



Light Infusion Therapy 103

Foundations of Sacred Geometry ~ Templates

Module 3

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 has your work with the templates been going up to now?
- ▶ Anything else moving?



Overview of Module 3

- Deep Dive into the Meaning and Function of the Seed of Life
- Introduction of the Soul Seed of Life Light Infusion Template
- Homework: Send pic of the one we do in class.

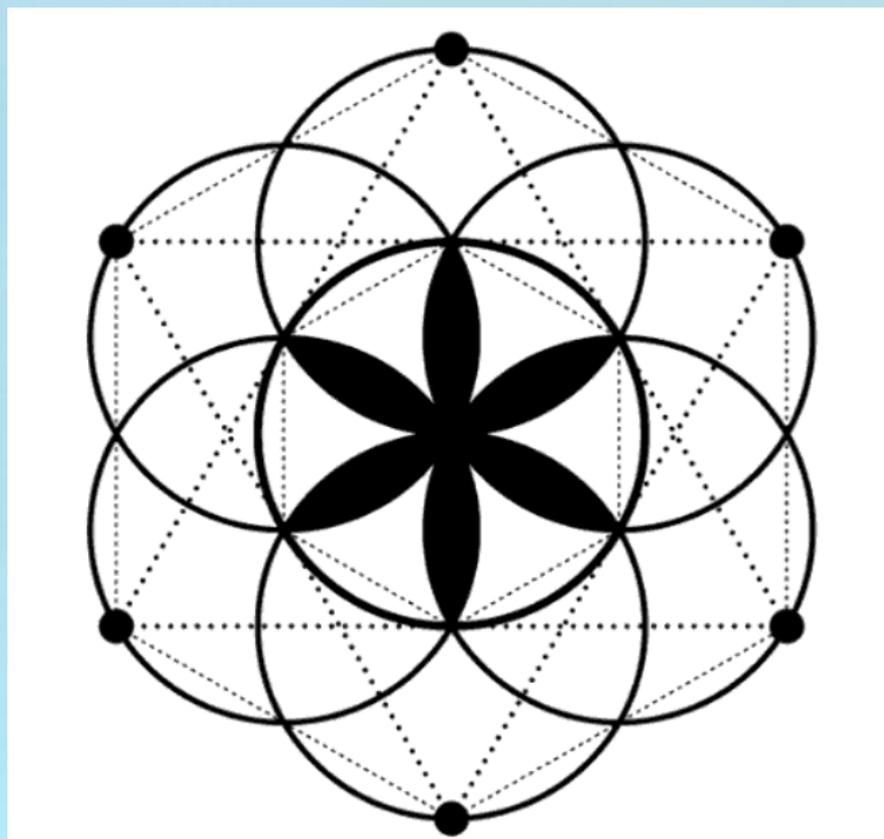
Meditate with it. Record outcomes and what you notice.

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



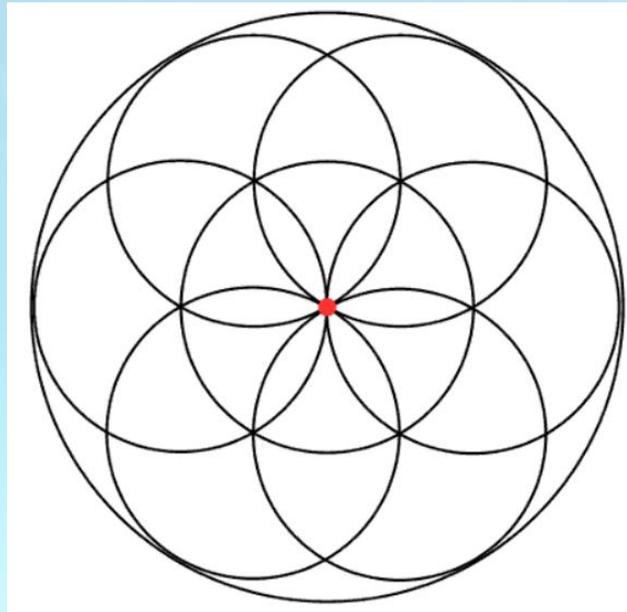
Light Infusion

- Deep Soul Connection
- Gentle and easy learning
- Understanding and using the Soul Seed of Life Template
- Your intentions



THE SEED OF LIFE

The Seed of Life is one of the most fundamental symbols of sacred geometry. Even though it is a basic pattern created using 7 overlapping circles, the meaning it contains is extremely profound. So much that entire books can be written just to explain the various meanings and symbolisms associated with it. The Seed of Life is a 2D (two-dimensional) geometric symbol consisting of seven evenly spaced circles that intersect with one another to create a symmetrical flower-like pattern. The symbol is typically depicted with an outer circle, which means that it consists of a total of eight circles (7 inner circles plus 1 outer circle).



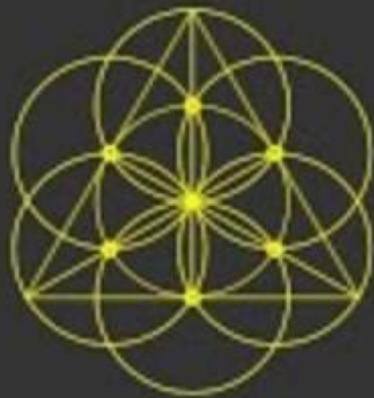
The Seed of Life is a powerful symbol of creation and is considered the first and original shape out of which all other aspects of creation emanate. One of the reasons for this is that the Seed of Life forms the base for another powerful symbol known as the Flower of Life which is considered to be the blueprint of the universe. From what we now know about the power of the Vesica Pisces, noting how many Vesica's are contained within the Seed of Life, you can see the reason for it's potency.

The Seed of Life is also referred to as the Genesis Pattern, as it is believed to symbolize the seven days of creation in the Bible. **The six outer circles represent the six days of creation, while the central circle represents the Sabbath or the Creator's consciousness.** The 7 circles also represent the 7 Major notes, 7 chakras, 7 metals of alchemy, and 7 days of the week.

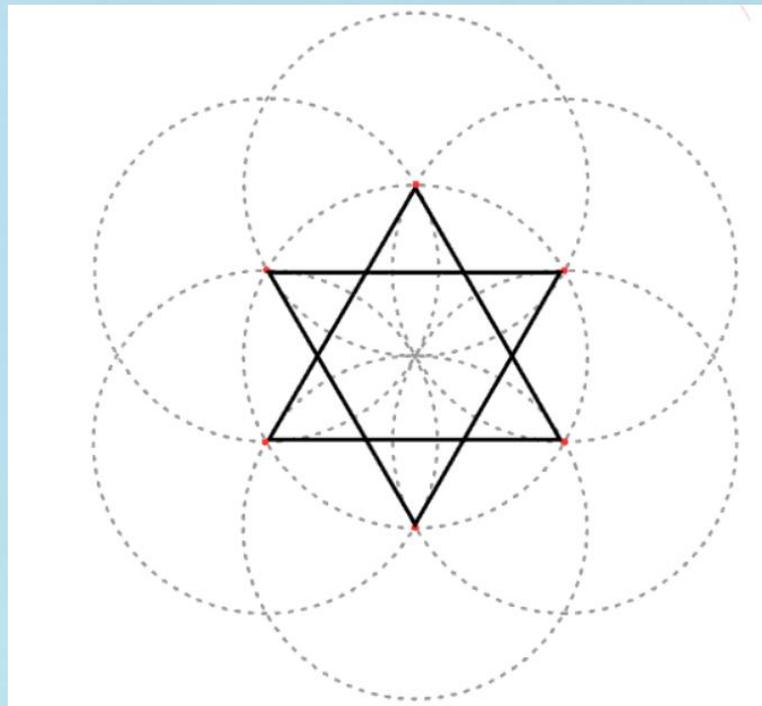
The Seed of Life is an ancient symbol that has been found across diverse cultures and religions including Egyptian, Babylonian, Chinese, Hinduism, Christianity, and Islam. It has been found in historical churches, temples, synagogues, books, and other artifacts. The oldest known representation of this symbol can be seen on the walls of the Temple of Osiris at Abydos, dating back nearly 6,000 years.



**The One Mind-Blowing Fact
About the SEED OF LIFE,
You've Never Heard.**



Let's explore a few other important forms found in the Seed of Life...



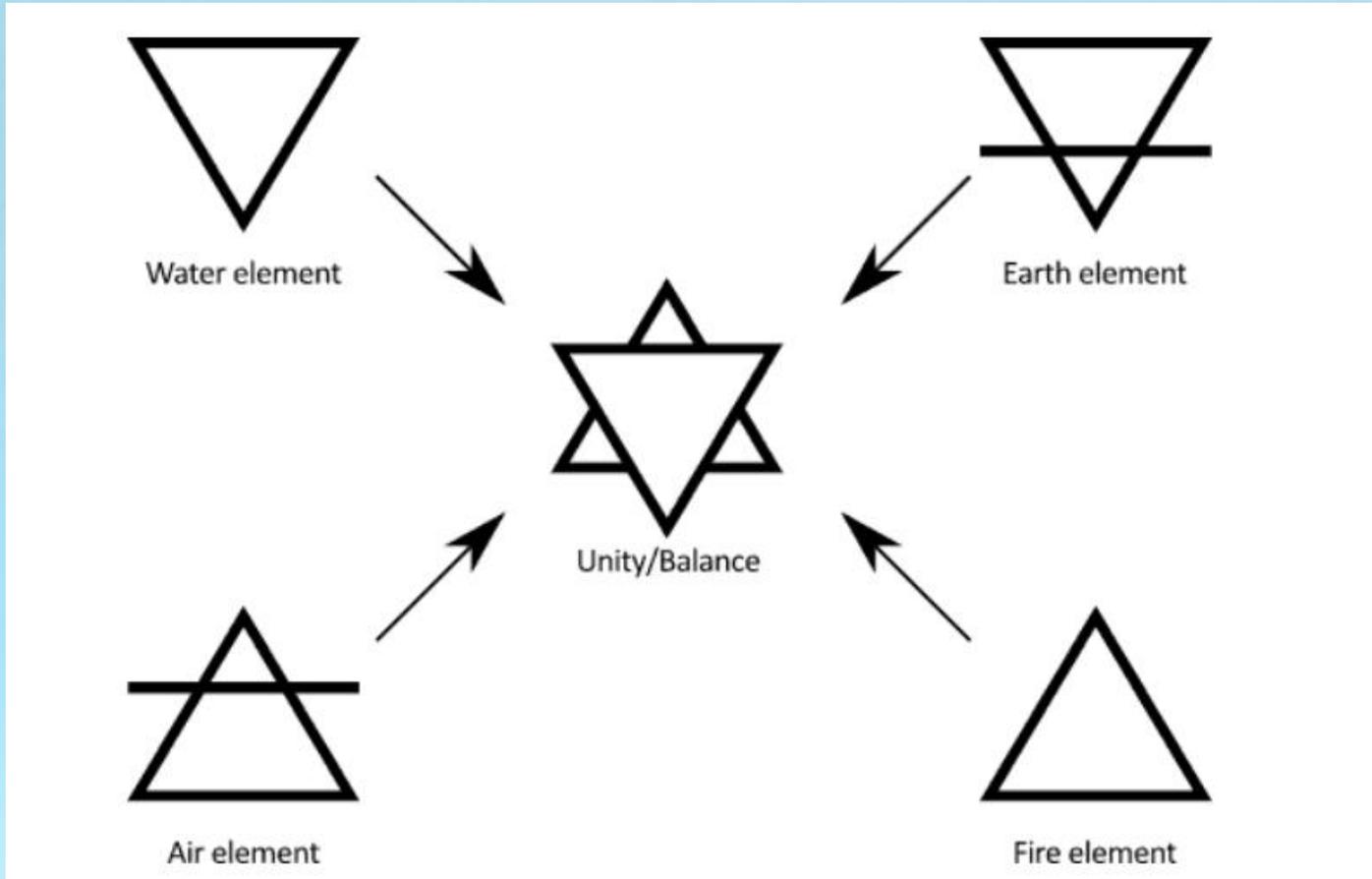
Seed of Life & the 6-Pointed Star (Hexagram)

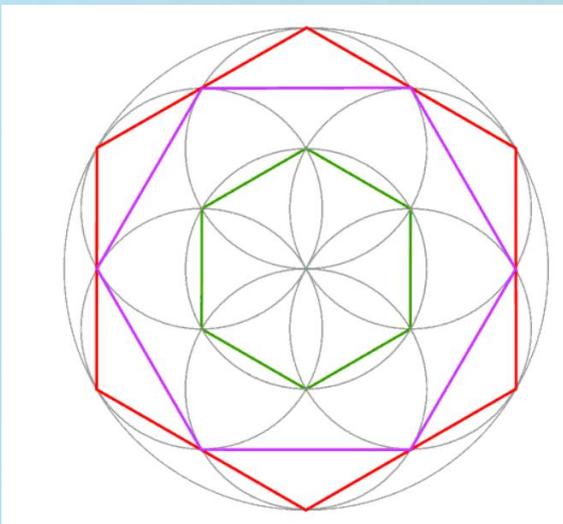
One of the many important symbols that the Seed of Life contains within it is the 6-pointed star (hexagram). In-fact, it could be that the Seed of Life was created using the hexagram as we discussed earlier.

As indicated in the image below, the central circle of the Seed of Life holds two interlocked triangles – one facing upward and one facing downward creating a Six Pointed Star. This star is known as the Shatkona in Hinduism or the Star of David in Judaism. This star pattern again represents the union of masculine and feminine energies forming the basis of creation. The 3D representation of this pattern is known as the Merkaba (or Star Tetrahedron).

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The Six Pointed Star also represents the four elements (Fire, Water, Air, and Earth) with the outer circle representing the fifth element which is Consciousness or Ether. This again represents creation as these five elements are the basis of creation and everything in the universe is made from a combination of these elements.

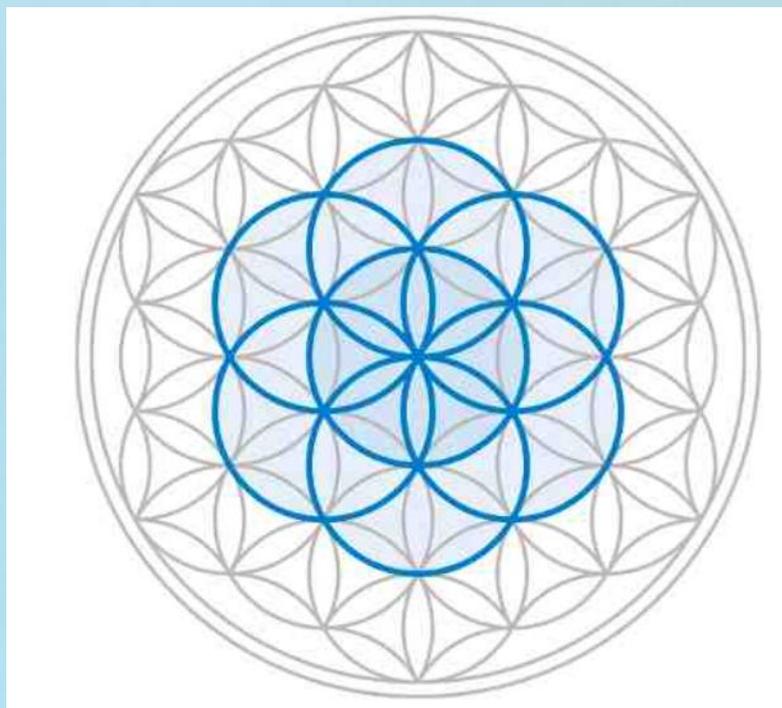




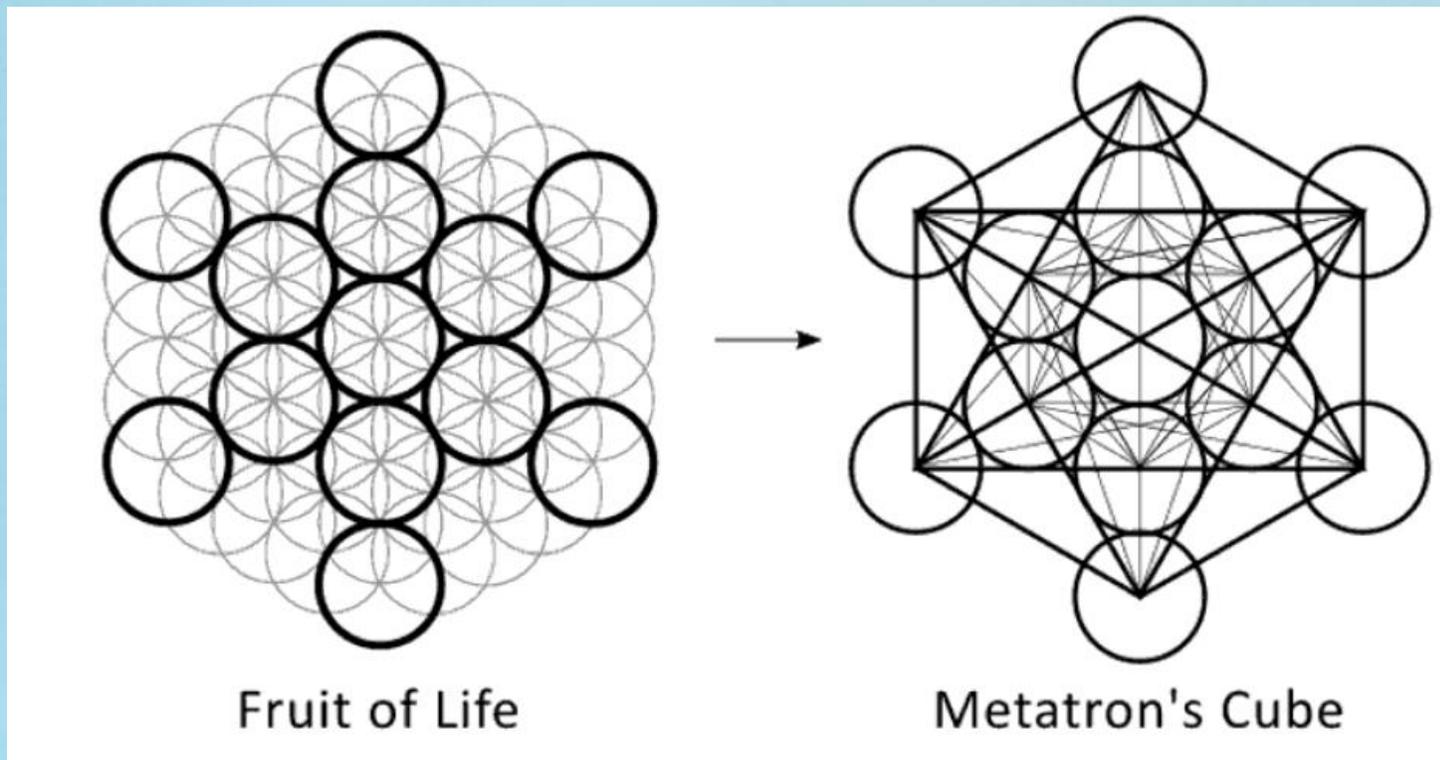
Seed of Life & the 3 Hexagons

The Seed of Life also contains within it 3 hexagons. The hexagon is a sacred shape that represents creation, harmony, balance, divine power, wisdom, and strength. Hexagonal shapes are found throughout nature due to its structural strength and efficiency. Some examples of hexagons found in nature include beehives, snowflakes, the shape of some crystals such as quartz, and the shape of cells in the human body (such as the cells in the walls of the small intestine).

There are 6 sides in a hexagon and the Seed of Life contains 3 hexagons in total. 6 times 3 equals 18 and the sum of 1 and 8 equals 9. All these three numbers 3, 6, and 9 are associated with creation. In fact, the number 9 is associated with the completion of creation. This further emphasizes the power and significance of the hexagon within the Seed of Life symbol.



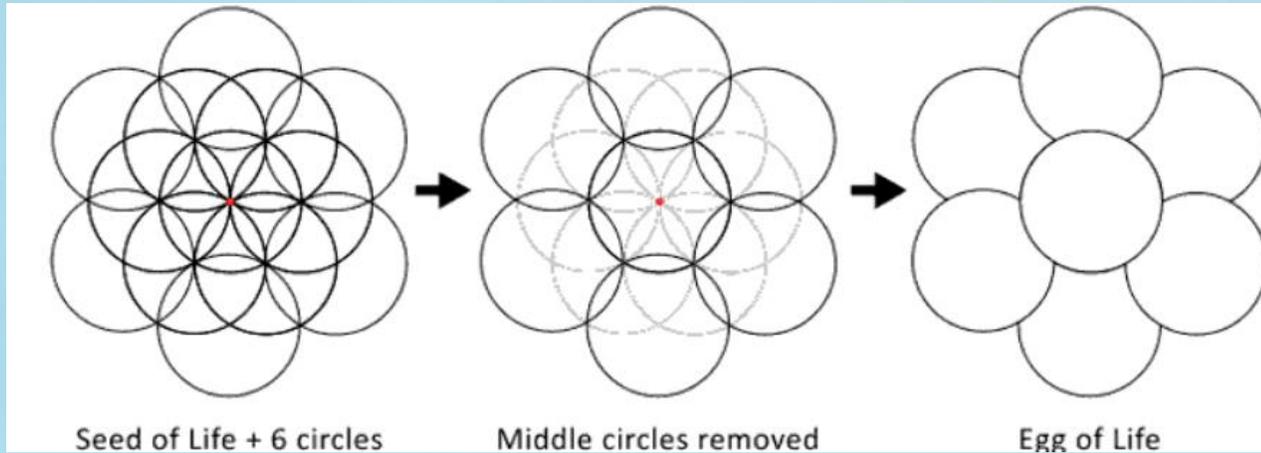
The Seed of Life serves as the foundation for the Flower of Life symbol. As more circles are added to the Seed of Life, the Flower of Life emerges, consisting of numerous interconnected circles that expand outwards. This symbol is often regarded as the blueprint of the universe, embodying the very essence of all that exists.



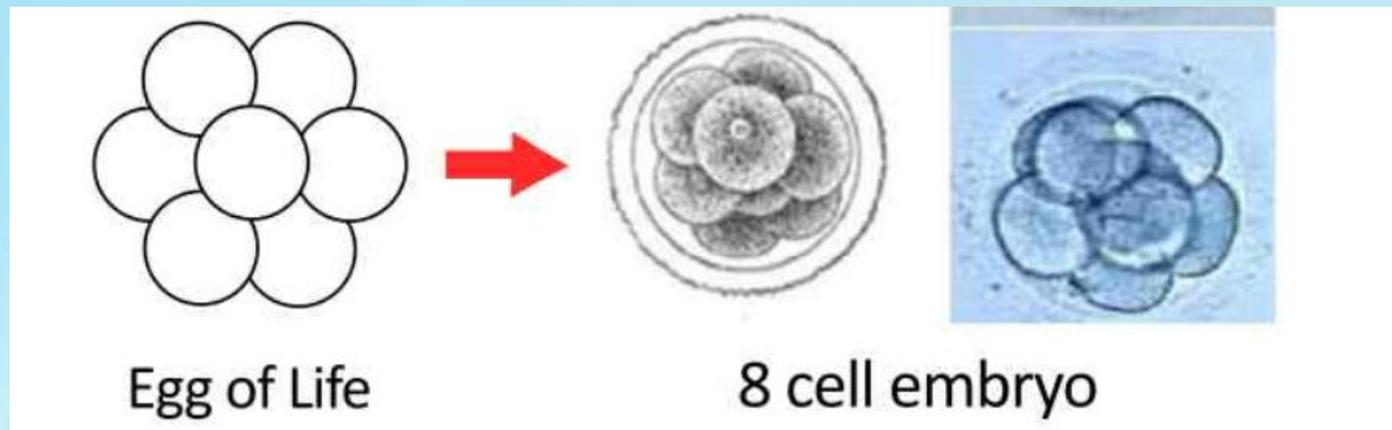
The Flower of Life represents the interconnectedness of all things, harmony, and balance. It also signifies the infinite cycle of creation, continually expanding outward as more circles are added. It should be noted that the Flower of Life houses within it many more symbols related to creation. These include the Fruit of Life, Kabbalistic Tree of Life, and Metatron's Cube. The Metatron's Cube contains within it all 5 platonic solids that are believed to be the building blocks of the Universe.

Seed of Life & Egg of Life

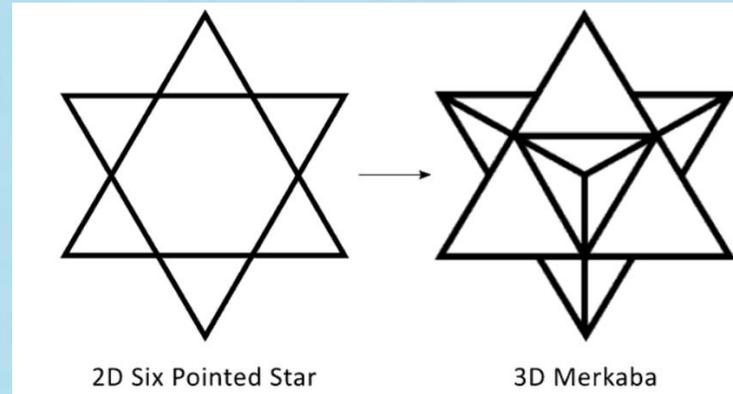
When you add 6 more circles to the Seed of Life, you get the Egg of Life symbol.



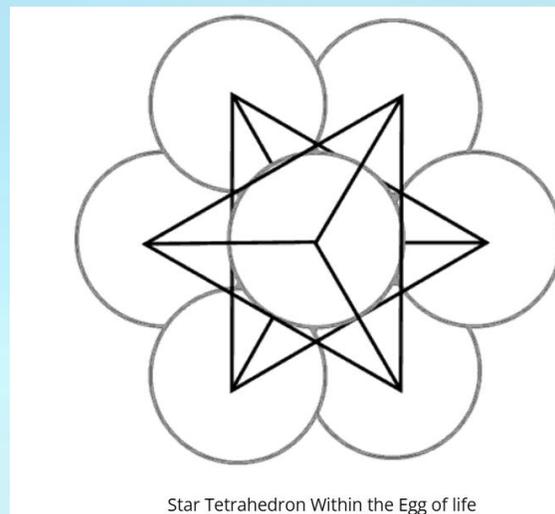
What's intriguing is that the Egg of Life symbol closely resembles the shape of a multi-cellular embryo in its first hours of creation.

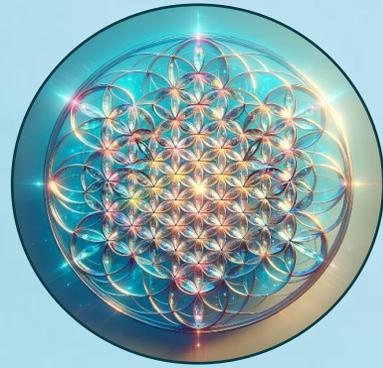


The Egg of Life also contains the Star Tetrahedron also known as Merkaba (which is the 3d version of the 6-pointed star). The Star Tetrahedron is made of two interlocked Tetrahedrons one facing up and another facing down. It represents balance, interconnectedness, and the male-female principle of creation.



Also, a Tetrahedron is the first of the five Platonic Solids. The five Platonic Solids (tetrahedron, cube, octahedron, dodecahedron, and icosahedron) are the most symmetrical three-dimensional shapes possible and are believed to be the building blocks of the universe.





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.

Soul Seed of Life Template



Can be used for:

Any kind of inner work:

- 7-Day transformative treatment of any habit, resistance, or unwanted or desired behavior. Do steps 1-14 on center circle (Spirit) on the first day, then steps 6-15 on each subsequent circle – 1 a day for the next 6 days.
- 21-Day Treatment for situations needing long, sustaining energy (same as 7-day)
- Balance the physical, emotional, Mental and spiritual subtle bodies and the transitional elements between them.
- Clear the chakras and the transitional elements between them.
- Anything else that utilizes concepts of 4 or 7. Be creative.

Clearing, Healing and Balancing the Four Subtle Bodies and the Transitional Elements between them

Write your name, project: Clearing, Healing and Balancing the Four Subtle Bodies and the Transitional Elements between them and the date on the Template in the space provided in the upper right corner.

*Soul Seed of Life Creation
Light Infusion*

3. Mind

4. Courage

5. Commitment

1. Spirit

6. Constancy

7. Clarity

2. Body

Name: Kathy Forest
Project: Clearing, Healing,
Balancing the 4 subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:

Light Frequencies:

Determine your Desired Outcomes and write them using neutral but specific frequency language:
Clear, Heal and Balance the Four Subtle Bodies and the Transitional Elements between them, and
anything else you want to add. Include, "Receive Intuitive Guidance" and "Allow PS DO."

*Soul Seed of Life Creation
Light Infusion*

3. Mind

4. Courage

5. Commitment

1. Spirit

6. Constancy

7. Clarity

2. Body

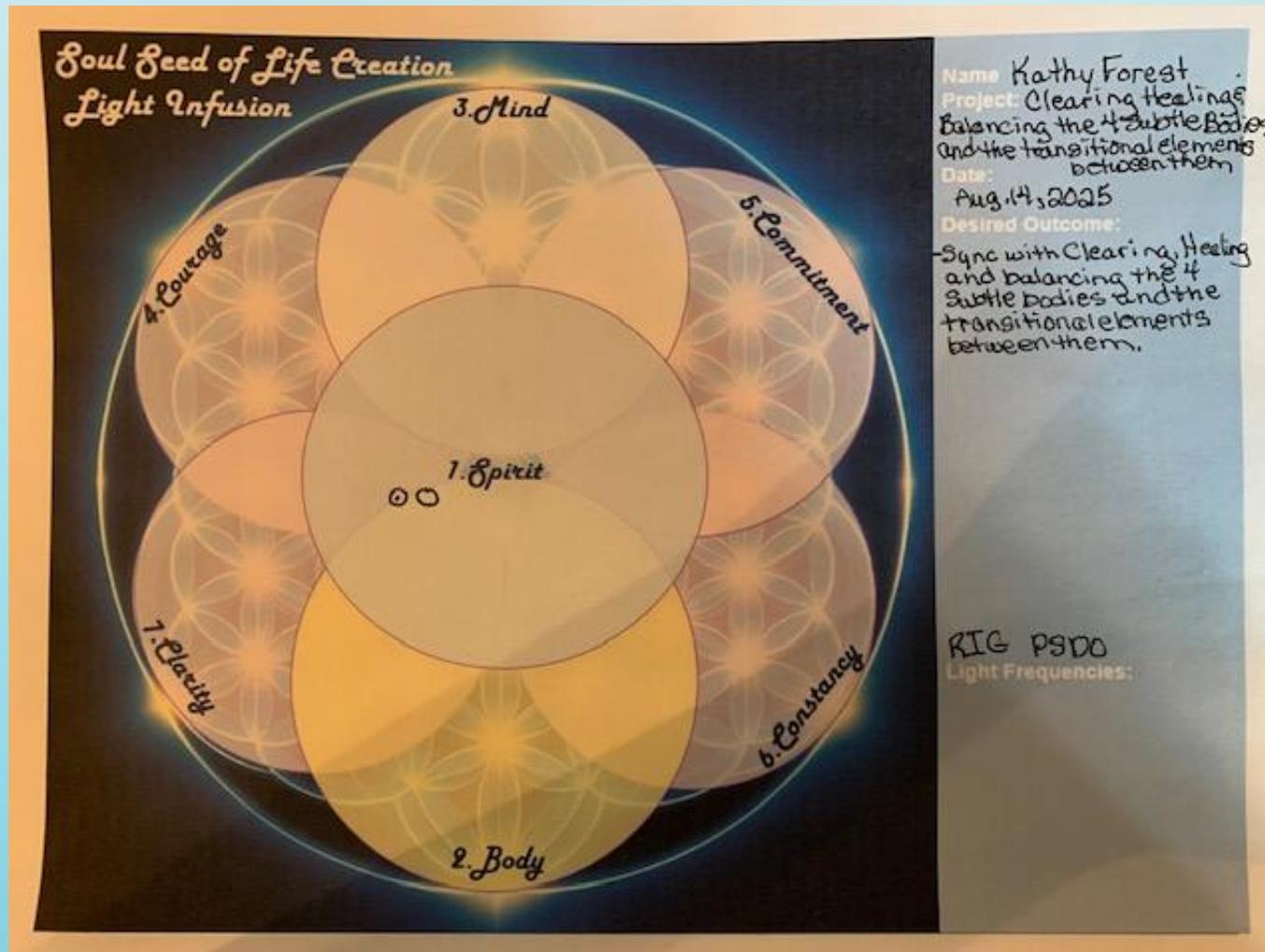
Name: Kathy Forest
Project: Clearing, healing,
Balancing the 4 Subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
- Sync with Clearing, Healing
and balancing the 4
Subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:

You will be working with Circle 2.Body for the Physical body, Circle 3.Mind for the Mental Body, and Circle 1.Spirit for the Spiritual Body. Circles 4, 5, 6, & 7 are one group representing the Emotional body.

Beginning with Circle 1, 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.”***



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.

*Soul Seed of Life Creation
Light Infusion*

3. Mind

5. Commitment

6. Constancy

2. Body

7. Clarity

4. Courage

7. Clarity

1. Spirit
Creation light

Name Kathy Forest
Project: Clearing, healing & Balancing the 4 subtle Bodies and the transitional elements between them
Date: Aug. 14, 2025
Desired Outcome: Sync with Clearing, Healing and balancing the 4 subtle bodies and the transitional elements between them.
RIG PSDO
Light Frequencies:

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

*Soul Seed of Life Creation
Light Infusion*

3. Mind

5. Commitment

6. Constancy

2. Body

7. Clarity

4. Courage

1. Spirit
Creation light

Name Kathy Forest
Project: Clearing, Healing,
Balancing the 4 subtle Bodies
and the transitional elements
between them
Date:
Aug. 14, 2025
Desired Outcome:
- Sync with Clearing, Healing
and balancing the 4
subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

Write DO on the Template on the Spirit circle and state: ***"I synchronize with the actuality of: (state Desired Outcomes) with: (state all frequencies)."***

**Soul Seed of Life Creation
Light Infusion**

3. Mind

4. Courage

5. Commitment

6. Constancy

7. Clarity

2. Body

1. Spirit
○○△○○
5 Creation light

Name Kathy Forest
Project Clearing, Healing,
Balancing the 4 subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
Sync with Clearing, Healing
and balancing the 4
subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

Draw a frequency card for the Spirit Circle.

Soul Seed of Life Creation
Light Infusion

3. Mind

4. Courage

5. Commitment

1. Spirit
o o Δ o o
Creation light
Contribution

7. Clarity

6. Constancy

2. Body

Name Kathy Forest
Project: Clearing Healings
Balancing the 4 subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
Sync with Clearing, Healing
and balancing the 4
subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

Continue with Circles 2 & 3 in the same manner, except don't pull new frequency cards for the whole chart, just in each circle.

Soul Seed of Life Creation
Light Infusion

1. Spirit
○○△○○
Creation light
Contribution

2. Body
○○△○○
Life force
ether

3. Mind
○○△○○
Expansion
Service

4. Courage
○○△○○
Expansion
Service

5. Commitment
○○△○○
Expansion
Service

6. Constancy
○○△○○
Expansion
Service

7. Clarity
○○△○○
Expansion
Service

Name: Kathy Forest
Project: Clearing, Healing,
Balancing the 4 Subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
Sync with Clearing, Healing
and Balancing the 4
Subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

Soul Seed of Life Creation
Light Infusion

1. Spirit
○○△○○
Creation light
Contribution

2. Body
○○△○○
Life force
ether

3. Mind
○○△○○
Expansion
Service

4. Courage
○○△○○
Expansion
Service

5. Commitment
○○△○○
Expansion
Service

6. Constancy
○○△○○
Expansion
Service

7. Clarity
○○△○○
Expansion
Service

Name: Kathy Forest
Project: Clearing, Healing,
Balancing the 4 Subtle Bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
Sync with Clearing, Healing
and Balancing the 4
Subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

Then do Circles 4, 5, 6, & 7 for the Emotional body all at once. Use the same Source Light Symbols, and frequency cards for all 4 of these.

**Soul Seed of Life Creation
Light Infusion**

3. Mind
Expansion Service

4. Courage
Creation Light Rest

5. Commitment
Creation Light Rest

7. Spirit
Creation Light Contribution

7. Clarity
Creation Light Rest

2. Body
Ink for ether Play

6. Constancy
Creation Light Rest

Name: Kathy Forest
Project: Clearing, Healing, Balancing the 4 Subtle Bodies and the transitional elements between them
Date: Aug. 14, 2025
Desired Outcome: Sync with Clearing, Healing and Balancing the 4 Subtle Bodies and the transitional elements between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

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

Soul Seed of Life Creation
Light Infusion

3. Mind
○○△○○★
5 Expansion
Service

5. Commitment
○○△○○★
5 Creation
Rest

1. Spirit
○○△○○★
5 Creation
Contribution

2. Body
○○△○○★
5 Life force
ether
Play

4. Courage
○○△○○★
5 Creation
Light
Rest

6. Constancy
○○△○○★
5 Creation
Rest

Name: Kathy Forest
Project: Clearing, Healing,
Balancing the 4 subtle bodies
and the transitional elements
between them
Date: Aug. 14, 2025
Desired Outcome:
- Sync with Clearing, Healing
and Balancing the 4
subtle bodies and the
transitional elements
between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity

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

Soul Seed of Life Creation
Light Infusion

1. Spirit
Creation Light
Contribution

2. Body
Life force
ether
Play

3. Mind
Expansion
Service

4. Courage
Creation
Light
Rest

5. Commitment
Rest
Light

6. Constancy
Rest
Light

Name: Kathy Forest
Project: Clearing, Healing, Balancing the 4 Subtle Bodies and the transitional elements between them
Date: Aug. 14, 2025
Desired Outcome: Sync with Clearing, Healing and Balancing the 4 Subtle Bodies and the transitional elements between them.

RIG PSDO
Light Frequencies:
Sacredness
Protection
Safety
Strength
Growth
Endurance
Creativity
Synchrony
Receptivity



15. Put Template somewhere you can see it or refer back to it and observe what shifts and changes. . Look at the patterns that have manifested, and journal with what you are seeing.

PRACTICE MEDITATING WITH THE TEMPLATE OR EVEN JUST THE REGULARLY.

Questions...

Tips and Homework

- Before using doing any Light Infusion technique, have a clear intent what you are doing.
- Try some of the other techniques and see how they work for you.
- Be sure to go deeply into the Center of all 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

Gratitude Ground & Close

