How to Prepare for Your Session

Your session is a sacred space woven with intention, intuition, and deep presence. To help you feel supported and ready, we invite you to follow these gentle preparations.

# ☑ Before Your Session

• Come with an open mind and heart. You do not need to 'know' anything, just be willing to meet yourself as you are.

• Find a quiet, comfortable space where you won’t be disturbed.

• Have water nearby to support energetic flow.

• Bring any objects that help you feel grounded, such as a crystal, journal, or sacred cloth.

• If your session is virtual, your Zoom link will be sent to your email.

# ✨ Required Info Before Session

To support the energetic alignment of your session, please send the following at least 24 hours before we meet:  
  
• Full Birth Name (as it appears on your original birth certificate)  
• Date of Birth (MM/DD/YYYY)  
  
These are not for astrology or records; they help us attune to your unique soul stream and ancestral thread, allowing your session to begin long before we meet.

📩 Please email this info to: info@alteredhaven.com or text 303-472-2910  
Subject line: Your Name – Session Info

Thank you for honoring this process. Your presence is deeply sacred.  
  
For any questions or energetic support, reach out anytime.