



# Source Light School – Module 11b

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- LEARNING MORE ABOUT THE 11<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, Ninth, Tenth &  
Eleventh Dimensions.

Continue learning about the 11<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: Practice falling back into  
the 11<sup>th</sup> Dimension.

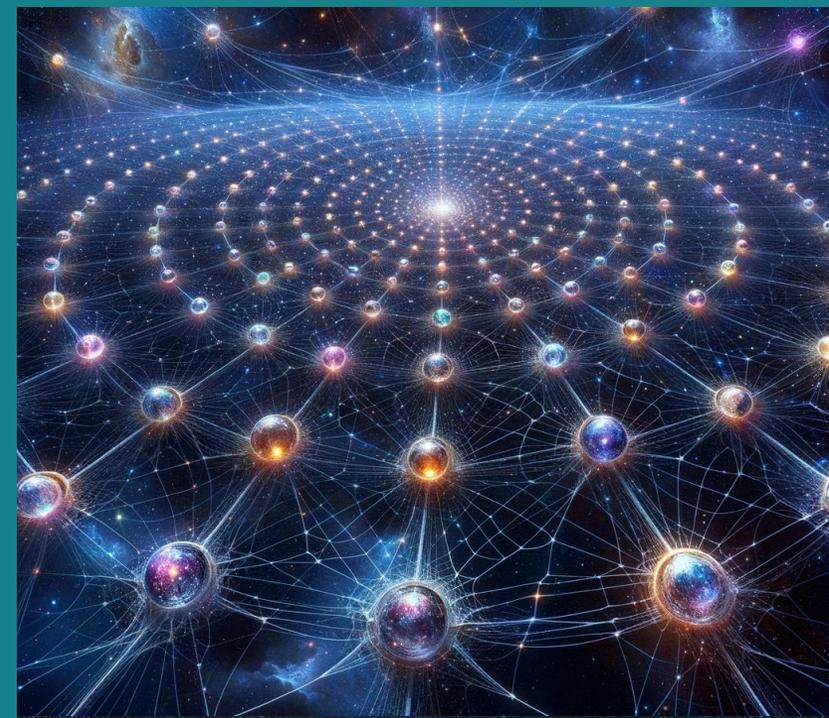
# First...we remember

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 UNCONDITIONAL LOVE
- Our 10<sup>th</sup> DIMENSION is the Level of GOD CONSCIOUSNESS
- Our 11<sup>th</sup> DIMENSION is the Experience of the VOID



# 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*
- *10<sup>th</sup> DIMENSION – Access to God Consciousness*
- *11<sup>th</sup> DIMENSION – The Wisdom of Acceptance*



# Last time we talked about how much this work is growing us...

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

But when we took our first DIVE into the 11<sup>th</sup> Dimension, some of you had uncomfortable or unpleasant experiences, while others loved it and kept going back.

Today, we are going to dive into why that is.



# The 11<sup>th</sup> Dimension ~ The Seat of Perfection

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 9<sup>th</sup> 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 10<sup>th</sup> Dimension.

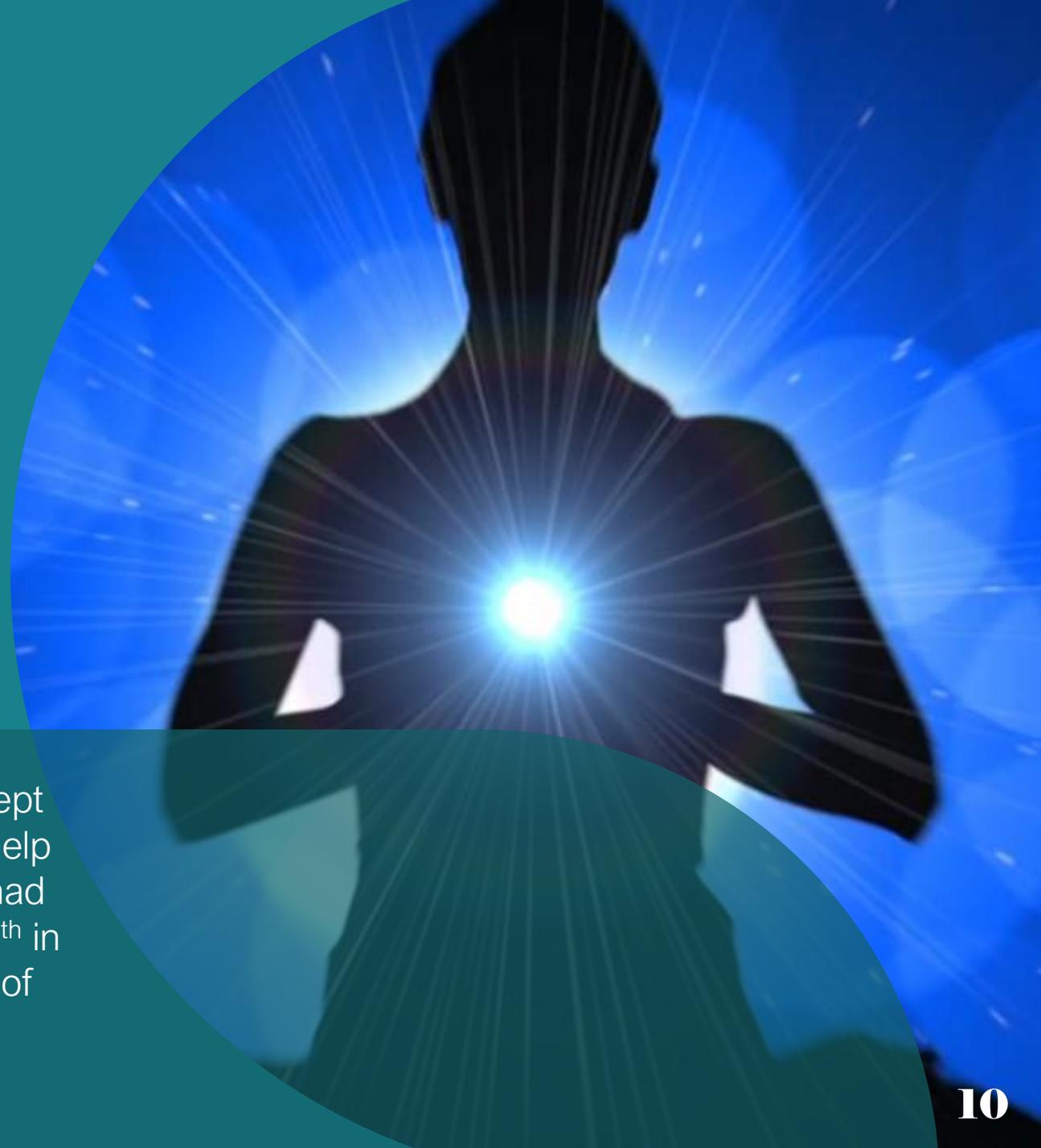
In all of these Dimensions, there is somewhat of a structure. Not much of one, but something to push up against. Humans tend to need that to feel safe. It reminds us of where we are and gives us some kind of semblance of safety.

*Now in the 11<sup>th</sup> we move even deeper into the Truth of all of existence and enter what may feel like the Eye of the Storm – THE VOID! – (hint – NO STRUCTURE)*



**REMEMBER:**  
**The 11<sup>th</sup>**  
**Dimension is the**  
**most Experiential**  
**so far...it's not**  
**physical.**

There is nothing physical about any of the dimensions except the 3<sup>rd</sup> 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 11<sup>th</sup> in a similar way, but it is going to feel more different than any of them so far.



# So can we agree...

- That as humans, we like having the physical experience inform us. Having some semblance of something solid to push up against helps us feel like we can orient ourselves..
- Everything in our physical world, especially the close in stuff reminds us of our past in that it is familiar...we have experienced it before.
- So, most of us are being informed by our past experiences.
- So, we are creating our present and our future based on our past.

So, if we continue to do this, what is the likely outcome? **We get more of the same!**

What is the void? THE REALM OF ALL POSSIBILITY! The opportunity to create something new!

But when we enter into it, our MIND AND EGO freak out because there is nothing there...nothing to inform our mind of what to do, what comes next...All the things that help us orient to our life. THIS IS WHY I SAID WE HAVE TO LET GO OF OUR MIND!

***WE WILL NEVER CREATE ANYTHING NEW IF WE ARE ONLY INFORMED BY OUR PAST. IN ORDER TO DO THAT WE MUST ENTER THE REALM OF ALL POSSIBILITIES – THE SEAT OF PERFECTION!***



# Remember 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. We are addicted to it.. ***AND TO THE CHEMICALS EMMITED IN OUR BRAIN WHEN WE EXPERIENCE THE FAMILIAR EMOTIONS – EVEN SCARY ONES!***

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.

***When you can begin to see the 11<sup>th</sup> Dimension as a place where ANYTHING is possible, you can begin to SHIFT from OPPERATING FROM THE BRAIN, to OPPERATING FROM THE HEART!***



# What is the 11<sup>th</sup> 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 11<sup>th</sup> 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 11<sup>th</sup> Dimension is the Zero point that doesn't change.



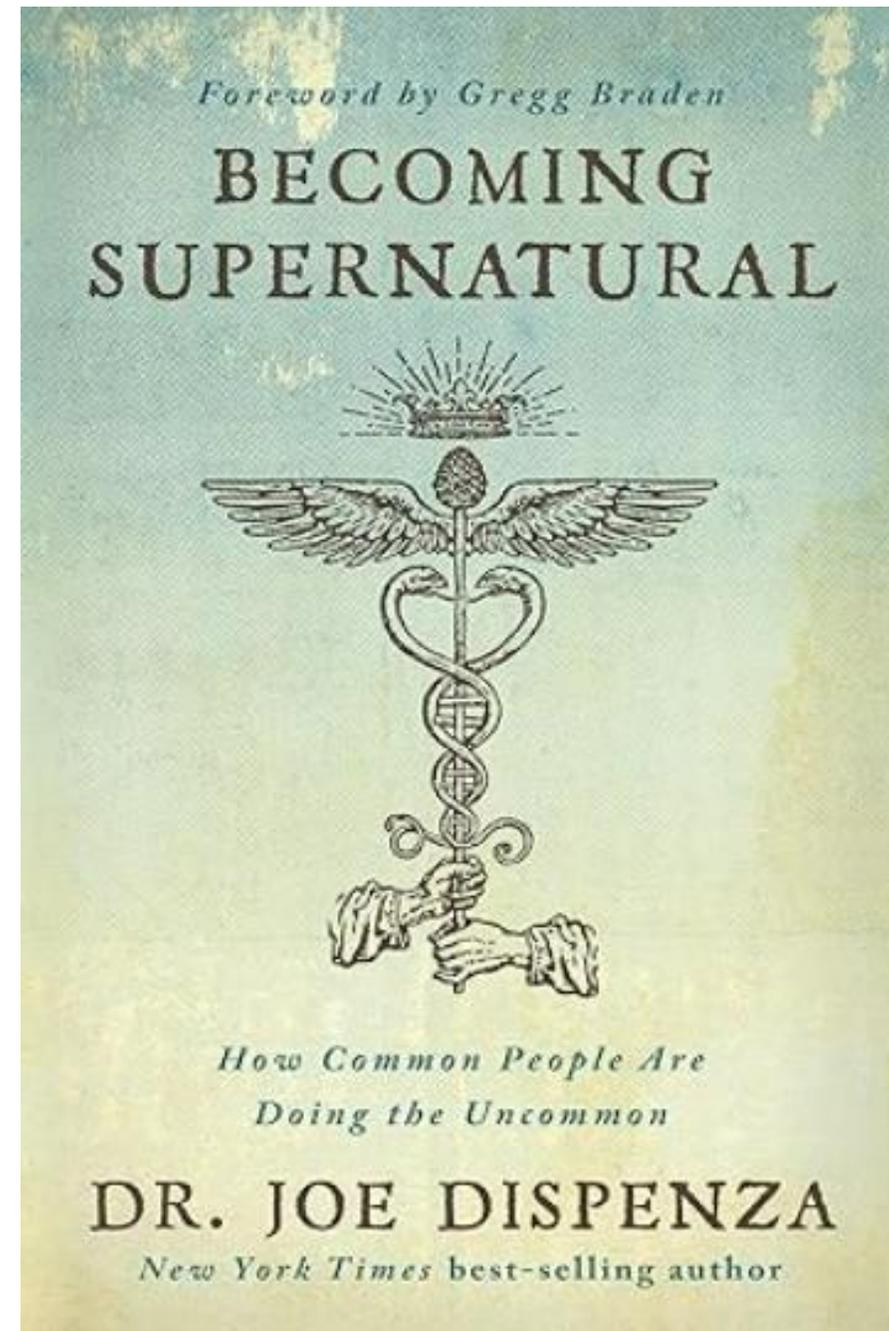
Dr. Joe Dispenza explains this phenomenon and is now teaching people how to let go of the mind and ‘be in the Void” for extended periods of time.

What happens when they do that?

*Spontaneous HEALING, they immediately drop into their heart and soul.*

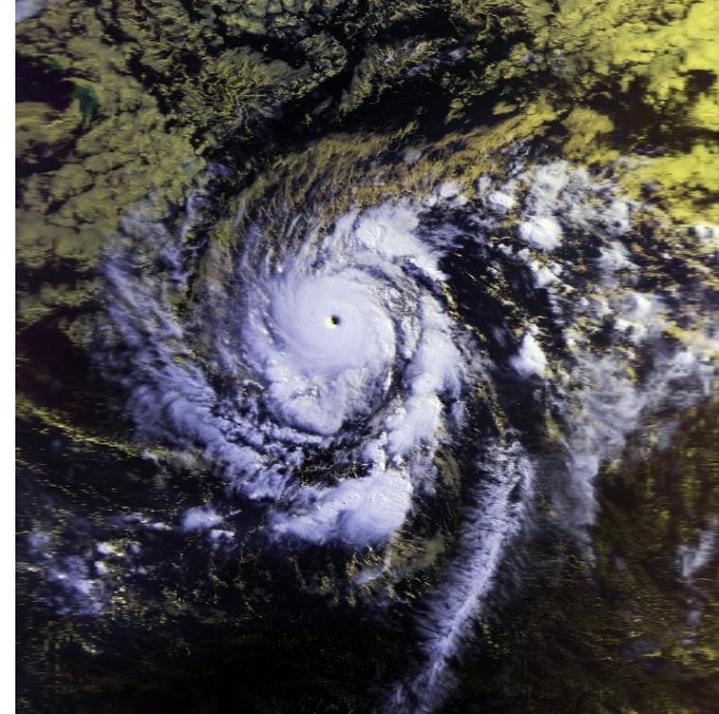
If we continue to allow our past to inform our future, we will never get out of this mess. ***WE MUST GO TO THE VOID AND ALLOW IT TO INFORM US, OUR BODIES, NOT OUR MIND!***

Check him out on Gaia!



**All of us  
allowing  
the past to  
inform the  
future, has  
created  
this!**

- We have seen many more things than we probably ever wanted to see since the last time we met.
- Remembering that the tool we use to create is the Eye of our Soul, and what our soul chooses to see is how we manifest outcomes.
- What are we going to choose to see? How are we going to spin this?
- Also, remembering that ideally, by this time we were already supposed to be taking responsibility for our planet. We were already supposed to have our souls ONLINE and be acting from them...not just barely learning how.
- So, what do we do with this? How do we take responsibility for our planet?



**When we go to the 11<sup>th</sup> 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 10<sup>th</sup>. 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 THERE IS ALWAYS 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 4<sup>th</sup> 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 11<sup>th</sup> Dimension!

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

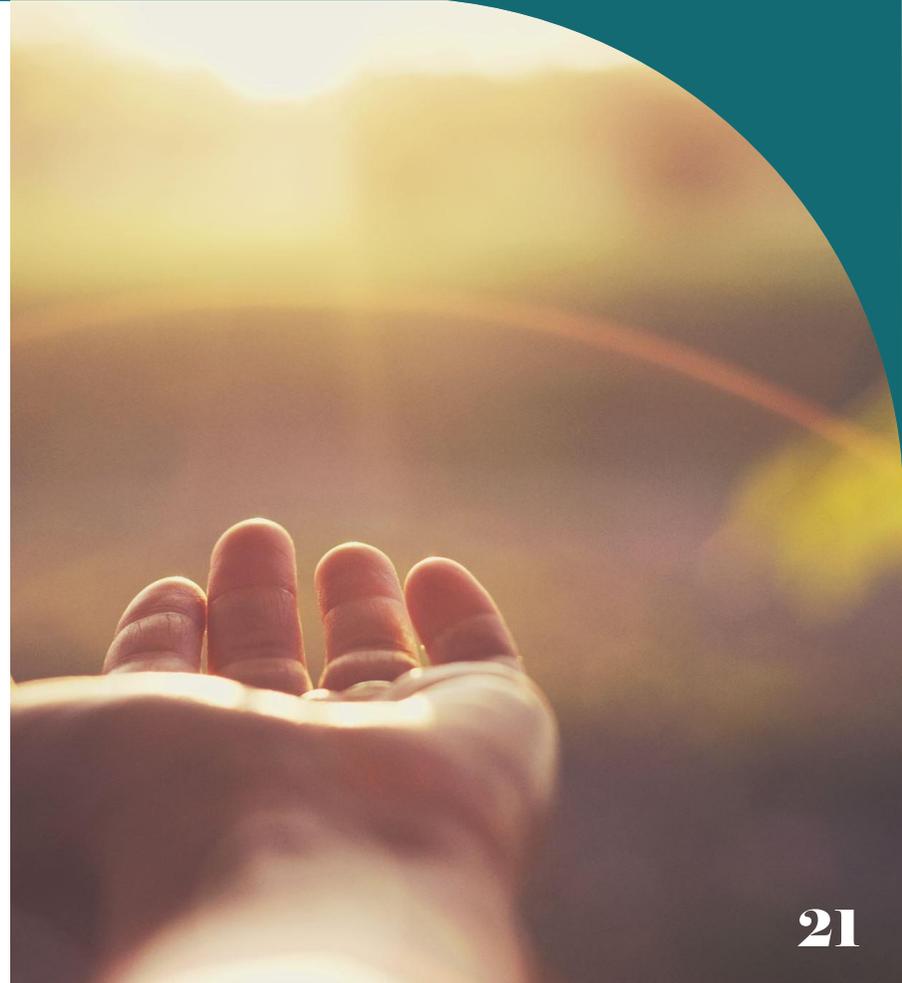
When we get to the 11<sup>th</sup> we are just going to turn around and fall back and just feel what it is like to be there. It may just feel like floating. Just feel it and notice your experiences and responses. When we finish, just take a step forward, and you will be back at the threshold of your doorway.



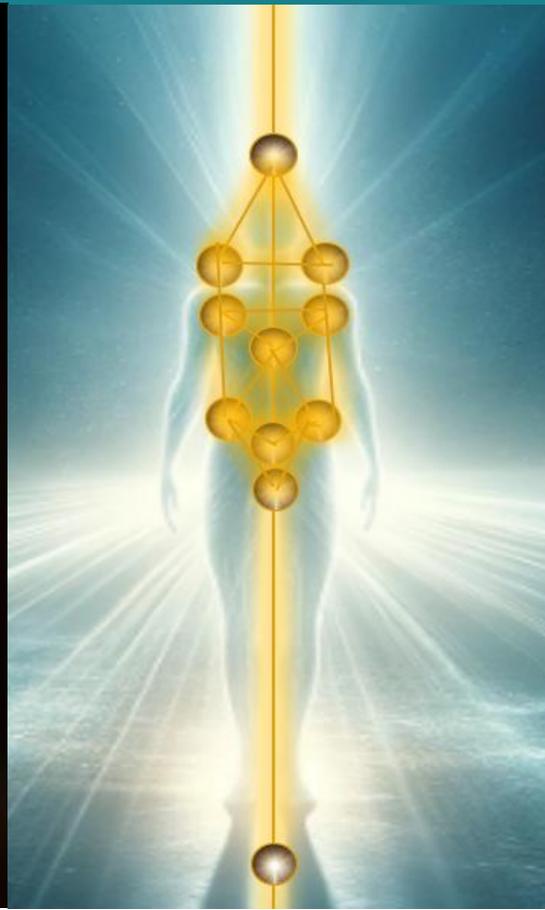
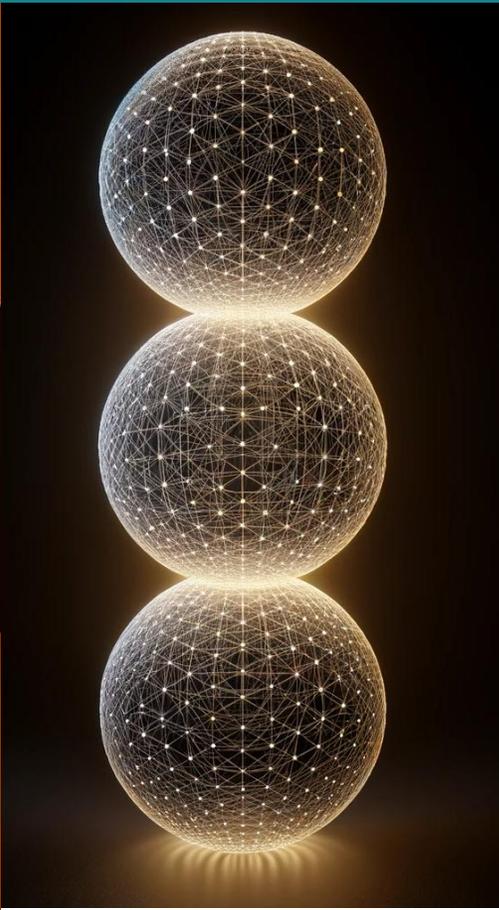
# Stay with your practices...

## 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 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 explore the 12<sup>th</sup> Dimension!

**Dance-**



# Close Sacred Space

NEXT CLASS:  
DECEMBER 5, 2024