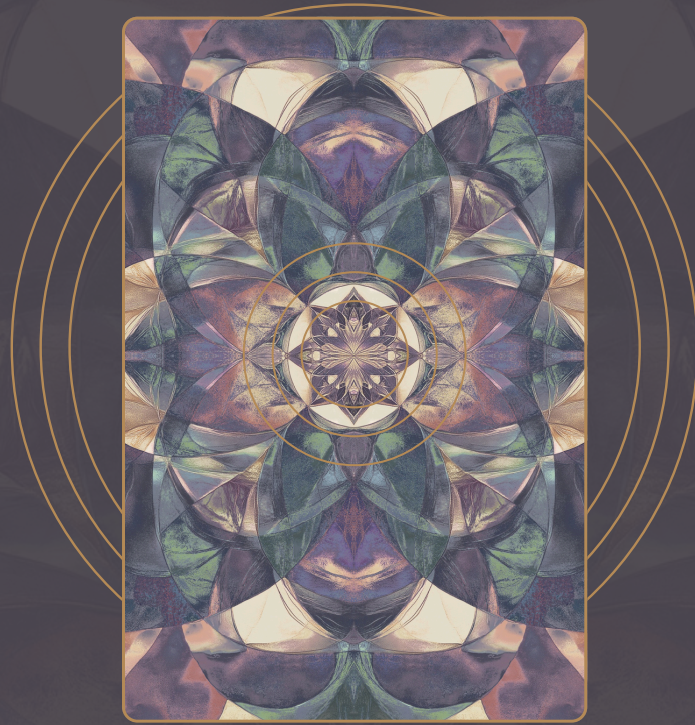




ENERGY ALIGNMENT POCKET DECK

Companion Guide

A deeper journey into the imagery, symbolism, energy,
and invitations held within each card.

BY SARAH-BETH BARRETT

About this Companion Guide

This guide was created as a companion to the symbolic language woven through each card of the *Energy Alignment Pocket Deck*.

Inside, you'll find reflections on the three central symbols within each piece, along with the qualities and energetic threads they carry. You'll also find intuitive guidance, self-inquiry questions, and open-eye practices designed to help you spend more time with the artwork and notice what begins to emerge through your own attention.

The words in these pages offer one way into each card, *but your own response matters just as much.*

You may experience an entirely different meaning than the one described here.

Trust that.

Let this guide give you a place to begin, then follow your own curiosity.

Look closely.

Wander through the imagery.

Feel how your body responds.

Notice what pulls you in.

Notice what repels you.

Let yourself explore and play.

There is no single correct way to experience these cards.

The invitation is to meet them in relationship, with your own inner knowing at the centre.

Sarah-Beth Barrett



Sarah-Beth Barrett is a symbolic collage artist, certified coach, Reiki practitioner, meditation guide, and seasoned space holder with more than two decades spent awakening insight, opening pathways for growth, and helping people move through change with greater clarity and ease.

She is fascinated by the hidden worlds moving beneath the visible one: the medicine woven through nature and the way symbols can slip beyond conscious thought to stir recognition, awaken new possibilities, and illuminate what we already know somewhere deeper.

Her work moves from palm to wall, screen to studio. It lives in handheld cards, digital visuals and guided meditations, as well as online and in-person gatherings. No matter the form, each acts as a looking glass for self-inquiry, inviting reflection while revealing what may be waiting just beyond conscious awareness.

A bright thread runs through everything she creates: an invitation to meet yourself more fully. Through her offerings, Sarah-Beth supports people in meeting change with deeper self-trust, allowing the path ahead to emerge from the wisdom of their own experience.

EXPLORE MORE

Let this be one doorway among many. Explore the wider constellation of Sarah-Beth's offerings at sarahbethbarrett.com.

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The Energy Alignment Collection

Move through the collection at your own pace, following whatever draws you in.

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Strength in Stillness

BEAR • OAK TREE • MOSS AGATE

Root deeply. You are allowed to rest here.

Come back to what holds you. Let your attention drop lower, into your body, your breath, your feet, the ground beneath you.

This card invites you to move from a place of deep support and nourishment, where your energy can gather, your capacity can replenish, and your own unique rhythm becomes easier to feel.

Notice the environments and choices that help you feel rooted, restored, and fully present. Let yourself lean into what steadies you. Let support become something you actively receive.

Build more of your days around the people, places, and practices that help you feel most at home in yourself.

The more often you return to what nourishes your foundation, the more clarity, trust, and inner spaciousness can grow.



SYMBOLISM

Bear

Grounded presence, self-containment, and the instinct to honour cycles of movement, rest, and renewal.

Oak Tree

Deep roots, discerning boundaries, and ancient knowing of what it needs to thrive

Moss Agate

Restoration, nourishment and the return of energy to the places that need it most.

SELF-INQUIRY

- 1 What helps me feel most at home in myself?
- 2 Where in my life am I ready to receive more support?
- 3 What small detail in my life wants to be more fully enjoyed?

GUIDED OPEN-EYE PRACTICE

Allow your gaze to soften as you take in the image. Take a deep breath in and let it go with a big sigh.

Let your eyes wander slowly through the textures, shadows, and layers that draw your attention naturally.

Notice where your body responds.

Bring awareness to your breath moving lower into your belly and hips.

Feel the support beneath you. Feel the steadiness within you.

Remain here for several slow breaths, allowing your nervous system to settle into grounded presence.

Held in Compassion

SWAN • LOTUS • RHODONITE

Soften toward yourself. Your heart is asking for more space to feel, mend, and open.

There is a tenderness here that wants your attention. Held in Compassion invites you to make room for what you are feeling, and to notice the quality of your inner response when emotions rise.

Stay close to yourself. Let what is present have space. Meet it with patience, honesty, and care.

Compassion creates a different kind of movement. What has felt tightly held can begin to breathe. Understanding can deepen. The heart can remain open while you move through what is real.

The way you meet yourself matters.

Each moment of care becomes part of the relationship you are building with your own heart.



SYMBOLISM

Swan

Grace, self-acceptance, and the allowance to move through feeling with honesty, softness and presence.

Lotus

Renewal, inner wholeness, and the beauty that continues unfolding through depth and transformation.

Rhodonite

Compassion, forgiveness, emotional healing, and steady care for the tender places within.

SELF-INQUIRY

- 1 Where am I being invited to meet myself more gently?
- 2 What feeling needs space to be acknowledged right now?
- 3 What would feel like care in this moment?

GUIDED OPEN-EYE PRACTICE

Let your gaze soften as you take in the image.

Follow the curves of the swan, the movement of the water, and the reflections that naturally draw your attention.

As you look, bring awareness to your chest, throat, belly, and breath. Notice what you feel in your body and where you feel it. Warmth, tightness, heaviness, openness, tingling, stillness, movement, or something harder to name. Allow whatever is present to be noticed without needing to change, explain, or resolve it.

Stay with the image for a few more breaths and gently ask yourself: What within me wants to be met with care right now?

Let Held in Compassion become a place to return when you want to listen more closely to your emotional world and meet what is there with tenderness.

Untamed Spirit

HORSE • BIRD OF PARADISE • AQUAMARINE

Let yourself expand. Your energy is ready for more room to move.

Something in you wants more room. Untamed Spirit invites you to notice where your energy naturally rises, where your body feels more awake, and where expression begins to move without effort.

Follow the places that create momentum within you. Let desire, curiosity, instinct, and creative fire become information.

You are allowed to grow beyond the shape you have known yourself in. This card calls you toward fuller expression, greater visibility, and the freedom to meet life with more of yourself present.

Let your energy stretch outward and take form. Let it lead you toward what feels expansive, life-giving and aligned to your truth.



SYMBOLISM

Horse

Freedom, vitality, instinct, momentum, and the embodied confidence to move in the direction that feels alive.

Bird of Paradise

Individuality, boldness, visibility, creative expression, and the willingness to occupy space as your full self.

Aquamarine

Clarity, fluid expression, courage, and communication that moves from inner truth into outward expression.

SELF-INQUIRY

- 1 Where in my life am I craving more room to move or express myself?
- 2 What consistently brings more energy, warmth, or aliveness into my body?
- 3 What part of me is ready to become more visible?

GUIDED OPEN-EYE PRACTICE

Let your gaze land on the horse. Take in its posture, direction, strength, and the sense of openness surrounding it, then notice the brighter elements of the image and where the composition feels most expansive or activating.

Bring that same attention into your body. Where do you feel warmth, movement, or a natural impulse to lift, open, or lengthen?

Take a slow inhale and imagine drawing that sense of vitality inward. Pause briefly at the top of the breath, then exhale and imagine the energy moving outward through your chest, arms, voice, and presence.

Stay with the image for a few more breaths and notice what feels ready to move, create, speak, or take up more space. Let Untamed Spirit reconnect you with the part of yourself that already knows where it wants to go.

Tender Devotion

LADYBUG • JASMINE • GARNET

Stay open. Your heart is ready for more connection, beauty, and delight.

Something within you is ready to feel more open to life again. Notice what draws your heart forward, including the people you want to be around, the places you linger without checking the time, the songs that make your whole mood shift, the colours you suddenly want to surround yourself with, and the moments that leave you feeling lighter, softer, and more awake inside yourself.

You may find yourself craving deeper connection, more beauty in your surroundings, more creativity, more playfulness, and more experiences that allow you to fully enjoy where you are instead of constantly thinking about what comes next.

Tender Devotion reminds you that your heart opens through attention. The more often you let yourself stay close to what feels warm, beautiful, nourishing, and alive, the more connected you begin to feel to yourself, your relationships, and your life as a whole.



SYMBOLISM

Ladybug

Openness, delight, tenderness, and the small blessings that become easier to notice when attention slows down.

Jasmine

Sweetness, intimacy, emotional openness, and the softening that arrives through beauty and closeness.

Garnet

Grounded connection, vitality, warmth, devotion, and the ember of heart-led presence beneath the surface.

SELF-INQUIRY

- 1 Where is beauty already reaching for my attention?
- 2 What kind of connection feels nourishing for me right now?
- 3 What small detail in my life wants to be more fully enjoyed?

GUIDED OPEN-EYE PRACTICE

When you notice yourself moving too quickly or becoming disconnected from the present moment, let your gaze rest softly on the image for a few moments.

Notice one beautiful detail you had not fully taken in before. The curve of a petal. A shift in colour. A shape hidden within the image. The warmth held inside the scene.

Allow yourself to stay with that detail long enough for your breathing to soften slightly and your attention to return to the present moment.

Over time, let this become a small practice of staying open to beauty, connection, and the parts of life that are asking to be more fully noticed and enjoyed.

Trust in the Dark

JELLYFISH • DAHLIA • OBSIDIAN

Listen closely. Your inner knowing is already guiding the way forward.

Something within you is becoming more attuned to the subtle signals moving through your life. An idea that keeps returning. A choice that creates expansion in your body. A conversation that leaves you feeling clearer. A pull toward something you cannot fully explain yet.

Trust in the Dark invites you to build a closer relationship with these signals. Like the jellyfish moving through unseen currents, you can allow sensitivity to become a form of navigation, responding to what you feel while staying rooted within yourself.

As you give your inner world more attention, discernment strengthens and the next step becomes easier to recognize. The path can reveal itself gradually. Presence allows you to meet each piece as it arrives.



SYMBOLISM

Jellyfish

Sensitivity, intuition, responsiveness, and the ability to move in relationship with subtle currents and unseen forces.

Dahlia

Self-trust, inner strength, emotional wisdom, and the rooted confidence to remain connected to yourself through uncertainty.

Obsidian

Discernment, grounding, depth, and the clarity that emerges when emotional noise settles.

SELF-INQUIRY

- 1 What have I been sensing before I can explain it?
- 2 Where does my body naturally soften, expand, or feel more settled?
- 3 What becomes possible when I trust the next step without needing the entire path?

GUIDED OPEN-EYE PRACTICE

Let your gaze settle on the jellyfish and notice how it moves through the darkness. Follow its shape, its translucence, the glow surrounding it, and the space opening around its body.

Then widen your gaze to take in the deeper tones of the image. Notice where light appears within shadow and where your attention naturally wants to linger. As you look, bring awareness to your chest and belly.

Notice any subtle shift: a softening, a sense of expansion, a feeling of clarity, a flicker of recognition. Stay with that sensation for a few breaths. Let the image become a practice of listening before analyzing, allowing your body and attention to show you what feels open, aligned, and alive.

Return whenever you want to reconnect with your capacity to sense, discern, and trust what is already moving within you.

Held in Flow

DOLPHIN • FREESIA • BLUE LACE AGATE

Flow freely. Your body already knows its own rhythm and pace.

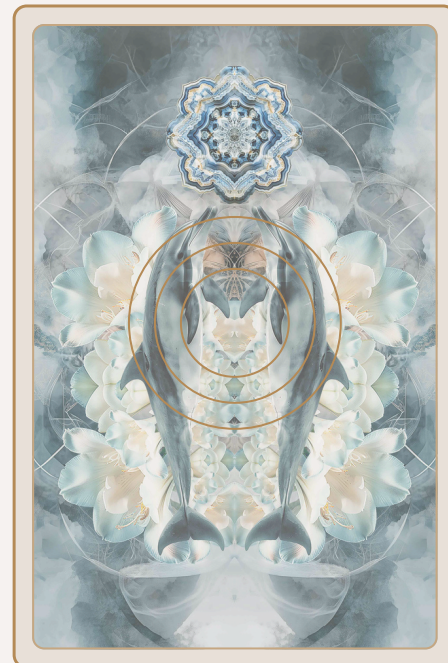
You are being invited to trust the rhythm of your own becoming.

Held in Flow speaks to the wisdom of tides, the natural rise and fall of energy, creativity, clarity, and momentum. Some seasons carry you forward with force and speed. Others bring spaciousness, integration, and time for the next wave to gather.

Your pace belongs to you. Your timing has its own intelligence.

Let yourself ebb. Let yourself surge. Let yourself rest between waves.

As you trust the cycles moving through you, you become more attuned to when to act, when to pause, when to speak, and when to let yourself be carried by the current.



SYMBOLISM

Dolphin

Play, connection, communication, responsiveness, and the ability to move fluidly within changing currents.

Freesia

Freshness, openness, ease, and the lightness that comes from allowing movement rather than controlling it.

Blue Lace Agate

Clarity, calm expression, spacious communication, and the confidence to let your truth move freely.

SELF-INQUIRY

- 1 What is asking me to soften my grip?
- 2 What would I do if I fully trusted the wave I'm on?
- 3 Where is life asking me to make room rather than make something happen?

GUIDED OPEN-EYE PRACTICE

Allow your gaze to soften as you take in the movement, colour, and flow within the image.

As you continue looking, imagine your breath moving like the ocean itself. With each inhale, allow the body to gently expand. With each exhale, imagine tension, urgency, and over-efforting washing softly out of you like a wave ebbing from the shore. Notice where the image leaves you feeling more spacious, supported, and open within yourself.

Ask yourself: What would it feel like to move with the current already carrying me forward?

Let the image remind you that life moves in rhythms, tides, pauses, and waves. Some forms of clarity arrive through trust, openness, and allowing yourself to move with what is already unfolding.

Rooted Radiance

LIONESS • DRAGONFRUIT • JASPER

Lead from the light within you.

This is an invitation to inhabit your own authority more fully. Trust what you know, honour what you value, and allow your presence to carry more of who you are into the spaces you enter. There is a kind of leadership that comes from being deeply anchored within yourself, where your warmth, clarity, conviction, and creative life force can move outward naturally.

Your presence has an impact. The way you inhabit yourself gives others permission to meet more of themselves too.

Rooted Radiance invites you to lead through who you are becoming, allowing your inner light to become visible through the choices you make, the standards you hold, the work you create, and the way you move through the world. There is power in being fully here, fully expressed, and willing to let yourself be felt.



SYMBOLISM

Lioness

Embodied confidence, courage, sovereignty, instinct, and the self-assurance to occupy your space fully.

Dragonfruit

Vitality, individuality, bold expression, abundance, and the vivid life force that emerges from within.

Jasper

Grounding, endurance, stability, and the strength that grows through deep connection with your foundation.

SELF-INQUIRY

- 1 What part of me is ready to become more visible?
- 2 Where am I being invited to lead from within?
- 3 What am I no longer willing to dilute?

GUIDED OPEN-EYE PRACTICE

Let your gaze settle on the lioness and notice the way she occupies the landscape. Take in her stance, her eyes, the ground beneath her, and the vivid colour moving throughout the image.

As you look, bring awareness to your own feet, legs, spine, and chest. Notice what you feel and where you feel it. Imagine your attention moving downward through your body toward the ground, then outward through your chest and the space around you.

Stay with the image for a few breaths and ask yourself: What would it feel like to be fully here and fully expressed at the same time?

Let Rooted Radiance remind you that groundedness and visibility can belong to the same movement.

Gentle Grace

DEER • MAGNOLIA TREE • AVENTURINE

Move with intention. Receive what meets you.

Let yourself receive what is already reaching toward you. This card invites you into a more receptive way of moving through life, where support, beauty, affection, insight, and possibility are given enough space to truly land.

Receiving asks for presence. It asks you to notice what is being offered before reaching for what comes next, and to remain open long enough for the experience to touch you.

There is a sacred exchange in allowing yourself to be met. You can welcome what nourishes you while staying deeply connected to your own centre. You can move with intention while leaving room for life to surprise you.

Let each step arise from this place of grounded openness, where you are both choosing your path and allowing yourself to be supported along the way.



SYMBOLISM

Deer

Receptive presence, intuitive pacing, and graceful movement.

Magnolia Tree

Feminine devotion, quiet poise, and unhurried unfolding.

Aventurine

Welcoming abundance, heart-led growth, and trust in what arrives.

SELF-INQUIRY

- 1 What am I discovering about the way I allow myself to be supported?
- 2 How can I remain connected to myself while opening to another?
- 3 What am I ready to accept without earning, proving, or repaying?

GUIDED OPEN-EYE PRACTICE

Place both feet on the ground and let your gaze rest on the image.

Notice where your eyes land first. Stay with that detail for one full breath, allowing yourself to take in its colour, shape, texture, and feeling.

Let your gaze move only when it naturally wants to, receiving the artwork one detail at a time.

As you look, notice what it feels like to remain open without reaching for anything. Let the image come toward you. Stay for a few breaths and ask yourself: What is here for me to receive?

Carry one detail from the image with you as a reminder to notice what is already offering beauty, support, and possibility.

Wings of Wonder

BUTTERFLY • ORCHID • MOONSTONE

Follow what is unfolding. There is more becoming available to you.

Stay curious about what is beginning to shift, emerge, or call you forward, even if you don't fully understand where it is leading.

Let yourself follow the spark. Notice what fascinates you, what keeps returning to your awareness, and what feels newly possible when you give yourself permission to imagine beyond what you already know.

Transformation can begin subtly, through a change in perspective, a new desire, an unexpected idea, or a subtle sense that you are ready for more.

You do not need to define the destination yet.

Let wonder widen the path. Trust what is unfolding, and allow yourself to discover who you are becoming as you move.



SYMBOLISM

Butterfly

Transformation, possibility, freedom, and the unfolding of new ways of being.

Orchid

Creativity, individuality, beauty, and the confidence to bloom in your own timing and form.

Moonstone

Intuition, receptivity, inner cycles, and attunement to the subtle shifts guiding change from within.

SELF-INQUIRY

- 1 Where is beauty already reaching for my attention?
- 2 What kind of connection feels nourishing for me right now?
- 3 What small detail in my life wants to be more fully enjoyed?

GUIDED OPEN-EYE PRACTICE

Let your gaze soften and take in the image as a whole.

Notice what feels in motion, what feels still, and where your attention wants to rest.

As you breathe, sense into any subtle shifts within you. A feeling, a thought, a new perspective, or simply a sense that something is changing.

Stay with the image without needing to name what is unfolding.

Let Wings of Wonder remind you that transformation can arrive gently, in its own timing, and that curiosity is enough to meet what comes next.

Joy in Flight

HUMMINGBIRD • DAFFODIL • CITRINE

Follow what lights you up. Let joy show you where to go.

Joy is an energy source. Follow what delights you.

Joy in Flight invites you to give yourself permission to be light, playful, wildly radiant, and fully engaged with what makes you feel most like yourself.

Notice what expands your energy and awakens your enthusiasm. Let yourself receive from it. The more you make room for delight, the more vitality becomes available for everything you are here to create, offer, and experience.

Your joy carries momentum.

Let it nourish you, animate you, and guide you toward more of what makes life feel vivid and vibrant.



SYMBOLISM

Hummingbird

Joy, agility, focused presence, and the instinct to move toward what nourishes and delights.

Daffodil

Renewal, optimism, fresh momentum, and the willingness to open toward what feels life-giving.

Citrine

Warmth, confidence, creative vitality, and the bright energy that helps possibility feel closer.

SELF-INQUIRY

- 1 Where am I craving more play?
- 2 What would I move toward if joy were enough of a reason?
- 3 What would it look like to let delight guide the next step?

GUIDED OPEN-EYE PRACTICE

Let your eyes play.

Find the brightest detail in the image. Then the most unexpected. Then the one that makes you want to look twice.

Let your gaze dart, hover, wander, and choose again. Notice which colours, shapes, or tiny details give you even the smallest flicker of delight.

Follow that feeling for a few breaths.

Then ask yourself: What else feels this good to move toward?

Let Joy in Flight remind you that delight is worth following.

Inner Awakening

SNOWSHOE HARE • CLOVER • LABRADORITE

Something is stirring. Notice what is coming into view.

You are standing at a threshold of awareness. Something that once lived at the edges of your perception may be coming into clearer view. You might sense it as heightened curiosity, a subtle inner pull, a new way of seeing something familiar, or simply the feeling that you are noticing more than you were before.

Inner Awakening invites you to become exquisitely attentive. Let yourself notice what keeps catching your awareness and what is beginning to shift beneath the surface. You are gathering information through more than thought alone.

Stay curious about what you are sensing. Awakening often begins here, in the moment you become present enough to recognize that something has already changed.

Light background: Turn your attention outward, toward patterns, signs, synchronicities, and what is becoming more noticeable around you.

Dark background: Turn your attention inward, toward sensations, instincts, subtle shifts, and what is stirring beneath the surface.



outer awareness



inner awareness

SYMBOLISM

Snowshoe hare

Heightened awareness, sensitivity, instinct, responsiveness, and an attunement to subtle movement and change.

Clover

Emerging possibility, subtle growth, grounded hope, and the small beginnings that can eventually become something much larger.

Labradorite

Intuition, expanded perception, insight, and the revealing of new layers that were previously hidden from view.

SELF-INQUIRY

- 1 What is asking me to look closer?
- 2 What keeps appearing in unexpected ways?
- 3 What shifts when I slow down and look again?

GUIDED OPEN-EYE PRACTICE

Let your eyes settle on the image, then become curious about what you notice first.

Stay there for a moment before allowing your gaze to move. Look for a detail you missed at first glance, then another.

Notice what changes as your attention becomes more deliberate. What comes forward? What recedes? What suddenly feels important? Bring that same quality of awareness into your body and notice what you are sensing there, without needing to interpret it.

Let Inner Awakening become a practice of looking again. Sometimes what is emerging has been there all along, waiting for your attention to meet it.

Let the deck meet you in ordinary life.

These are simple ways to explore the imagery, play with meaning, and trust your own interpretation.

1 Choose intuitively

Spread the cards out. Notice which image keeps calling before you read the guide.

2 Begin your day

Place one card beside your coffee, bathroom mirror, or desk as today's visual anchor.

3 Ask a question

Bring a feeling or decision. Pull a card, write your first impression, then read its page.

4 Take a visual pause

Rest your gaze for one minute. Follow a colour, curve, symbol, or hidden detail.

5 Carry one with you

Slip a card into your pocket, bag, or wallet for a meeting, trip, or threshold.

6 Stay with one card

Keep it visible for a week or season and notice how its meaning shifts as you do.

7 Journal from a symbol

Start with the animal, flower, crystal, colour, or texture that feels most alive.

8 Make a tiny ritual

Pull a card after meditation, before sleep, outdoors, or whenever you want to return.

Let the cards be simple. Begin with curiosity. Trust what you notice.

A FINAL INVITATION



Let the relationship keep changing.

A card may mean one thing today and reveal something entirely different months from now.

Keep returning. Keep noticing.

Let the imagery meet the version of you who is here now.

The practice lives in the return.