

**RELEASE, ATTRACT,
CONNECT AND EVOLVE**

SACRED ENERGY ART SYMBOLS

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**20
25**



Sacred Symbols of Transformation

Each Symbol Holds a Message.
Which One is Calling You?

Hi, I'm Mary Ann Benoit, and through my Aligned Design philosophy I create energy art that's infused with intention, sacred meaning, and spiritual wisdom. I created these representations of sacred symbols which I layer in my art as energetic tools to help you release, attract, connect, and evolve—aligning your space and your life with who you truly are. My art is the foundation for my Aligned Design system.

This guide shows the meaning of each symbol, with a powerful affirmation. Choose the ones that resonate most with your journey. Meditate on them, select them as individual pieces of art for your home, your wardrobe, or as powerful subliminal layers for your custom energy art.



**What do you want
to invite into your
life?**

Release: Let go of what's no longer serving you.

Attract: Invite and manifest love, wealth, health, or peace.

Connect: Deepen your connection with self, others, nature or the universe.

Evolve: Embrace your growth, transformation, awakening and alignment.



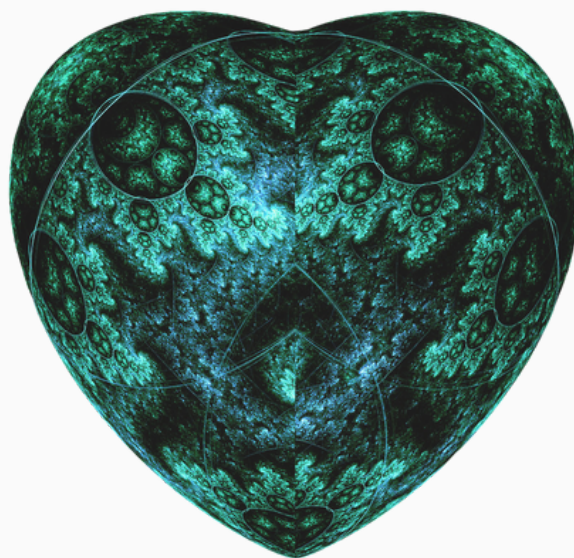


"I walk the path of my truth with courage, clarity, and heart"

Fractal Heart

My Signature

- **Meaning:** The Fractal Heart is my personal signature, infused into every piece of energy art I create. It's a sacred reminder to live in alignment with who you truly are. Inspired by the teachings of Carlos Castaneda to "stay on your path with heart," it represents integrity, soul alignment, and the courage to follow your truth. As a fractal, it reflects infinite potential, growth, and the unfolding of your authentic self.
- **Supports:** Alignment, truth, authenticity, heart-centered living.
- **Aligned With:** All—Release, Attract, Connect, Evolve.



Stay on Your Path with Heart

Look closely — there's a heart in every piece I create. Sometimes it's bold and clear, other times it's quietly woven into the layers. Can you find it?

The Rose

Meaning: The rose is a timeless symbol of divine love, spiritual awakening, and the sacred feminine, and each color adds a unique energetic quality. It reflects the unfolding of the soul and the transformative power of emotional healing.

Supports: I use the rose in my energy art to support heart-centered growth, inner clarity, and the blossoming of your true self.

Aligned With: All — Release, Attract, Connect, Evolve.



Gratitude

“I open my heart to divine love and let my truth unfold with grace”



Joy



Passion



Compassion



Wisdom



Mystery



Purity

Lotus – Awakening Through the Mud

Meaning: The lotus rises from murky waters to bloom in radiant beauty, symbolizing the journey of the soul through darkness into light. It reminds us that even through struggle or uncertainty, something sacred is unfolding. The lotus is a powerful symbol of purity, self-realization, and transcendence.

Supports: Spiritual growth, rebirth, inner peace, enlightenment.

Aligned With: Evolve, Connect.



“I transform my struggles into strength and light”



Poppy– The Dreamer's Flower

Meaning: The poppy is a symbol of gentle transformation, surrender, and the beauty that comes from rest and reflection. Often associated with remembrance and the dream world, it helps you soften, heal, and receive spiritual insight through rest and renewal. It supports the subconscious in processing change.

Supports: Emotional healing, dreamwork, peace, spiritual connection.

Aligned With: Release, Connect.

"I soften into stillness and receive the wisdom within"

Sunflower – Radiance, Joy, and Alignment

Meaning: The sunflower turns its face to the sun, reminding us to align with what brings us light. It's a symbol of optimism, loyalty, and staying centered in truth. The sunflower reflects the soul's ability to stand tall, shine brightly, and stay rooted while reaching upward.

Supports: Confidence, spiritual growth, clarity, purpose.

Aligned With: Attract, Evolve.



“I turn toward what lights me up and grow with confidence”



Orchid – Grace, Mystery, and Self-Discovery

Meaning: The orchid symbolizes the sacred unfolding of self. With its intricate structure and rare beauty, it reminds us that our most powerful transformations often happen quietly, through patience and inner work. A symbol of mystery and grace, it supports spiritual refinement.

Supports: Personal growth, refinement, inner strength, elegance.

Aligned With: Evolve, Connect.

“I honor my sacred unfolding with grace and strength”



Moonflower – Intuition & Trust

Meaning: Blooming under the moonlight, the moonflower is a symbol of opening to the unknown. It teaches us to trust our path even when we cannot see it fully. It honors the power of intuition, dreams, and the quiet strength of the divine feminine.

Supports: Intuition, mystery, surrender, inner knowing.

Aligned With: Connect, Release.

"Even in darkness, I open, I trust, I bloom"

Lily – Purity, Renewal, and Divine Feminine

Meaning: The white lily is a sacred symbol of purity and new beginnings. Often associated with the divine feminine and angelic realms, it represents a return to inner truth and a release of what no longer serves. Its soft strength offers cleansing and renewal.

Supports: Spiritual rebirth, grace, forgiveness, compassion.

Aligned With: Release, Connect.



"I release with grace and rise in pure light"



Cherry Blossom – Beauty in Impermanence

Meaning: The cherry blossom is a sacred reminder of life's fleeting beauty. It encourages you to stay present, appreciate the now, and embrace the cycles of change. Deeply rooted in Japanese tradition, it reflects the transient nature of life and the power of starting fresh.

Supports: Presence, mindfulness, new beginnings, appreciation.

Aligned With: Evolve, Release.

"I honor each moment and bloom fully in the now"

Tree of Life – Rooted Wisdom & Connection

Meaning: The Tree of Life represents the sacred connection between heaven and earth, self and source, body and spirit. With deep roots and far-reaching branches, it reminds us that growth is a journey that requires grounding and trust. A symbol of eternal life, wisdom, and the interconnectedness of all things.

Supports: Integration, rootedness, balance, expansion.

Aligned With: Connect, Evolve.



"I am grounded in truth and growing in wisdom"



Seed of Life – Creation & Potential

Meaning: The Seed of Life is a powerful symbol in sacred geometry representing the beginning of all creation. It holds the blueprint of existence and reflects the energy of infinite potential, unity, and divine intention. It reminds us that within every small beginning lies the capacity for something miraculous.

Supports: New beginnings, sacred intention, foundational energy, manifestation.

Aligned With: Attract, Evolve.

"I trust the seed within me to grow into something extraordinary"

Flower of Life – Unity & Sacred Connection

Meaning: The Flower of Life is a sacred geometric symbol representing the interconnectedness of all things. Found in spiritual traditions around the world, it embodies the cycle of creation and divine order. It reminds us of the unity that underlies all of life and the beauty in all that is connected.

Supports: Alignment, connection, universal wisdom, oneness.

Aligned With: Connect, Evolve.



"I am one with all life, connected, aligned, and whole"



Merkaba – Ascension & Transformation

Meaning: The Merkaba is a powerful sacred geometry symbol composed of two interlocking tetrahedrons spinning in opposite directions. It represents the union of spirit and body, light and shadow, masculine and feminine. Used as a vehicle of ascension and transformation, the Merkaba holds the frequency of divine light, sacred protection, and higher consciousness.

Supports: Spiritual ascension, energetic protection, multidimensional awareness, balance,

Aligned With: Connect, Evolve.

"I move through life protected, balanced, and guided by divine light"

Metatron's Cube – The Divine Blueprint

Meaning: Metatron's Cube contains all the building blocks of creation and is a master key to understanding the universe through sacred geometry. It represents balance, harmony, and the divine blueprint of life. Often used in meditation and energy healing, this symbol supports multidimensional awareness and alignment with higher consciousness.

Supports: Alignment, balance, sacred geometry activation, spiritual connection.

Aligned With: Connect, Evolve.



"I follow the divine blueprint and trust in what's possible beyond the visible"



Celtic Knot – Eternal Connection

Meaning: The Celtic Knot represents the interwoven nature of life, spirit, and eternity. With no beginning or end, it symbolizes the infinite cycles of life, love, and the soul's journey. It reminds us that all things are connected and that energy never truly ends—only transforms.

Supports: Connection to ancestry and ancient wisdom, spiritual continuity and unity, relationship healing, soul remembrance.

Aligned With: Connect, Evolve.

**“I honor the sacred threads that connect all life
across time and space”**

Torus Field – Flow & Expansion

Meaning:

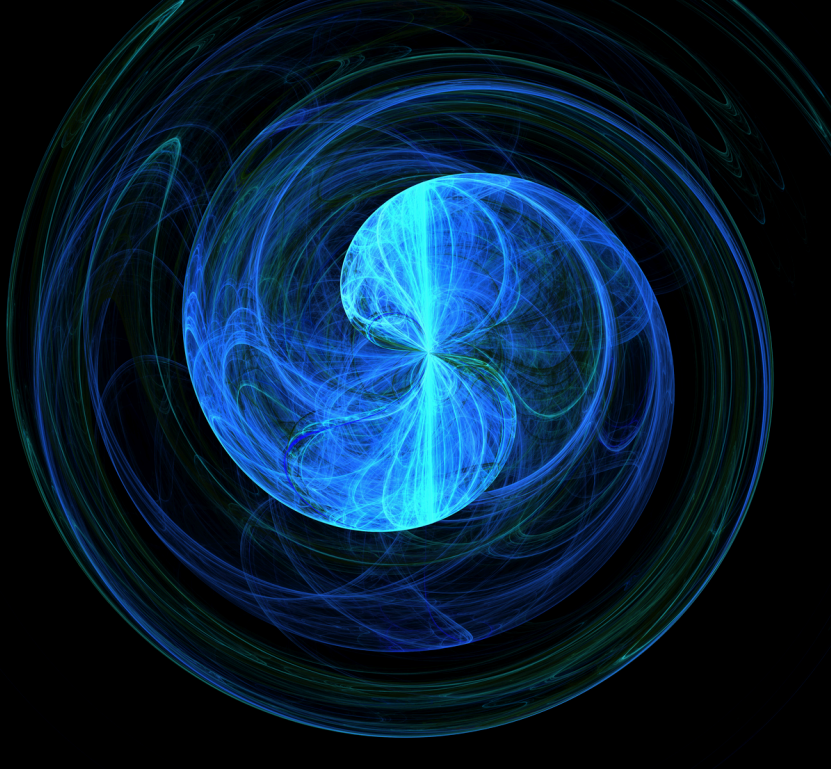
The Torus Field is a dynamic energy pattern that flows in a continuous loop through the body and the universe. It symbolizes the infinite flow of energy, balance, and the interconnectedness of all things. It reflects the natural rhythm of giving and receiving, expansion and return.

Supports: Connection to ancestry and ancient wisdom, spiritual continuity and unity, relationship healing, soul remembrance.

Aligned With: Evolve, Connect.



**“I flow with the energy of life—giving, receiving, expanding,
and returning to my center”**



Yin/Yang

Meaning: The Yin/Yang symbolizes the sacred dance of opposites—light and dark, feminine and masculine, inner and outer. It reminds us that harmony is found not in perfection, but in balance. Use this symbol to support releasing resistance and reconnecting with your true, whole self. A powerful ally for embracing duality, restoring harmony, and deepening connection within and around you.

Supports: Balance, harmony, integration of opposites, emotional regulation, peaceful relationships, inner clarity.

Aligned With: Release, Connect.

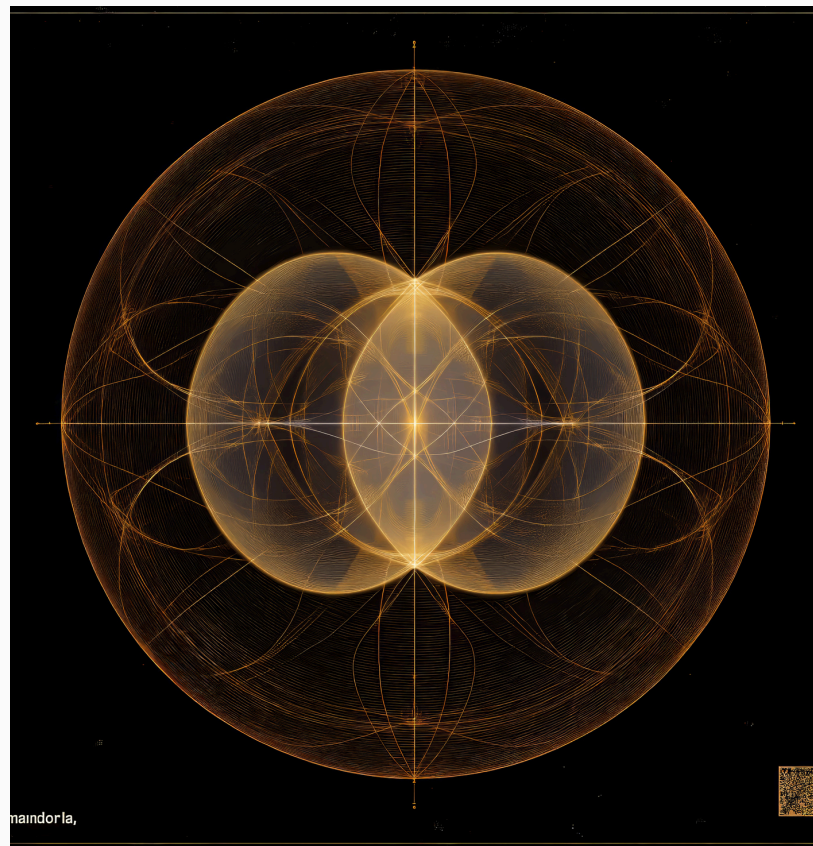
**“I am the dance of stillness and movement, of surrender and power.
I am whole”**

Vesica Piscis

Meaning: The Vesica Piscis symbolizes sacred union and creation through balance. Like Yin/Yang, it honors the harmony of opposites—but reveals the sacred space where they merge to birth something new. A portal to wholeness, it supports spiritual connection and the awakening of your creative center.

Supports: Unity, sacred union, higher awareness, creation through balance, spiritual integration.

Aligned With: Release, Connect.



**"I am the sacred space where heaven meets earth, where
soul meets self"**

Create Your Own Sacred Energy Art

You are unique—and your energy art should be too. Choose any of the sacred symbols in this catalog as a stand-alone piece, or combine up to three overlays on a custom energy art creation. Have something personal and meaningful—like a rune, a photo, or a sacred image? If you can provide a digital version, I'll weave it into your design. Together, we'll create a one-of-a-kind piece that honors your energy, tells your story, and supports your journey. Let's create something sacred—just for you.

To Order:

Visit northernlightsstaging.com/commissions or email me directly with your chosen symbols and custom ideas.

Phone: 907-362-0065

Email: info@northernlightsstaging.com

Curious what a finished custom piece looks like? [See how "Radiant Bloom" came to life with sacred symbols and energy intention.](#)

Art for the Soul

Let your space become a mirror of your inner light.

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