



# Source Light School – Module 8b

With Kathy Forest

# Calling In Sacred Space...

Open to receive...



# Agenda

- CHECK-IN
- REVIEW
- LEARNING MORE ABOUT THE 8<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 Dimensions

Continue learning about the 8<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: Visiting the 8<sup>th</sup> Dimension

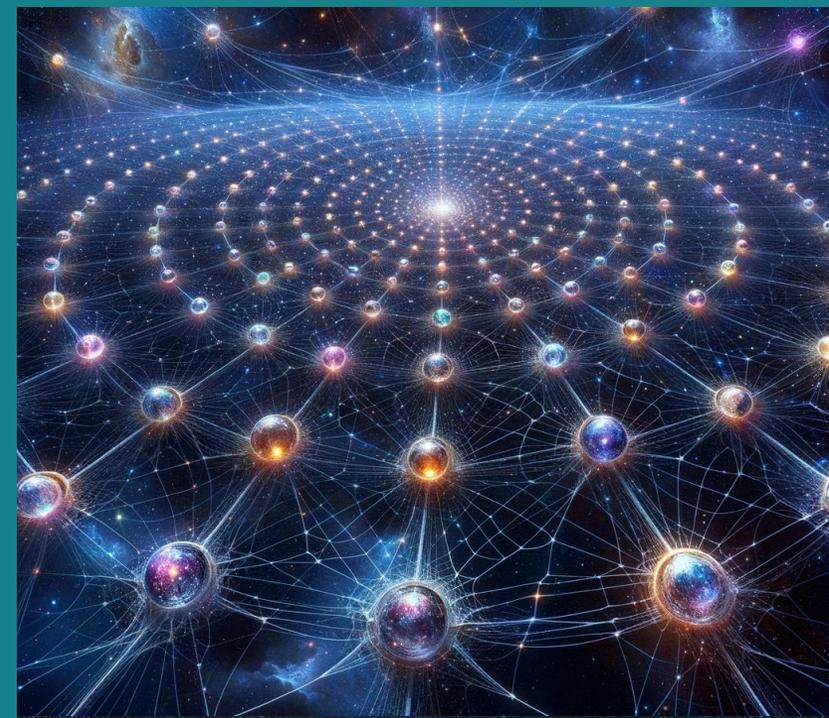
# First...we remember

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



# 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*



# The 8<sup>th</sup> Dimension ~ The Realm of Light

*So last time we learned that...*

- This is the first realm where we move out of the realm of Duality!
- But first we had to understand duality in order to move out of it.
- 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.
- This is a beautiful realm of light with every frequency of light available, and every imaginable creation in that frequency.
- There are beings in this place that can mirror back to us our own emotions.



# So why go to the 8<sup>th</sup> Dimension?

We can discover parts of ourselves that may have been hidden from us...

When we encounter these beings and they mirror back to us, they may show us things about ourselves that we weren't aware of..

These beings have full capability of showing us our subconscious. We have to spend a minute deciphering what they are showing us. But it is usually obvious. Remember everything they do is a reflection of us.

So, they are very compassionate beings that can show us hidden pieces of ourselves that we may not know or be aware of, both the positive and those things that we may hold deep in our subconscious that we need to bring up to heal.

We may not be aware of these things in our subconscious, yet everything around us is reacting to it.



# More...

So, you may want to go and ask to be shown (certainly not all) but maybe one prominent thing that you are totally unaware of, but that other people in your world respond to all the time...

*This can help us begin to both understand and ferret out the repetitive experiences that continue to frustrate us, like*

- Why am I always attracting these kinds of people or events into my life?
- Why does \_\_\_\_\_ keep happening.
- Why can't I ever hold on to money?
- Why has my life seemed so hard?



# You can also play here!

If you mirror joy and love in this dimension, that will also get mirrored back to you in all kinds of different ways. Many people in the first year were overcome with emotion at just being here. This is part of that mirroring process.

It is a very positive and pure way to raise your vibe by being around beings like this.

They have no Intentions like what we are used to in the duality dimensions. **They are not “seeking out other energies LIKE them.”** They don’t need to. They are fully embodied of all that is available in light. They are just here to maintain their frequency without judgement. They do not have any concept of disagreement or misunderstanding.

You can’t be lied to here. But YOU CAN IN 3-D. So, hear this:

*If you orient yourself to third dimension, you will be lied to a lot!* And you may believe it. If you anchor in your Soul, your WISDOM will always know, and you will know when someone is being truthful.



THIS IS A PLACE OF PERFECT  
COMMUNICATION BECAUSE  
THERE IS NO DISTORTION,  
OR ANY SORT OF ANY SORT  
OF HIDDEN MEANINGS.

THERE'S NO  
MISUNDERSTANDING. THE  
PHRASE "IT IS WHAT IT IS" IS  
VERY LITERAL HERE.

IT IS A PLACE OF TOTALLY  
UNDISTORTED KNOWLEDGE  
AND WISDOM.

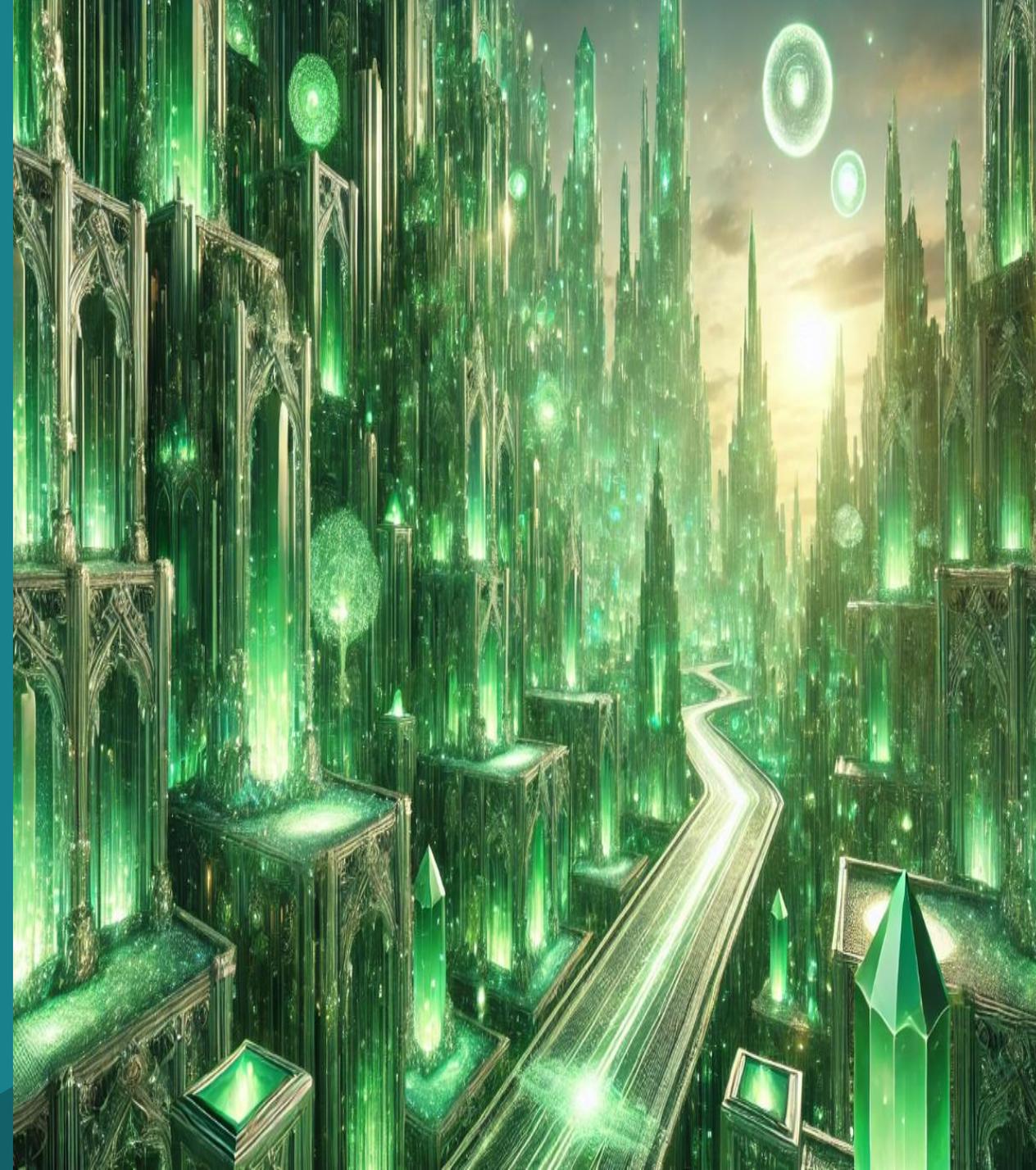


So think of what you have at your fingertips, now.  
You can go to the 8<sup>th</sup> Dimension and attain  
PURE WISDOM on any topic you choose.

And you don't necessarily have to take it all in with  
your mind, or journal, or write down everything  
so you will remember it.

You will be walking these halls using your 4-D  
tools, your imagination, so you will literally be  
there in your LIGHT BODY. Your light body will  
absorb the information. Think of what is  
possible for you, if you choose to utilize this  
tool!

And you will absorb wisdom probably underneath  
your conscious awareness, but you will have it!  
It will come to your aid when you need it. It will  
just pop up like you knew it all along.



This is a place where you can also drop what you think you know about yourself. Drop all the stories you have been told about yourself and how the world is and find out the truth.

You can drop all the lenses that others see you through, the ones you look through, and most importantly the ones you look at yourself through. You can see the TRUTH here.

This place opens up the mitochondria, it opens up your DNA. Here we can lay it all out and let it be fully seen, understood, and cleared. Once we do that, we can decide what and who we truly are and what we can truly be.



In truth, we are heading  
toward a time when we will  
be full-spectrum:  
Homoluminous.

Right now, we are just  
tiptoeing in getting our feet  
wet, learning ABOUT each  
dimension. But the more  
you visit each one and give  
yourself time to play there,  
the more you will begin to  
embody each of these  
dimensions full. You won't  
just know about them, you  
will ***BE THEM***...ALL AT  
ONCE!

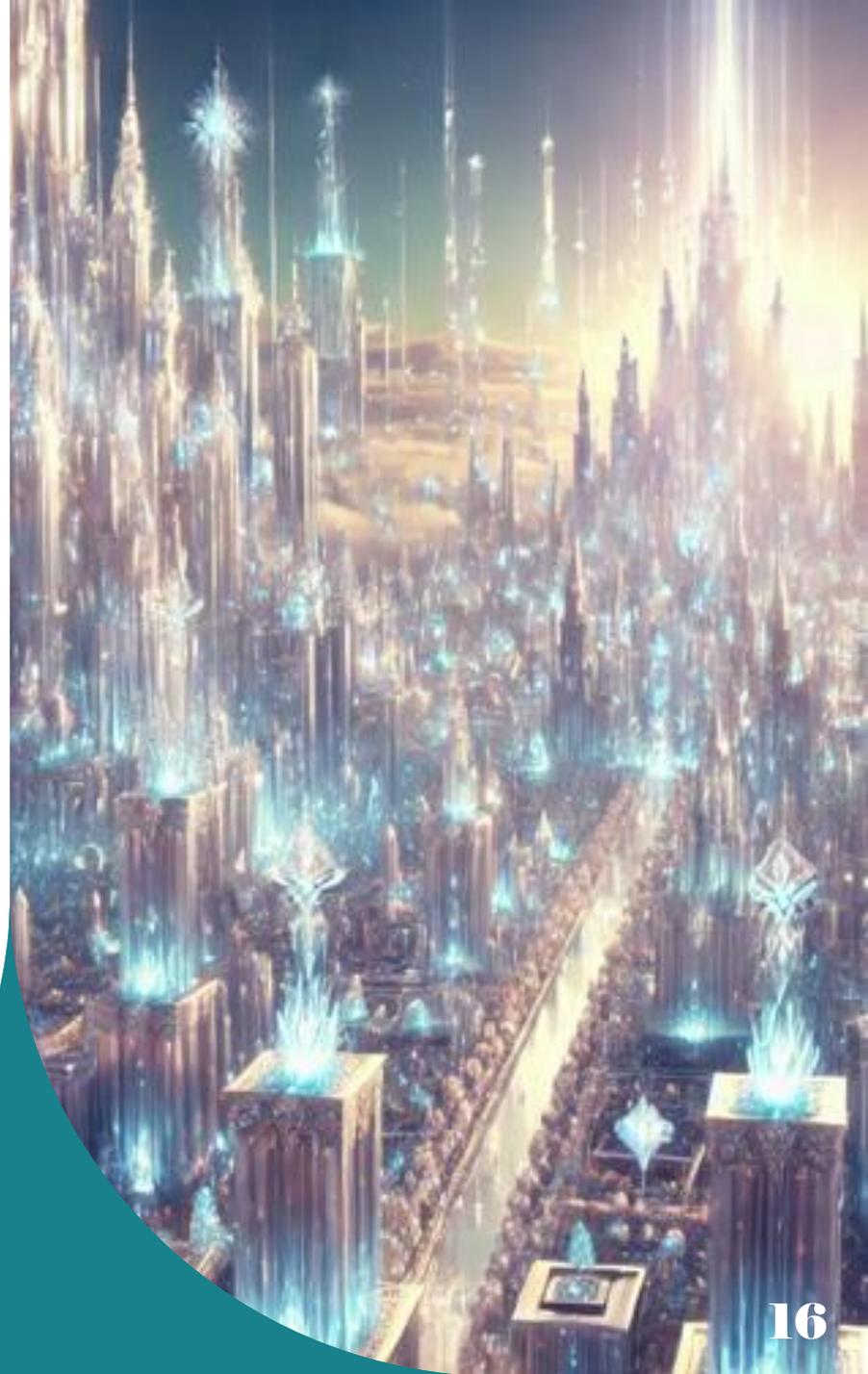


# So don't just go to the ones you like..

Even though it is tempting. Do your best to “dip your toe” in each one on a regular basis.

You probably already utilize most of them more than you think.

By making a conscious effort to go to all of them, you will be able to begin to embody them. Then you will have access to all of them, on command. You won't have to sit down and do a meditation to get there.



This has a tremendous impact on the potential of what we can do and become on this planet. It means coming from that place of higher wisdom, we literally **HAVE NO ENEMIES. There are just other frequencies of light.** Others who don't quite vibrate with the frequency of light that you are, who may behave like enemies can be enhanced and uplifted by **YOUR LIGHT!**

The reason we are in such pain here, is because most of our experiences are run through ours and other people's egos and expectations and stories we make up from orienting ourselves in the 3-D only, or at least, 3-D first.

This is why the daily protocol is so important. Eventually, we will automatically start with our Soul!



This is also a place where you can find out the truth about yourself, who you are at Soul level.

One way to do that is to go here and see where and what you are drawn to. What color attracts you? What do you see or notice? Is there a being there that mirrors something back to you about yourself? What is the message for you.

Some of it will be very exquisite and profound. Some may show you fears that you didn't know you had, or habits that might need to be adjusted.

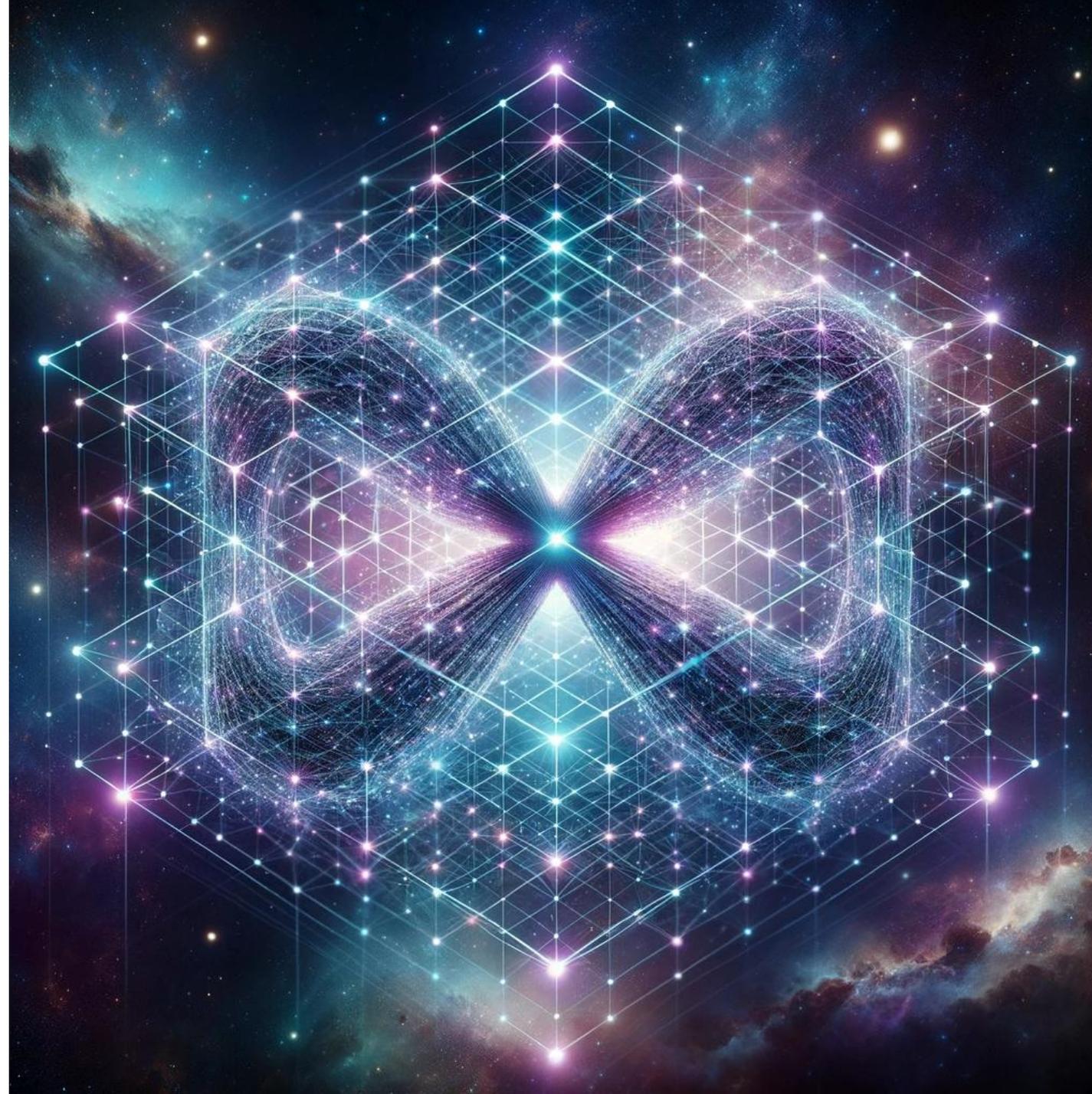
But the cool part is that these are like little packages of information that are concentrated and contained, those "packed thoughtforms from the mind of God." So contained in the initial information is not only the initial download, but also the remedy if one is needed. And you will just absorb it through your light body. The shifts will begin to happen automatically without you having to "work on it!"



So, in our old ways of behaving and figuring out, What we need to “clear,” we may have drawn situations to us that trigger us, therefore showing us what needs to be cleared up.

And we all know it is easier to just stay in the low vibe of these transactional exchanges and just scuffle with people, rather than rise above it and see it for what it truly is. But as we continue to raise our frequency, we can just go to the 8<sup>th</sup> Dimension and work it out there, not having to even draw these situations to us.

So, think of this...we keep talking about the Golden Age. So, what is it? It is a time when all humans are operating from a place of knowledge and Wisdom! There is peace because they are not fighting with each other! That doesn't just happen randomly! ***Are you beginning to see now, the Power of the 8<sup>th</sup> Dimension and what it can do for Humanity right now? We can bring ourselves into a Golden Age RIGHT NOW?***



And then, of course, there are the **Dragons**.

Dragons like to live here because they are obsessed with knowledge and wisdom, and this is the place to come for that. They can also be our teachers. Their form of teaching may be different or more direct, unlike the mirroring of the Light People.

You can allow them to take you to different qualities of light and you can learn about it. You can also sit in different qualities and see what they can bring you. See if they feel comfortable or if they don't. You can see what gifts you can acquire in each one.

**So, for instance, we already know some things about colors:**

Green is a very healing frequency. We already know that green light can alleviate migraines...so what would happen if you went and sat there?

Ultraviolet – Enhances psychic abilities

Deep red – Evokes passion and power



# TODAY...

We are going to the 8<sup>th</sup> Dimension!

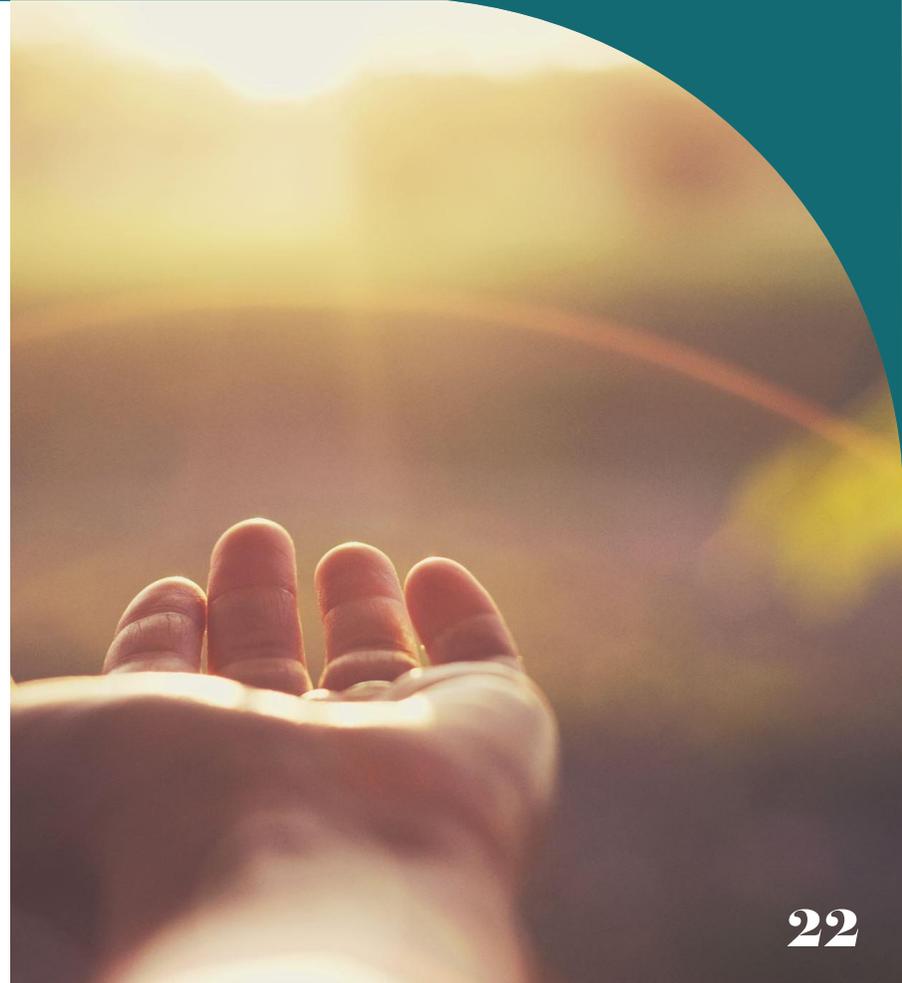
We will enter the same way we always have. Once again, I will remind you that this is not the way they truly look and show up. It is an open floor plan. Eventually you will be able to see how they all live together. But for now, we will take it a step at a time. Now that you know a bit more about how to work here, you may have a question or you may want to go to a specific frequency and see how it feels to you. Once again, we won't stay long because this is an even higher frequency... so we just dip our toe in.



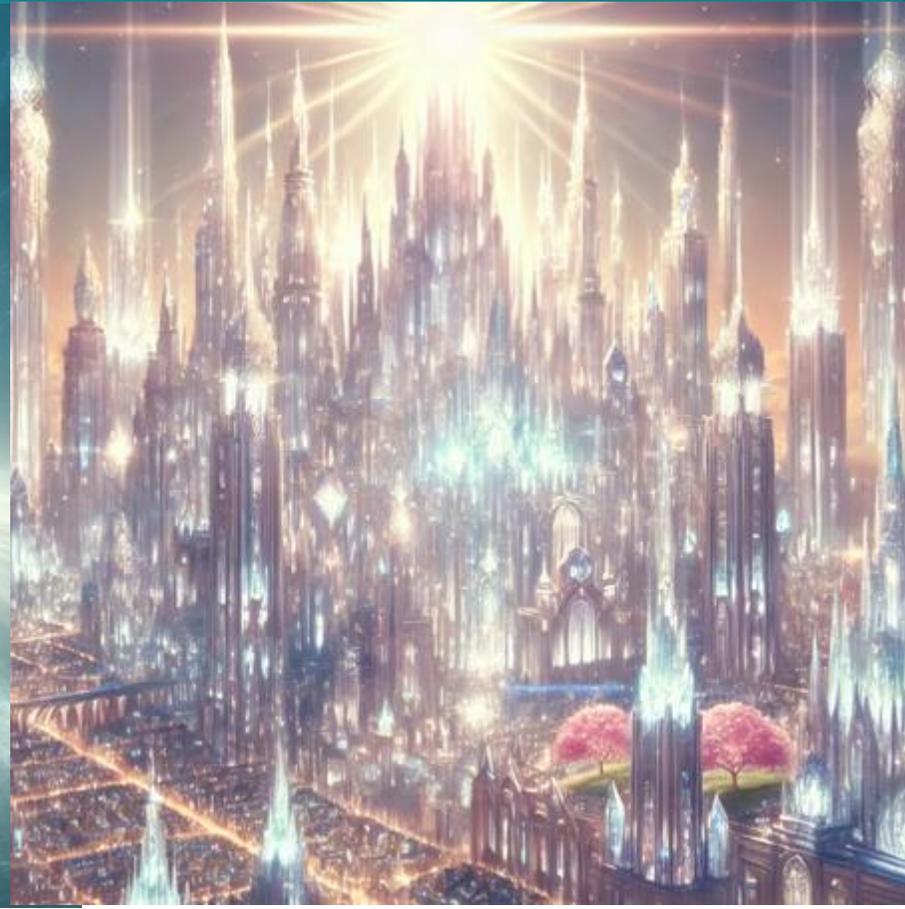
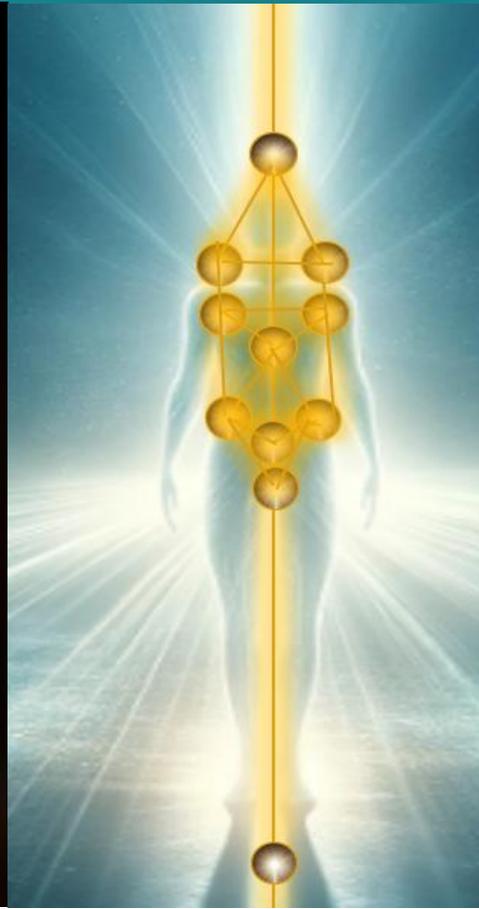
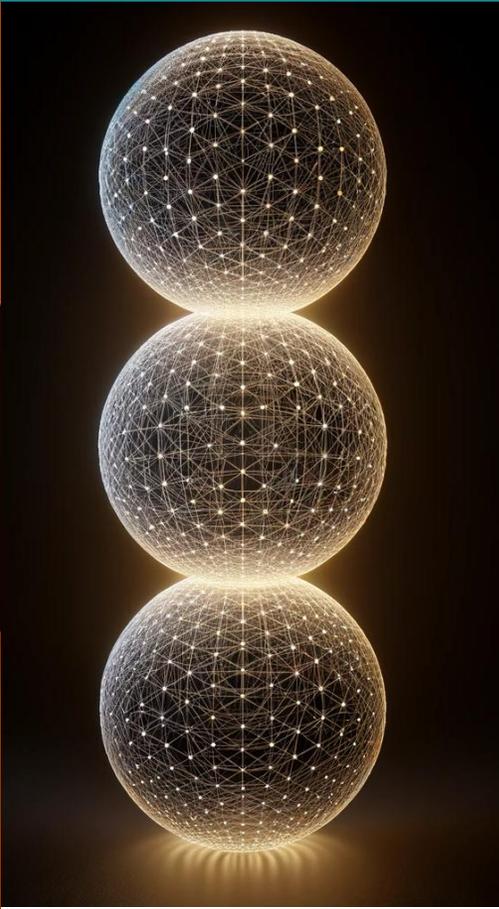
# Stay with your practices...

## 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 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 enter the 9<sup>th</sup> Dimension

**Dance-**



# Close Sacred Space

NEXT CLASS:  
SEPTEMBER 11, 2025