

**What to Expect in Session**

**with Trina Zaragoza + Ka’Lorien | Altered Haven**

**✧ Aftercare Protocol✧**

You’ve just completed sacred energetic work. While your session may have felt light, powerful, quiet, or intense, your system is still processing. Integration is not just about “after,” it’s about allowing the frequency to *root* into your lived experience.

Honor this time. Let it be soft.

**1. Hydration is Essential**

Water is your ally drink more than usual.
Add a pinch of sea salt or lemon to increase conductivity. If gifted or working with a seeded quartz, hold the water in its presence before drinking. You’re not just hydrating. You’re sealing in light.

**2. Take It Easy**

Avoid large crowds, overstimulation, or back-to-back commitments for at least a few hours or longer if you feel it. You’ve shifted frequency. Allow your system space to catch up.

 **3. Grounding Touch**

* Touch your feet to the Earth.
* Eat grounding foods (warm, mineral-rich, root-based).
* Rub your feet or legs with oil, or place selenite or black tourmaline near your feet.

**4. Cleansing Bath or Shower (Within 24 Hours)**

Use sea salt, baking soda, mugwort, rosemary, or lavender in your bath or foot soak.
Visualize old energy draining away and the new spiral anchoring in.

 **5. Seeded Quartz or Tools Given**

If you received a crystal or object during the session:

* Keep it close for 3–7 days (under your pillow, on your altar, or in a small pouch)
* Don’t let others touch it
* Cleanse gently with smoke, selenite, or sunbeam (not water, unless guided)
* Journal any impressions or images that arise while it’s nearby

**6. Breathwork for Integration**

Simple spiral breath:

* Inhale slowly through the nose for 4
* Hold for 2
* Exhale through the mouth for 6
* Repeat 3–5 cycles as needed to center or recalibrate

**7. Toning or Sounding**

You may feel called to hum, chant, or tone in the hours after.
Even one sustained sound (like “Om” or an intuitive tone) can help the session settle into the body. Your own voice is part of your medicine.

 **8. Sigil Use or Placement**

If you received a sigil:

* Place it on your altar, mirror, water bottle, or journal
* Sit with it daily for 1–3 minutes
* You don’t need to *understand* it just allow its presence to keep the thread open

**9. Write, Don’t Analyze**

Jot down any sensations, phrases, images, or dreams that follow.
Don’t over-interpret. Let meaning rise gently over time.

**10. If You Feel Overwhelmed**

This is normal for deep soul work. Light can stir grief, exhaustion, joy, or confusion.
If you feel unsteady, return to grounding practices, drink water, and rest.
You can always reach out for support or a short recalibration.

“Integration is how you say yes to what your soul already accepted.”

Let this spiral settle in your breath, body, and life.

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***Altered Haven™***