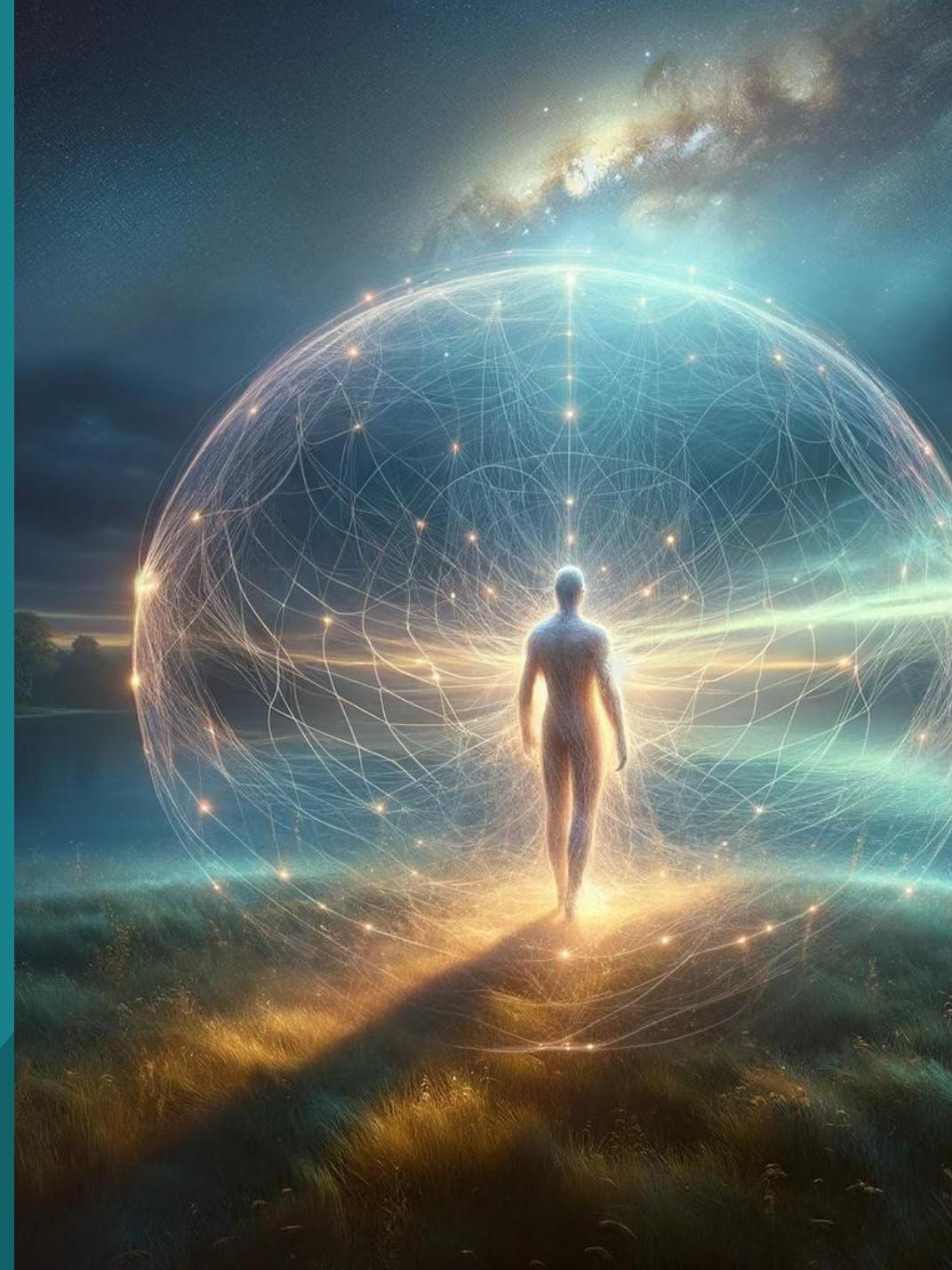
**Today we will follow our  
same format...**



# TODAY...

I am just going to take you on a light meditation and give you the option of either going to the 5<sup>th</sup> Dimension or the 6<sup>th</sup> Dimension.

Have in mind the question you want to ask or who you want to connect with or if you want to connect with your own Archetype and ask a specific question.



A vibrant image of the Aurora Borealis (Northern Lights) in shades of green and blue, set against a dark, starry night sky. The lights appear as flowing, ethereal curtains of light.

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

- Diving into the 7<sup>th</sup> Dimension!
- Lots of Surprises
- Three week break due to the National Holiday in the US.

**Dance-**



# Close Sacred Space

NEXT CLASS:  
JULY 10, 2025