



Light Infusion Therapy 103

Foundations of Sacred Geometry ~ Templates

Module 2

A campfire is burning brightly in a stone fire pit. The fire is made of logs and is surrounded by large, dark rocks. In the background, there is a calm lake and a dense forest of green trees under a cloudy, twilight sky. The overall scene is peaceful and serene.

Calling in Sacred Space~

Welcome the Sacred...





Before we begin...

Check In

- ▶ How are you doing in the new energies that are here?
- ▶ Save questions for after check-in



Questions



Overview of Module 2

- Review Module 1 and sharing of experiences
- Dive deeply into the Meaning and Function of the Vesica Pisces
- Basic Protocol Soul Template
- Introduction of the Vesica Light Infusion Template
- Homework: Send pic of the one we do in class.

Meditate with it. Record outcomes and what you notice.

Do 1 or 2 more on your own, send pics, and notice changes.

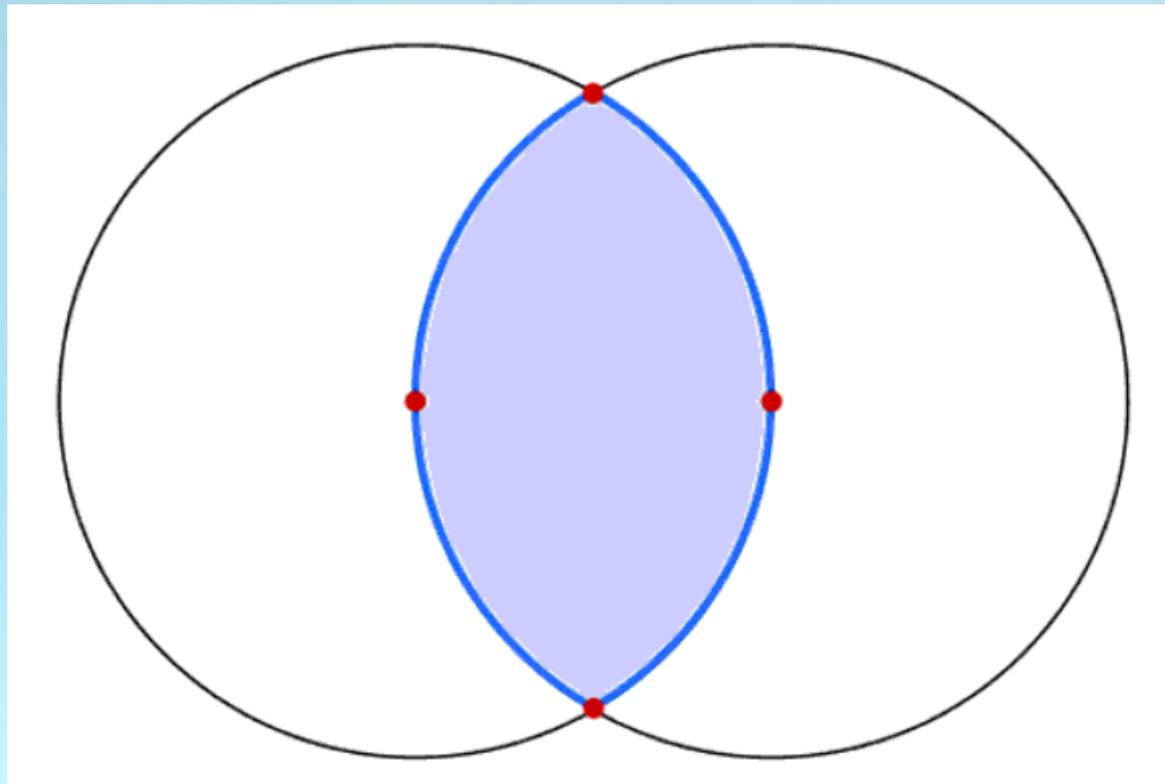


Light Infusion

- Deep Soul Connection
- Gentle and easy learning
- Understanding and using the Vesica Infusion
- Your intentions

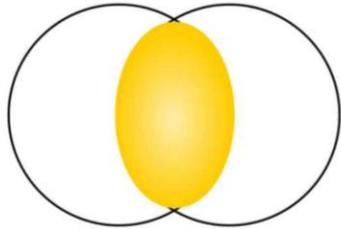
IN OUR LAST CLASS WE LEARNED THAT...

The Vesica Piscis is one of the most powerful sacred geometry symbols. This is because it is the primary or foundational symbol from which all other sacred geometry symbols are derived! For good reason. It is literally the Source Point of ALL LIFE! Despite its seemingly simplistic design, consisting solely of two intersecting circles, the meaning it contains is extremely profound. It has historical significance, hidden meaning and holds 12 secret sacred geometry symbols within it. So, without even going into the precision of the mathematics behind it, which is a whole other class in itself, the potency cannot be ignored.

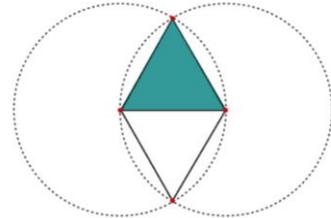


And we looked at a lot of those symbols...

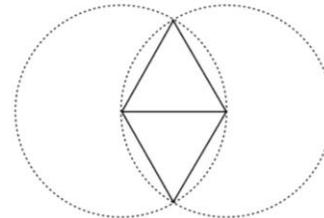
1. Cosmic Egg



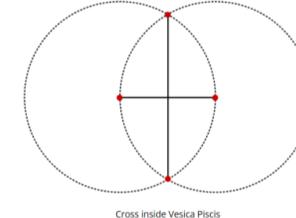
2. Equilateral triangle



3. Vesica Diamond

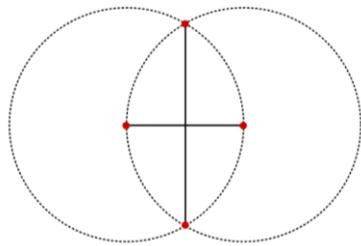


4. Pagan Cross



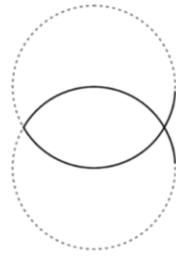
Cross inside Vesica Piscis

4. Pagan Cross



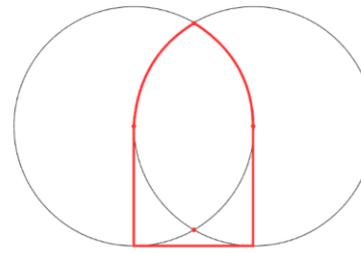
Cross inside Vesica Piscis

5. Jesus Fish



Jesus fish inside Vesica Piscis

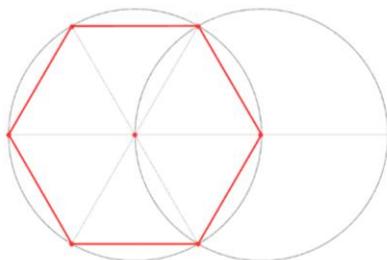
6. Gothic Pointed Arch



Gothic pointed arch inside Vesica Piscis

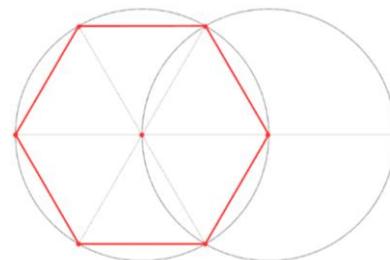


7. Hexagon



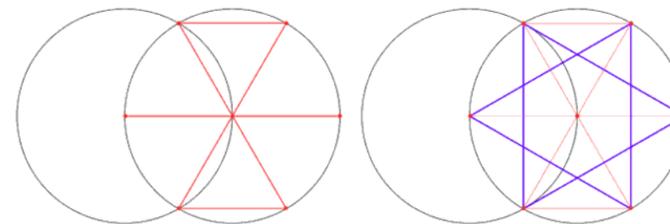
Hexagon inside Vesica Piscis

7. Hexagon



Hexagon inside Vesica Piscis

8. Hexagram or the Six-Pointed Star



Hexagram within the Vesica Piscis

And I tried to drive home the following information...

DEEPER KNOWING NUMBER 1...

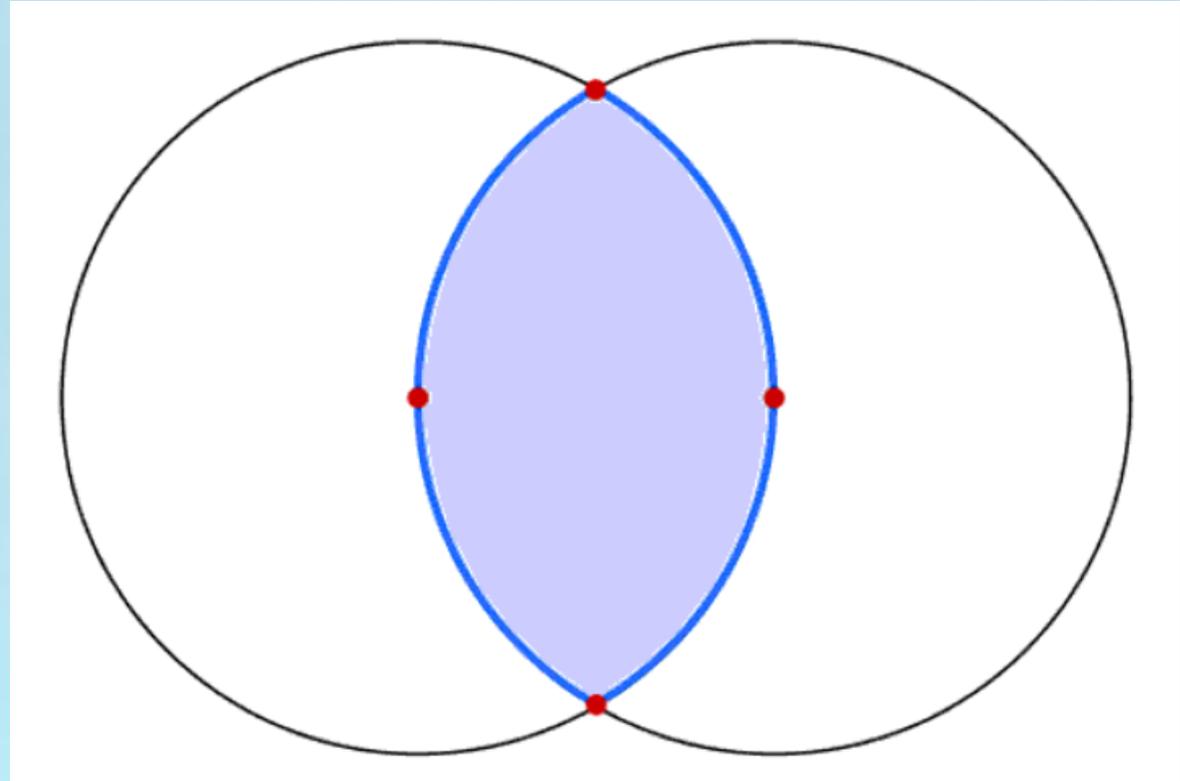
What is the significance of hitting the center of each of the circles? What do we know lies in the center?

Life Force – *BG3* – the most concentrated form of BG3 *in the frequency* of one circle, its touched by the outside edge of an object of a different frequency, while the exact same thing is happening in the other circle.

THIS IS HOW LIFE HAPPENS – how everything on this planet STAYS IN FORM!

OPPOSING ENERGY HITTING THE CENTER, THE HEART OF another constantly is what keeps us from evaporating.

So, knowing the deep true nature of the center of both sides is going to be key when we set up a Template.



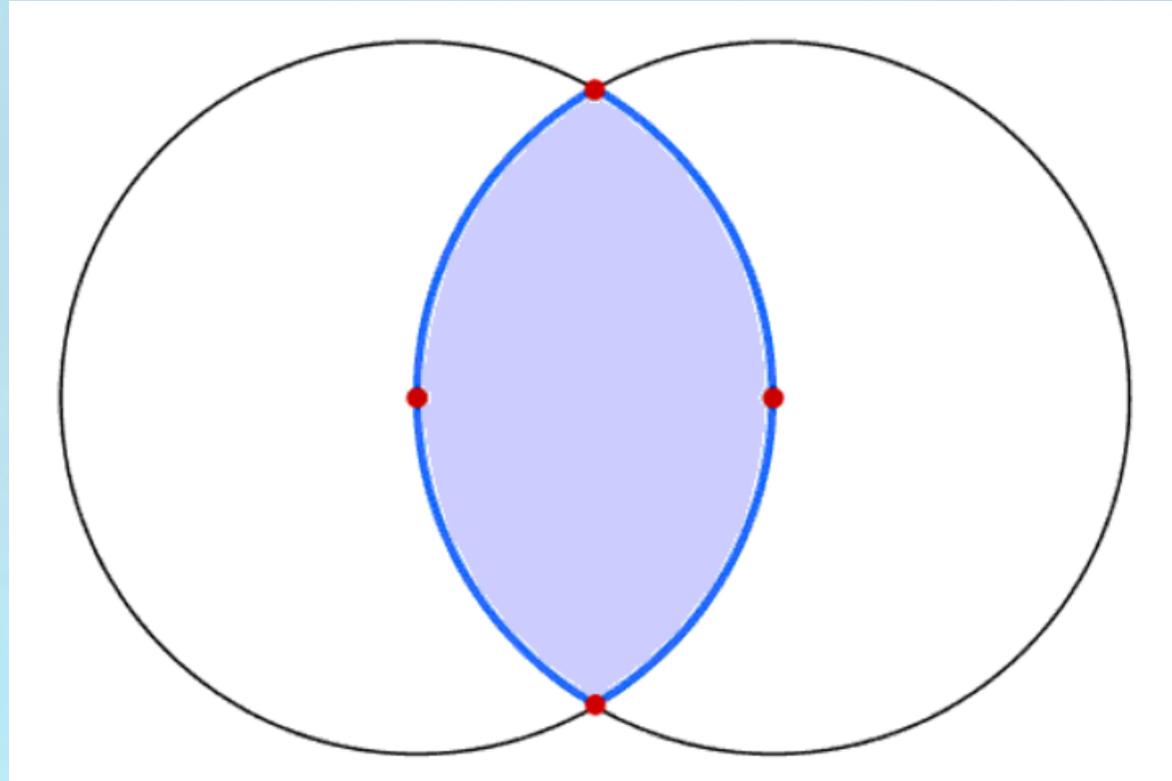
KNOWING NUMBER 2...

When positioned so that these *Life Force* centers connect, this opens a portal to another realm, full of...MORE...more life force, more possibilities...MORE.

Thus, keeping this portal open:

- Allows more life force into the system,
- Keeps the system functioning optimally,
- Allows for change and growth of *BOTH* sides.

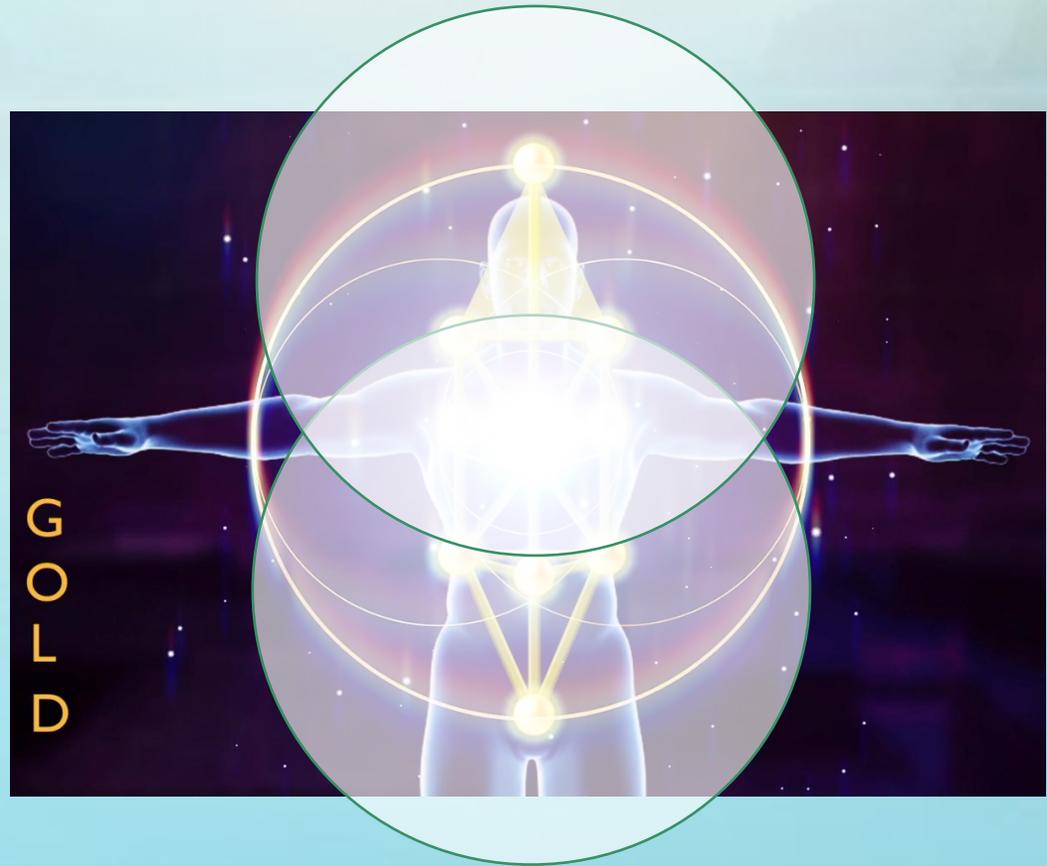
So, knowing how to manage the energy coming from the center and keeping the sides in balance so they are always plugged in to the heart of the other also is going to be key when we set up a Template.



The Secret Superpower of the Vesica lies in what we know about bio-geometry. When two different energies merge, there will come a point when the outer edge of one of them meets the center (life-force/Source Light Point) of the other, and vice versa. If they are positioned and proportioned in such a way that this happens to both at the same time, it is an explosion of creation. It's like a light current moves between them and LIGHT is emitted. Suddenly there are 3 not 2 and even the original 2 are changed forever.

The perfect Marriage of 2 different things. The truth is, every single time we engage in ceremony, we are merging 2 different forces.

The closer you can get both the center points to meet at the exact time, the more true to the mark your desired outcomes are going to be. And the more you can hold the balance between those 2 points, the more stabilized your creations are going to become. And how do you do that? By going to your heart... and staying there. Keeping it alive and active through the process. Letting the whole process come from your heart wisdom and not your head.





And we did a template together in class...

So, I want to hear...

What was your experience, what did you notice, if anything?

My Experience...

I did mine on Union between my Soul and My Physical Experience.

The Vesica Light Infusion

Soul Self
⊙ ⊙ Δ ⊙ ⊙ ★ ♥
5 Earth
5 Creation

Synchronize with fully supporting my Earth Experience needs on all levels in the frequency of love, right timing, safety and grace.
Serenity

Physical Self
⊙ ⊙ Δ ⊙ ⊙ ★ ♥
5 Earth

Synchronize with fully opening to Receive from my Soul Self and defer to my Soul Wisdom on all levels in the frequency of love, gratitude, right timing, safety and grace.
Love

Synchronizing with the Bridge of Transition in appropriate timing.
Enjoyment

Soul Self
Soul's Right Consciousness
⊙ ⊙ Δ ⊙ ⊙ ★ ♥
5 Earth

Project: Sacred Union with Soul

Date: May 21, 2025

Desired Outcome: Sync with

- Keep my Soul in Charge
- Deeply Know, Understand and defer to my Soul's Wisdom.
- Balance My Soul Wisdom with my Physical Needs & Desires.
- Allow myself to Receive from my Soul & others
- Honor my Physical Needs
- PBD0 - RIG

Light Frequencies:
Openness
Enjoyment
Serenity
Love
Autonomy
Reverence
Celebration

My Experience...

What I have been experiencing is what I am assuming is the beginning of timeline jumping. Everyone makes that sound like it's a one and done kind of deal. and all the sudden you are immediately living your best life on a beach somewhere.

What it has been for me is seeing strings of memory – events that fostered thoughts, feelings, behaviors, *and knee jerk reactions in time* - in emotion, *Anin assumptions I made about myself and others that keeps me in loops of behavior and experience that have caused a lot of bitterness in my life.* **I haven't really shifted them**, I have shifted my behaviors, learned to tolerate things that others don't tolerate and label it as love or benevolence, when it may really be codependence, attachment or what the hell ever that is **STILL ROOTED IN ALL THE OLD FEARS.** **But I keep doing it. and I really don't want to.**

And I've just been noticing them, and seeing what belief systems and expectations caused them, and what belief systems they continue to perpetuate, as I continue to make the same choice over and over again.

Sometimes just claiming new belief systems is not enough. You can say you are prosperous forever, and you are, we all are, but you won't ever believe it until you untangle where it came from, get the lesson, or forgive it or whatever you need to do, ***to get yourself to make a different choice in the future.***

I am sharing this so you can understand how to work with these...

My goal with this is for us to go deeper into the vesica and what it means. Here's an example... I am an OVER-ACHEIVER AND AN OVER-GIVER...

I mean, *my codependent mind made the choice this past year to allow both my physical body and my finances to decline drastically* in order to bring this information through in a way that I could get it out to the masses, *and we are barely out the gate and I'm exhausted.* That comes from **that old knee jerk reaction** – feeling like I have to give too much, OR give it all to save the team. Maybe sometimes we do. *But not every moment of our goddamn life.* Now, yes that is a product of my DNA explosion my combination of big love usurped by false believes that were prograded into my parents and their parents before them all the way back in scarcity, subservience, obedience to a scary mean masculine god... you have to work hard you cannot receive...all the things. ***BUT HERE'S THE TRUTH...***



I'm the one making the choices now...and now that I know, I can choose differently.

Here's what I learned.

Sacred Geometry, just like any "SACRED" Ceremony is a way to communicate with the Universe, with God, with the planets, with your soul, with THE SPIRIT THAT MOVES IN ALL THINGS.

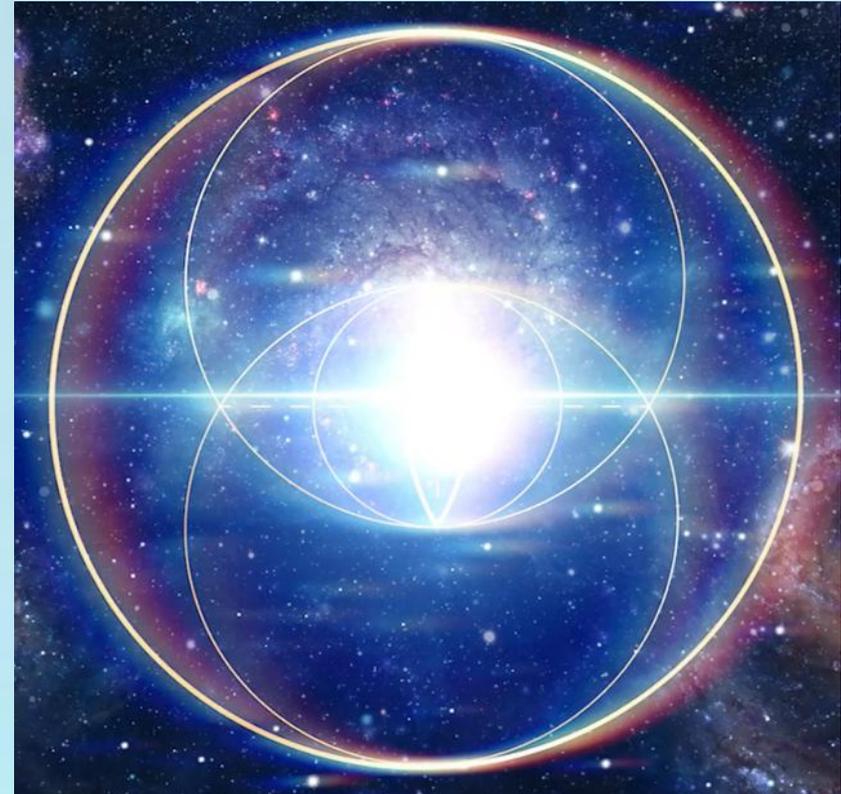
That Spirit knows you oh, so much better than you know yourself. **And these templates will give you exactly what you ask for.** It may not always come as quick as you would like, because there may have to be some **BIG BELIEFS, AND BEHAVIORS, CHOICES, that you have to change in order for all of what you are intending to take place.** Some of it can take a lifetime, because ultimately we are the ones who ultimately have to really make a different choice.

We may have to choose to think differently, feel differently, behave differently.



This is why I am introducing you to **The Vertical Vesica**. As I was working with mine, I had another project I wanted to do one with. The horizontal one made sense to me for Masculine and Feminine and Soul and Body, but I wanted to call in Sophia to govern the summit. I wanted it to really be her baby and that felt like Above and Below...*so I made one and it is working!*

And I started to see that *we can use the Vertical Vesica to clear times-lines and upgrade our Source Light Field, to make the BIG CHANGES we need to make a lot easier.*



I had offered this example in Source Light School of a way to upgrade our Source Light Energy Field, so I transferred it to a Vertical Template.



This is an example of an affirmation that might be helpful as we begin to navigate these times in earnest...

“By my sovereign will, under Creator’s law, I now call forth my Highest Original Intelligence to come through my Source Light Energy Field...the living record of my divine soul essence, encoded before distortion or fragmentation.

I ask for complete alignment with my highest organic timeline...the one that honors my truth, my path, and my soul’s purest purpose.

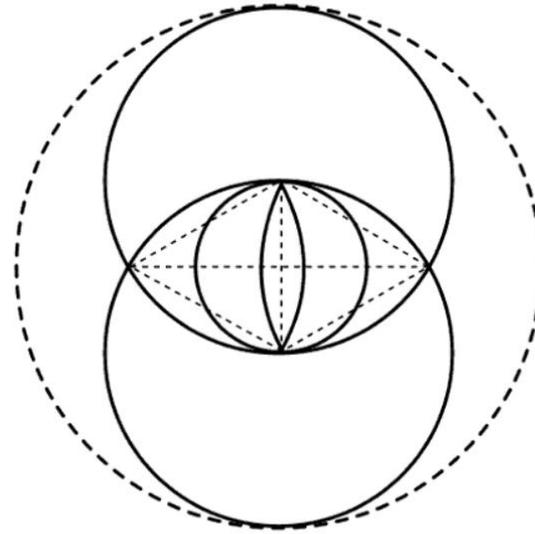
I dissolve and release all false overlays, synthetic programs, hijacked grids, and timelines not sourced in love. No external force may override my will, inert my field, or access what is sacred within me.

I welcome my eternal Soul Intelligence, my inner compass, and my divine mirror to rise fully within my heart, body and field to activate the remembrance of who I truly am...a sovereign being of Light, protected, guided, and encoded with the pure flame of Creator Source. Let all that is not of this frequency fall away and only TRUTH remains.

I am aligned, protected, and remembered.

So, it is.

9. Cosmic Eye & the Third Eye Chakra

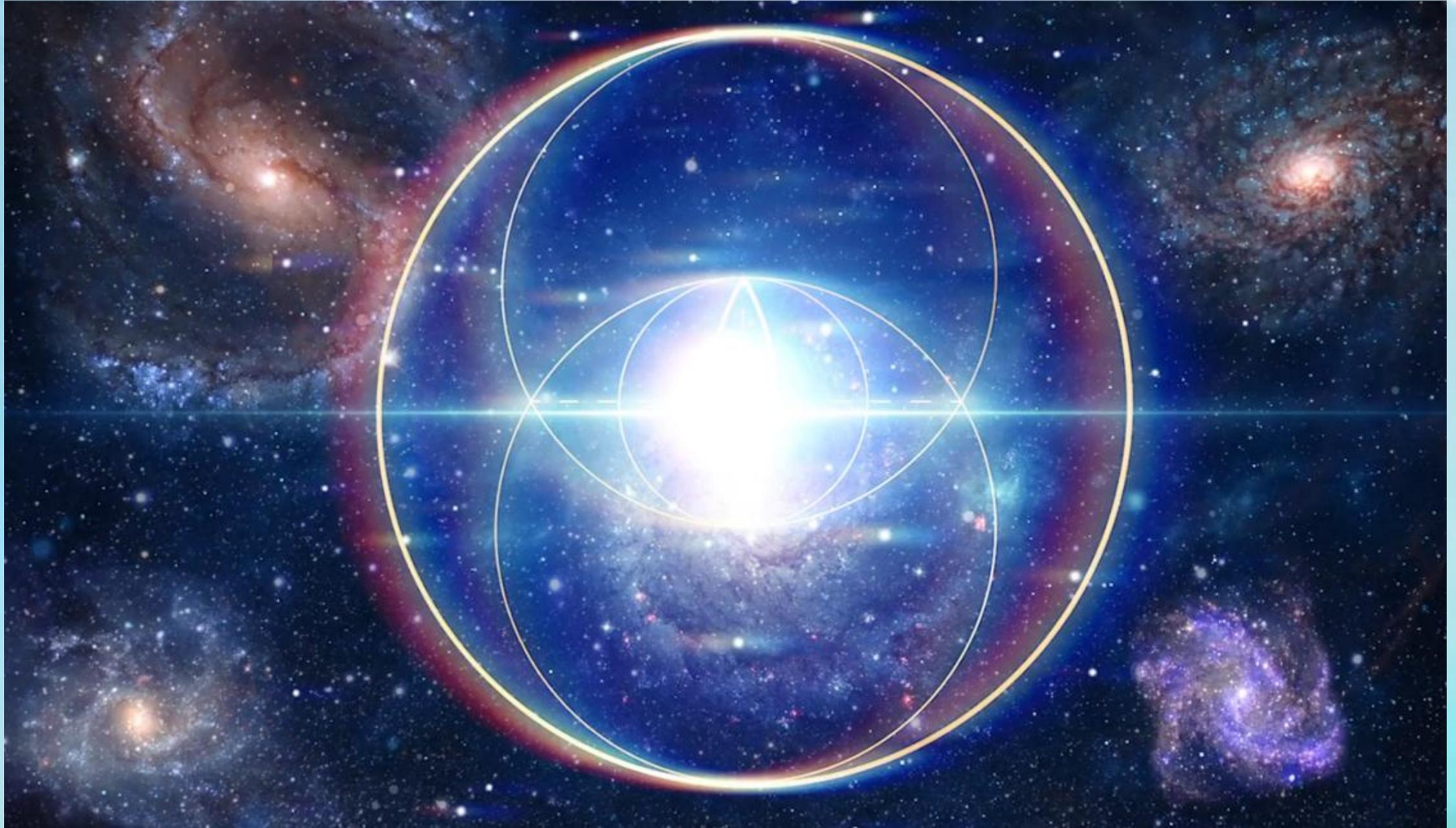


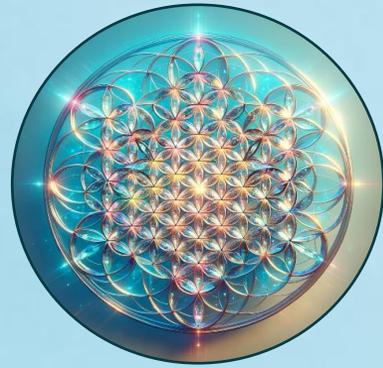
Vesica Piscis – Cosmic Eye

When viewed so that the lens is horizontal with overlapping circles placing one on top of the other, the Vesica Piscis **symbolizes the All Seeing Eye of the divine**. This symbol is often associated with the concept of enlightenment and **the ability to see beyond the physical realm into the realm of the spiritual**. The Cosmic Eye symbolizes the ultimate truth and knowledge that exists beyond the physical realm, and the insight and awareness that can be gained through spiritual practice.

It also represents the third eye (inner eye) or the pineal gland. In fact, the Pineal Gland is said to be ovoid in shape similar to the shape of an almond. The pineal gland is thought to be the seat of the soul and the gateway to higher states of consciousness. Thus, the Vesica Piscis can be seen as a powerful symbol of spiritual awakening and the opening of the third eye.

“This pattern holds the secret of creating a portal to the divine by balancing opposite polarities.” ~ Robert Gilbert





The Templates p. 7

The Light Infusion Soul Templates are Sacred Geometry Shapes infused with Source Light Frequencies address complex situations and conditions involving groups and/or individuals. They sustain consistent high vibrational frequencies.

Some things to remember...

- Each template contains its own level of potential potency consistent with the shapes embedded within it. The frequency of your Desired Outcomes and any other frequencies you add work with the Template to actualize the outcome.
- For this one we will be using the same outline for Templates that we did before. But we will first be using this one for Inner work. So we will want to be very clear about exactly what is in the center of each circle and exactly what portal we are opening and keeping open.

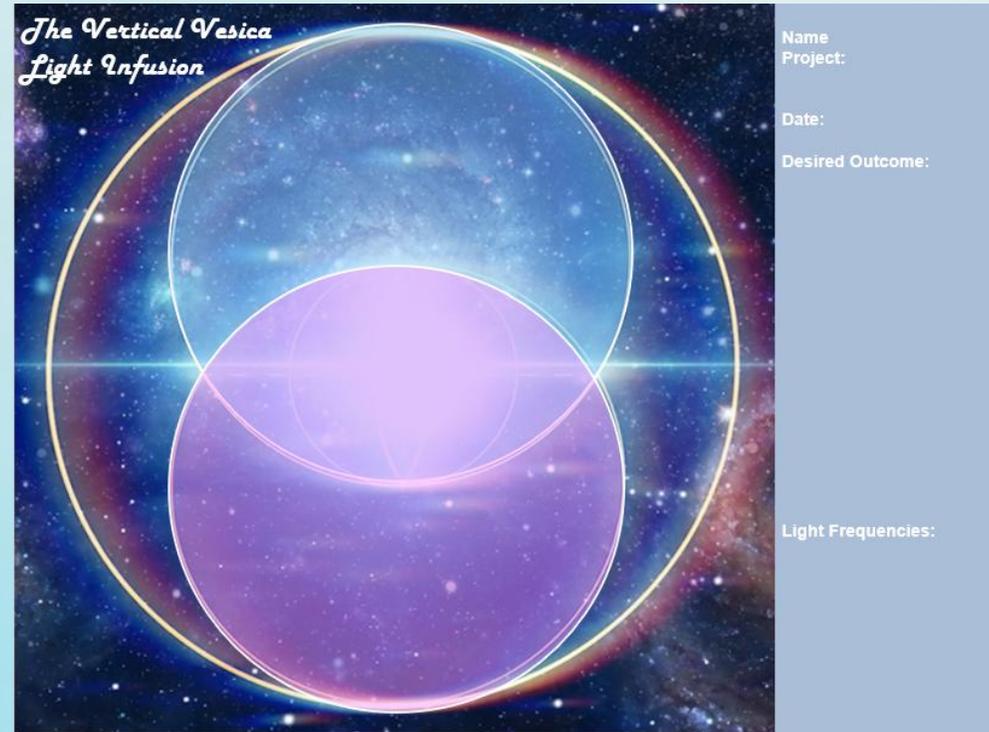
The Templates cont. p. 7-8

- If you have done the Source Light Protocol in the morning, you do not need to do it again before you do your Template.
- You will find that the more you work with the Templates, the more powerfully they work with you. They literally take on a life of their own and communicate with you.
- Your ability to receive intuitive information, increases as you work with the Templates. Templates work well for:
 - Groups, including couples, families, and organizations. **(Please note that these must be groups you are a part of.** You are not yet ready or qualified to work specifically with or for others. But you can work things out between you and others you are involved with, or any personal issues you are dealing with.)
 - Enhancing any healing issue, creative endeavor or actualizing desired outcome for yourself.
 - Enhancing intuitive guidance around a situation. The Templates can begin to inform us as we work more deeply with them.

Doing A Basic Template Session for Yourself:

1. Use any of the Templates provided for this process.
2. Make sure you have done the Daily Protocol before beginning, and that you are connected to your Soul through your heart space.
3. Write your name, the name of the project, and the date on the Template in the space provided in the upper right corner.
4. Determine your Desired Outcomes and write them using neutral but specific frequency language: Synchronize with welcoming 35 students into my next class, or synchronize with receiving \$5,000 in the month of April, or Synchronize with a healthy body, or a healed ankle, synchronize with a healed relationship with..., etc.
5. **Be sure to include “Receiving Intuitive Guidance,” and “Allow PS DO” (postscript desired outcomes), in your Desired Outcomes.**
6. Draw a small circle with a dot in the middle to indicate Soul Connection. (You can use the oval on the picture provided for this or write it anywhere on the picture.) Drop into your Soul. State, *“I connect to my Source Light Center Point or My Soul.”*
7. Draw another circle next to it and say, *“I activate opportunities for healing, growth, and restoration.”*
8. Pull a Source Light Symbol Card and muscle test for how many.
9. Draw a triangle on the template and write the Name & Number of Source Light Symbols beside it saying, *“I anchor in (number, name) Source Light Symbols.”*
10. Muscle test to see if you need anymore. If so repeat steps 7-8 but use the same triangle.
11. Pull Source Light Frequency cards and record them on your sheet.
12. Write DO on the Template and state: *“I synchronize with the actuality of: (state Desired Outcomes) with: (state all frequencies).”*
13. Close by drawing a star and stating, *“I infuse and integrate completion.”*
14. Draw a small heart, and state, *“I close this Infusion with Gratitude, in the Light.”*
15. Put Template somewhere you can see it or [refer back](#) to it and observe what shifts and changes.

Vertical Vesica Light Infusion



Can be used for:

Any of the work we have done that makes more sense to you Vertically:

- Sacred Union with Higher Self
- Sacred Marriage
- Internal Shifts necessary for External Outcomes
- Shifting Timelines

The Vesica Light Infusion

Name Project:

Date:

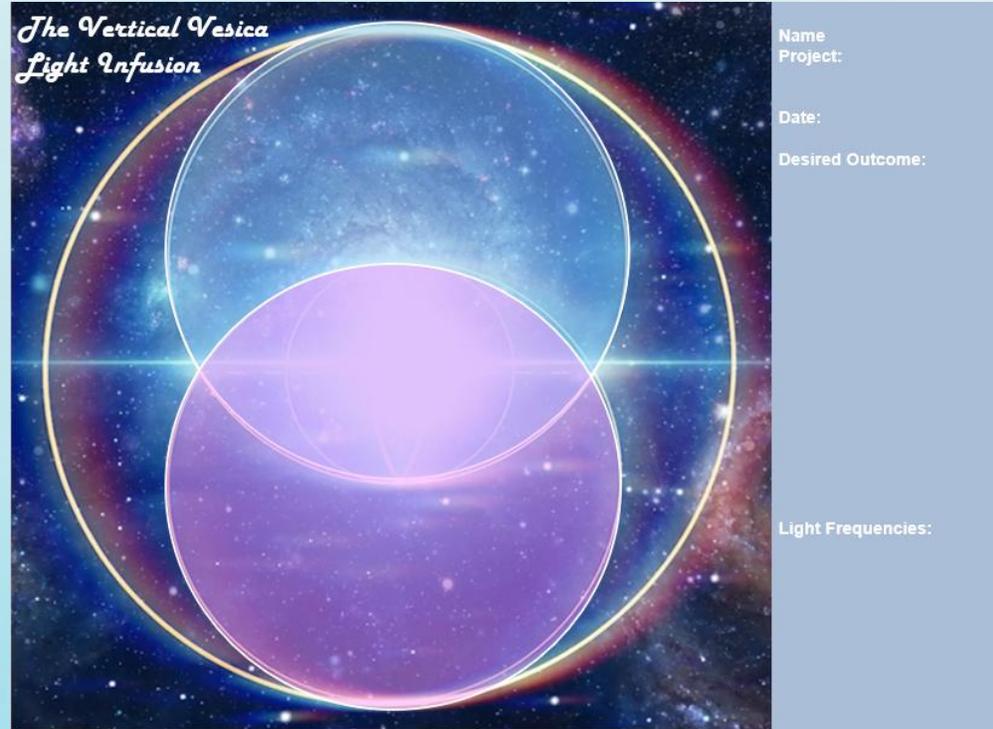
Desired Outcome:

Light Frequencies:

Any of the ones we have done that make more sense to you to do Vertically

- Sacred Union with Higher Self
- The Sacred Marriage
- “Who do I need to be to create...”
 - *Physical Health
 - *Healthy Relationship
 - *Thriving Business”

Later it can also be used for...

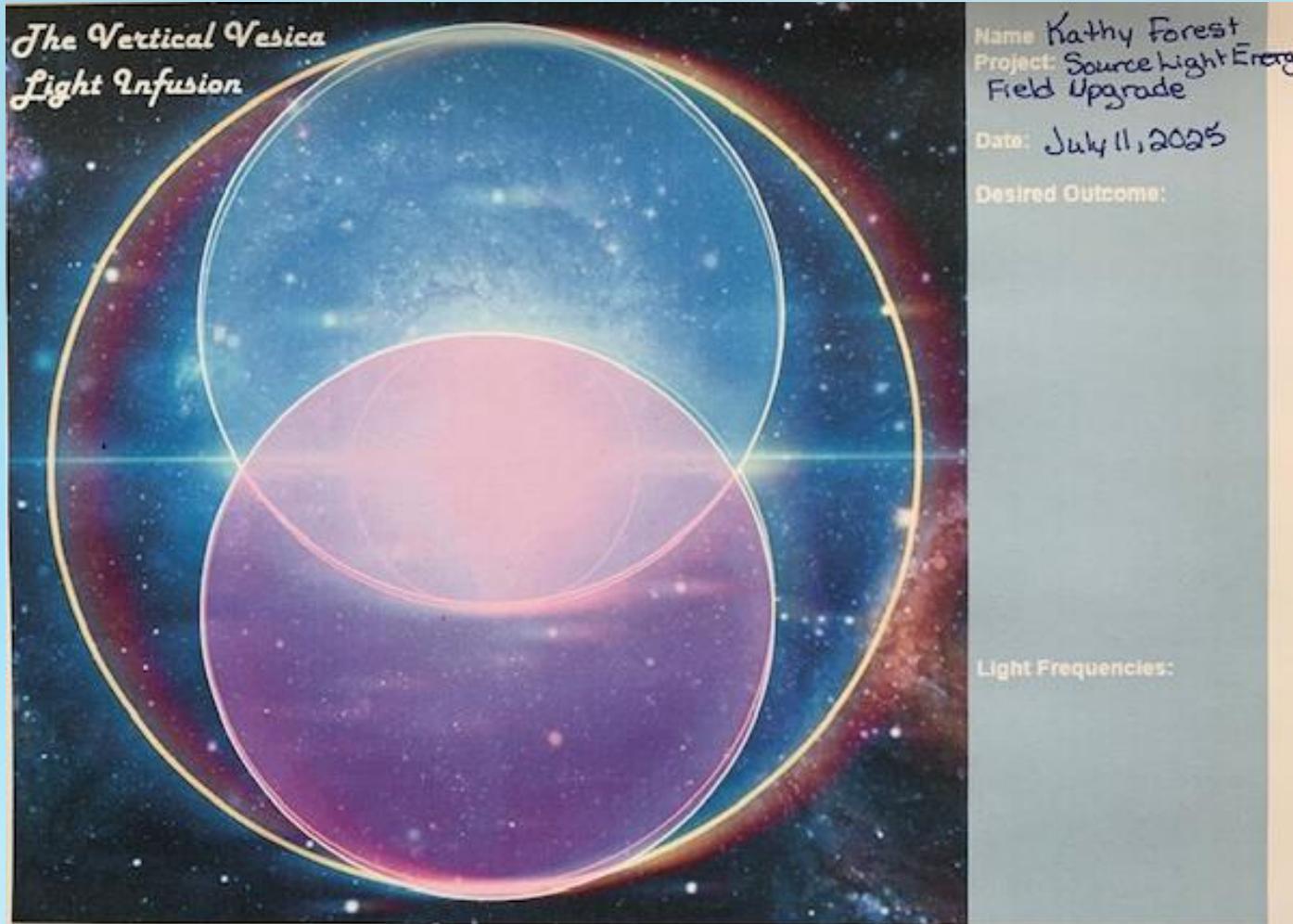


- Balancing Dualities.
- Disputes between individuals.
- Balancing individual energies with group energies.
- Planetary Alignments
- Creating an energetic bridge for any transition.

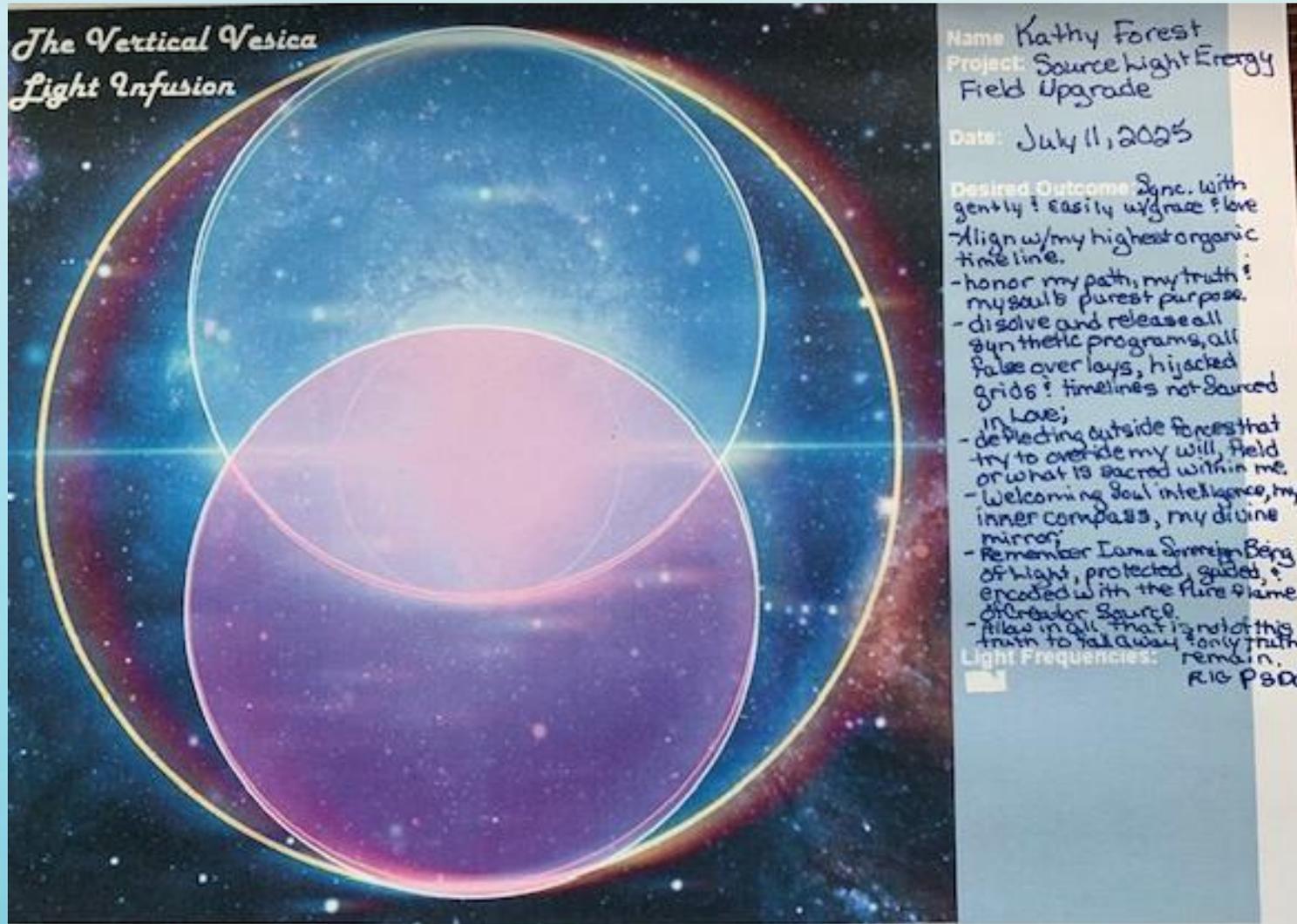
We want to get in the habit of doing the inner work first!

The Sacred Union with Higher Self/Soul – Inner Balance & Transformation

Write your name, project (specific transition) and the date on the Template in the space provided in the upper right corner.



Determine your Desired Outcomes and write them using neutral but specific frequency language. Be sure to include: "Synchronizing with transitioning with safety, grace and right timing." Consider any other outcomes you would like to see happen and include them. Include, "Receive Intuitive Guidance" and "Allow PS DO."



*The Vertical Vesica
Light Infusion*

Name: Kathy Forest
Project: Source Light Energy
Field Upgrade
Date: July 11, 2025

Desired Outcome: Sync. with
gently & easily w/ grace & love
Align w/ my highest organic
timeline.

- honor my path, my truth &
my soul's purest purpose.
- dissolve and release all
synthetic programs, all
false overlays, hijacked
grids & timelines not sourced
in love;
- deflecting outside forces that
try to override my will, field
or what is sacred within me.
- Welcoming soul intelligence, my
inner compass, my divine
mirror;
- Remember I am Sovereign Being
of light, protected, guided, &
encoded with the pure flame
of Creator Source.
- Allow in all that is not of this
truth to fall away, only truth
remain.

Light Frequencies: RIG PSD

Write The Divine Design for my Soul in **the upper** circle and This Physical Experience in **the lower** circle. (For others, Feminine/Masculine, or Who I am now,/Who do I Need to be to...etc.) Also, muscle test to see what goes in the Vesica Pisces. It could be the Higher Self, Source Light Consciousness, Divine Light, Divine Love, etc.

Here you want to think very carefully.

- Who or what is at the heart, the center of each circle?
- What portal needs to open to create the outcome you desire?

*The Vertical Vesica
Light Infusion*

Divine Design for my Soul

Holy Wisdom
Source Light Consciousness

This Physical Experience of my Soul

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcome: Sync. with gently & easily upgrade & love
Align w/my highest organic timeline.

- honor my path, my truth & my soul's purest purpose.
- dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in Love;
- deflecting outside forces that try to override my will, field or what is sacred within me.
- Welcoming Soul intelligence, my inner compass, my divine mirror;
- Remember I am a Sovereign Being of Light, protected, guided, & encoded with the Pure Flame of Creator Source.
- Allow in all that is not of this truth to fall away, only truth remain.

Light Frequencies: RIG PSD

Draw a small circle with a dot in the middle to indicate Soul Connection. Drop into your Soul. State, “I connect to my Source Light Center Point or My Soul.”

Draw another circle next to it and say, “I activate opportunities for healing, growth, restoration and creation.”

Do this in all 3 sections.

*The Vertical Vesica
Light Infusion*

Divine Design for my Soul

Holy Wisdom
Source Light Consciousness

This Physical Experience
of my Soul

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcome: Sync. with gently & easily w/ grace & love
Align w/ my highest organic timeline.

- honor my path, my truth & my soul's purest purpose.
- dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in Love;
- deflecting outside forces that try to override my will, field or what is sacred within me.
- Welcoming Soul intelligence, my inner compass, my divine mirror;
- Remember I am Sovereign Being of Light, protected, guided, & encoded with the Pure Flame of Creator Source.
- Allow in all that is not of this truth to fall away, only truth remain.

Light Frequencies: remain.
RIG PSD

DO THIS IN EACH CIRCLE AND THE VESICA PISCES.

Pull a Source Light Symbol Card and muscle test for how many.

Draw a triangle on the template and write the Name & Number of Source Light Symbols beside it saying, "I anchor in (number, name) Source Light Symbols."

Muscle test to see if you need anymore. If so repeat steps 8-9 but use the same triangle.

The Vertical Vesica Light Infusion

Divine Design for my Soul
⊙ ⊙ Δ
4 Earth-Structure
5 Origination

Holy Wisdom
Source Light Consciousness
⊙ ⊙ Δ
4 Air-Synchronize
4 Origination

This Physical Experience of my Soul
⊙ ⊙ Δ
4 Origination
5 Water-Flow

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcomes: Sync. with gently & easily w/ grace & love
- Align w/ my highest organic timeline.
- honor my path, my truth & my soul's purest purpose.
- dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in love;
- deflecting outside forces that try to override my will, field or what is sacred within me.
- Welcoming Soul intelligence, my inner compass, my divine mirror.
- Remember I am Sovereign Being of Light, protected, guided, & encoded with the Pure Flame of Creator Source.
- Allow in all that is not of this truth to fall away, only truth remain.

Light Frequencies: RIG PSDC

Pull Source Light Frequency cards and record them on your sheet.

The Vertical Vesica Light Infusion

Divine Design for my Soul
⊙ ⊙ Δ
4 Earth-Structure
5 Origination

Holy Wisdom Source Light Consciousness
⊙ ⊙ Δ
4 Air-Synchronize
4 Origination

This Physical Experience of my Soul
⊙ ⊙ Δ
4 Origination
5 Water-Flow

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcome: Sync. with gently & easily w/ grace & love
- Align w/ my highest organic timeline.
- honor my path, my truth & my soul's purest purpose.
- dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in Love;
- deflecting outside forces that try to override my will, field or what is sacred within me.
- Welcoming soul intelligence, my inner compass, my divine mirror.
- Remember I am Sovereign Being of light, protected, guided, & encoded with the pure flame of Creator Source.
- Allow in all that is not of this truth to fall away & only truth remain.

Light Frequencies: RIG PSD

Cooperation
Rest
Empowerment
Receptivity
Endurance
Wisdom
Wonder
Receptivity
Courage
Groundedness

Write DO on the Template in each circle and the Vesica Pisces and state: "I synchronize with the actuality of: (state Desired Outcomes) with: (state all frequencies).

*The Vertical Vesica
Light Infusion*

Divine Design for my Soul
 ⊙ ⊙ Δ DO
 4 Earth-Structure
 5 Origination

**Holy Wisdom
Source Light Consciousness**
 ⊙ ⊙ Δ DO
 4 Air-Synchronize
 4 Origination

**This Physical Experience
of my Soul**
 ⊙ ⊙ Δ DO
 4 Origination
 5 Water-Flow

Name Kathy Forest
 Project: Source Light Energy
 Field Upgrade
 Date: July 11, 2025

Desired Outcome: Sync. with
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 Align w/ my highest organic
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- honor my path, my truth &
 my soul's purest purpose.
- dissolve and release all
 synthetic programs, all
 false overlays, hijacked
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 in love;
- deflecting outside forces that
 try to override my will, field
 or what is sacred within me.
- Welcoming soul intelligence, my
 inner compass, my divine
 mirror;
- Remember I am a Sovereign Being
 of light, protected, guided, &
 encoded with the pure flame
 of Creator Source.
- Allow all that is not of this
 truth to fall away. Only truth
 remain.

Light Frequencies: RIG PSDO

Cooperation
 Rest
 Empowerment
 Receptivity
 Endurance
 Wisdom
 Wonder
 Receptivity
 Courage
 Groundedness

In the upper circle be sure to include this Desired Outcome: "Synchronize with allowing the pure essence of my Soul to come through and embody with purity and grace to support my current physical experience."

In the lower circle be sure to include this Desired Outcome: "Synchronize with gently releasing all that is holding me back from experiencing the joy, abundance, and prosperity I require and desire in this physical incarnation."

In the Vesica be sure to include this Desired Outcome: "Synchronize with the Gentle Bridge of Transformation and Right Timing." **SPEAK THEM AS YOU WRITE THEM.**

The Vertical Vesica Light Infusion

Divine Design for my Soul
⊙ ⊙ Δ ⊙ ⊙
4 Earth-Structure
5 Origination
Synchronize with allowing the pure essence of my Soul to come through and embody with purity and grace to support my current physical experience.

Holy Wisdom Source Light Consciousness
⊙ ⊙ Δ ⊙ ⊙
4 Air-Synchronize
4 Origination
Synchronize with the Gentle Bridge of Transformation and Right Timing

This Physical Experience of my Soul
⊙ ⊙ Δ ⊙ ⊙
4 Origination
5 Water-Flow
Synchronize with gently releasing all that is holding me back from experiencing the joy, abundance, and prosperity I require and desire in this physical incarnation.

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcome Sync. with gently & easily w/ grace & love
Align w/ my highest organic timeline.

- honor my path, my truth & my soul's purest purpose.
- dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in love;
- deflecting outside forces that try to override my will, field or what is sacred within me.
- Welcoming Soul intelligence, my inner compass, my divine mirror;
- Remember I am Sovereign Being of Light, protected, guided, & encoded with the pure flame of Creator Source.
- Allow what that is not of this realm to fall away, only that Light Frequencies remain.

Cooperation RIG PSD
Rest
Empowerment
Receptivity
Endurance
Wisdom
Wonder
Receptivity
Courage
Groundedness

Pick at least 1 Source Light Frequency card for each circle including the Vesica Pisces and write them in the respective circles. You can choose more. Muscle test to see if you need them.

**The Vertical Vesica
Light Infusion**

Top Circle (Blue):
 Divine Design for my Soul
 ○ ○ Δ ○ ○
 4 Earth-Structure
 5 Origination
 Synchronize with allowing the pure essence of my Soul to come through and embody with purity and grace to support my current physical experience.
 Cooperation
 Holy Wisdom
 Source Light Consciousness

Middle Circle (Purple):
 ○ ○ Δ ○ ○
 4 Air-Synchronize
 4 Origination
 Synchronize with the Gentle Bridge of Transformation and Right Timing
 Empowerment

Bottom Circle (Pink):
 This Physical Experience of my Soul
 ○ ○ Δ ○ ○
 4 Origination
 5 Water-Flow
 Synchronize with gently releasing all that is holding me back from experiencing the joy abundance and prosperity I require and desire in this physical incarnation.
 Rest

Right Column:
 Name: Kathy Forest
 Project: Source Light Energy Field Upgrade
 Date: July 11, 2025
 Desired Outcome: Sync. with gently & easily w/ grace & love
 - Align w/ my highest organic timeline.
 - honor my path, my truth & my soul's purest purpose.
 - dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in Love;
 - deflecting outside forces that try to override my will, field or what is sacred within me.
 - Welcoming soul intelligence, my inner compass, my divine mirror.
 - Remember Lama Serpa Rinpoche of light, protected, guided, & encoded with the pure flame of Creator Source.
 - Allow ~~up~~ all that is not of this truth to fall away & only truth remain.
 Light Frequencies: R10 P8D0
 Cooperation
 Rest
 Empowerment
 Receptivity
 Endurance
 Wisdom
 Wonder
 Receptivity
 Courage
 Groundedness

Close by drawing a star in both circles and the Vesica and stating, "I infuse and integrate completion."

The Vertical Vesica Light Infusion

Top Circle (Blue):
 Divine Design for my Soul
 ○ ○ Δ ○ ○ ★
 4 Earth-Structure
 5 Origination
 Synchronize with allowing the pure essence of my soul to come through and embody with purity and grace to support my current physical experience.
 Cooperation

Middle Intersection (Purple/Blue):
 Holy Wisdom
 Source Light Consciousness
 ○ ○ Δ ○ ○ ★
 4 Air-Synchronize
 4 Origination
 Synchronize with the Gentle Bridge of Transformation and Right Timing
 Empowerment

Bottom Circle (Purple):
 This Physical Experience of my Soul
 ○ ○ Δ ○ ○ ★
 4 Origination
 5 Water-Flow
 Synchronize with gently releasing all that is holding me back from experiencing the joy abundance and prosperity I require and desire in this physical incarnation.
 Rest

Name: Kathy Forest
 Project: Source Light Energy Field Upgrade
 Date: July 11, 2025

Desired Outcome: Sync. with gently & easily w/ grace & love
 - Align w/ my highest organic timeline.
 - honor my path, my truth & my soul's purest purpose.
 - dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in love;
 - deflecting outside forces that try to override my will, field or what is sacred within me.
 - Welcoming soul intelligence, my inner compass, my divine mirror.
 - Remember I am Sovereign Being of light, protected, guided, & encoded with the pure flame of Creator Source.
 - Allow myself that is not of this truth to fall away, only truth remain.

Light Frequencies: RIG PSD

Cooperation
 Rest
 Empowerment
 Receptivity
 Endurance
 Wisdom
 Wonder
 Receptivity
 Courage
 Groundedness

Draw a small heart in both circles and the Vesica, and state, "I close this Infusion with Gratitude, in the Light."

The Vertical Vesica Light Infusion

Top Circle (Blue):
 Divine Design for my Soul
 ○ ○ △ ○ ○ ☆ ♥
 4 Earth - Structure
 5 Origination
 Synchronize with allowing the pure essence of my Soul to come through and embody with purity and grace to support my current physical experience.
 Cooperation

Middle Vesica (Purple/Blue):
 Holy Wisdom
 Source Light Consciousness
 ○ ○ △ ○ ○ ☆ ♥
 4 Air - Synchronize
 4 Origination
 Synchronize with the Gentle Bridge of Transformation and Right Timing
 Empowerment

Bottom Circle (Purple):
 This Physical Experience of my Soul
 ○ ○ △ ○ ○ ☆ ♥
 4 Origination
 5 Water - Flow
 Synchronize with gently releasing all that is holding me back from experiencing the joy, abundance, and prosperity I require and desire in this physical incarnation.
 Rest

Name: Kathy Forest
Project: Source Light Energy Field Upgrade
Date: July 11, 2025

Desired Outcome: Sync. with gently & easily w/ grace & love
 - Align w/ my highest organic timeline.
 - honor my path, my truth & my soul's purest purpose.
 - dissolve and release all synthetic programs, all false overlays, hijacked grids & timelines not sourced in Love;
 - deflecting outside forces that try to override my will, field or what is sacred within me.
 - Welcoming soul intelligence, my inner compass, my divine mirror.
 - Remember Lama Shree Rinpoche of Light, protected, guided, & encoded with the pure flame of Creator Source.
 - Allow all that is not of this truth to fall away, only truth remain.

Light Frequencies: RIG P800

Cooperation
 Rest
 Empowerment
 Receptivity
 Endurance
 Wisdom
 Wonder
 Receptivity
 Courage
 Groundedness



15. Put Template somewhere you can see it or refer back to it and observe what shifts and changes.

PRACTICE MEDITATING WITH THE TEMPLATE OR EVEN JUST THE VESICA, REGULARLY.

Meditate with the frequency of the center of each circle regularly.

16. When your Desired Outcomes have been met or you feel the Template is complete, you can file it away.

Questions...



Tips and Homework

- Before using doing any Light Infusion technique, have a clear intent what you are doing.
- Be sure to go deeply into the Center of both Circles so you have an idea of the resonance to hold in each.
- Double check your Template to ensure you have completed each step.
- Send a picture of class Template to me
- When you feel this one is functioning well, try the Sacred Marriage. Send me a picture when you complete it.

Astro Update...

The last of the 4 Outer Planets to change signs happened on July 7 with Uranus going into Gemini. And then...

THE SACRED PAUSE

Pluto – In retrograde since May 4 and will remain there until October 14th.

Neptune – In retrograde since July 4 and will remain so until December 10th.

Saturn – in retrograde since July 13 and will remain so until November 28th.

Mercury – In retrograde today and will be there until August 11th.

On August 11th Venus and Jupiter will Conjoin (form a Vesica) the closest they have been or will be for 100 years in either direction, and at that same moment they both will be conjoined by the magical star Sirius.

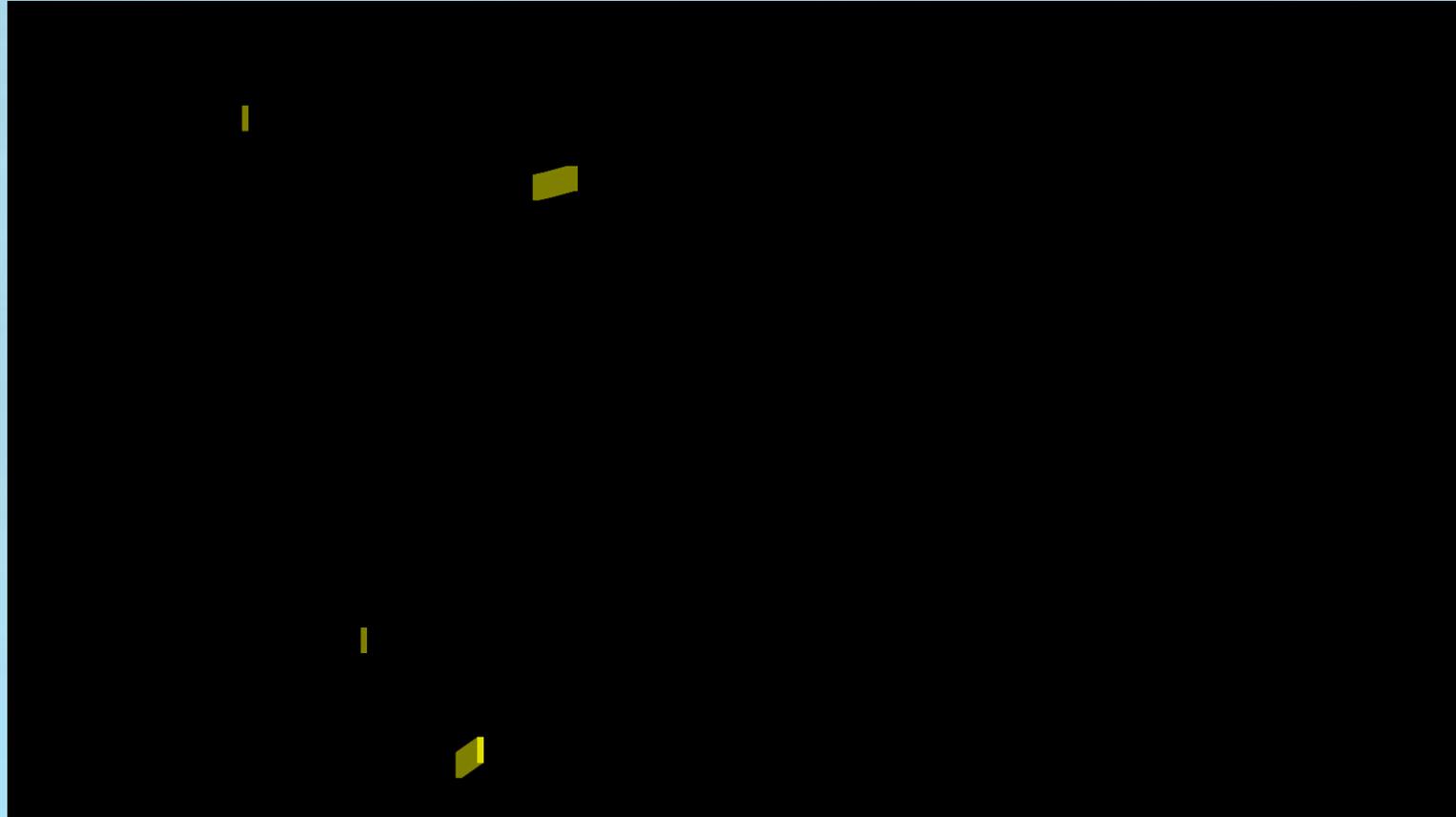
Then, Uranus will go retrograde in September in Gemini, and then retrograde BACK INTO TAURUS November 7, and that will end February 3.



THE SACRED PAUSE

A time for us to spend time with each of these planets and reflect on what we need to shift RIGHT NOW to shift timelines and birth the new on August 11th!

THE IMPLICATIONS of AUGUST 11...



What we are witnessing here is Sacred Union ~ Alchemy ~the combining of 2 opposite energies to create a third thing.

If you think of Venus and Jupiter as the Ovum and Sperm and Sirius is the flash of Light – Soul, what implications come up for you? We will be doing a template for them as soon as I get through the retrogrades. It may be a pop-up. I'll warn you!

Gratitude Ground & Close

