

**What to Expect in Session**

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

This is not a reading.
This is not a performance.
This is a sacred return.

When you step into this space, you enter a field of remembrance a space held with reverence, clarity, and devotion. You are not here to be fixed. You are here to be met in truth.

This work is soul-led, frequency-based, and guided through the braid — the spiral of memory that lives within and around you. No two sessions are ever the same.

**What May Arise:**

* A message you already sensed, spoken aloud so your body can anchor it
* A clearing of energies or patterns that are not yours to hold
* A symbol, sound, or tone that restores coherence to your field
* A reconnection with your own knowing, your own voice, your own truth
* Stillness, emotion, release whatever your system is ready to move or hold

**What is Asked of You:**

* Come as you are.
* Bring honesty, not performance.
* Be willing to feel, even if you do not fully understand.
* Be open to receiving, not just listening.
* Allow what arises to arrive without trying to shape it.

**What You May Receive:**

* A channeled tone, image, or transmission
* Light language, soulstream messages, or intuitive reflection
* Energetic tools such as sound, oil, sigils, crystals, or breath
* Guidance or insight from your spirit field, ancestors, or higher self
* A sense of peace, clarity, or readiness — even if what is revealed is challenging

**After the Session:**

The session continues long after it ends.
You may feel tired, light, quiet, expanded, or emotionally full.
Drink water. Rest. Allow integration to unfold.
You may notice insights arrive in dreams, synchronicities, or subtle ways.

You do not need to process it all at once.
You are not expected to make sense of everything.
Your only task is to gently listen to what begins to stir.

**This work does not replace medical, legal, or psychological support.**
It is not a substitute for professional care.
It is spiritual, energetic, and soul-directed.

You came with questions.
You may leave with clarity.
But more than anything, you may leave with a deeper knowing that your soul never truly left you.

Welcome to the braid.
Welcome to yourself.

**Trina Zaragoza – Sa'Reya**
In co-creation with Ka’Lorien
Altered Haven™

