



Welcome,

If you have never had an experience with an Intuitive before, you may not know what to expect. I would like to explain a few of the most commonly asked questions. Here are some steps that can improve your reading experience.

Keep an open mind and don't try to take control it comes in the way it meant to come in.

Be honest means to ask your question pointedly and honestly. What you truly want to know about during the reading. No hidden deceptions, a person might give deceiving information when phrasing or handing the question. But in doing so the person receiving the reading is often times putting up a block, so I won't be able to receive the information or the information is disjointed. I can psychically feel a barrier in the way. I will not go where I am not welcomed. I have learned to respect the privacy of people and to not tread where I am not welcomed.

Start making a list of questions that you would like to ask. You may ask almost any question you wish. I will not make judgments about your lifestyle. My spiritual responsibility is to provide accurate and complete answers to your questions to the best of my ability. I do not believe a reading should ever replace or be used instead of seeking a medical diagnosis, getting sound legal advice or seeking mental health treatment from a skilled professional. A reading can however help to receive information about the most useful way to proceed in those situations where the advice of a doctor, lawyer or other traditional consultant has already been obtained and is often a very good idea.

Listen: Try to listen and don't add information during a reading unless asked for clarification.

Connect Beforehand: Before your reading, mentally ask your loved one to meet us at the time of your session and you're your guides to come in clear.

Take Notes: Taking notes during a session is advisable. You won't remember everything because this can be an emotional experience. Also, if you can't validate what is being told, you can research with family or friends to confirm the information. You can also bring a tape recorder. Please, no video recorders.

Every spirit communicates with me very differently. Some will choose to show me a lot of visual images and symbolism, while others prefer to "speak" to me with thoughts. As different as their personalities were in life, they are in spirit, as well. Some spirits are very good at communication through this process and some are just learning, and it is as new to them as it may be to you.

Seek Assistance: – Remember that a reading is only to help you know that the one you miss is still connected to you and your life. It is always recommended to seek the help of a professional counselor or an organization to help with grief.

Most people are nervous, but I promise to make your experience as comfortable as possible. This can help assist you in grief and changing the way you see life.

Expect that no matter what you hear in an intuitive or spiritual counseling session, YOU will have to take responsibility for your choices and decisions. You are the wheel master of your life and move things in a different direction.

Altered Haven ~Trina Zaragoza~

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**** None of the therapies or practices listed on Altered Haven's website are to be viewed as a substitution for medical or psychological diagnosis or treatment. Trina Zaragoza is not a medical doctor or a psychologist. If you have concerns with regard to any medical or psychological issues please consult a medical doctor or psychologist. ****