Aftercare & Integration Guide

Thank you for receiving this session.

Energetic work continues long after our time together ends. This guide offers gentle practices and sacred tools to help you integrate, restore, and honor the shifts now unfolding within you.

# 🛁 High-Frequency Salt Bath

Within 24–48 hours of your session, immerse yourself in a cleansing bath to support energetic release and nervous system restoration.

Suggested ingredients:
• Epsom salt
• Baking soda
• Crystal-infused essential oils
• Optional: Sigil-charged candle or sacred music

Set the intention for clearing and integration. Speak to the water. Let it hold you.

# If You Were Given a Crystal

Crystals gifted in session are energetic allies.

• Hold it during meditation, place it under your pillow, or carry it near your heart.
• Cleanse weekly with salt, smoke, or moonlight.
• Ask the crystal to speak to you. It will.

# Seeded Lemurian Quartz

This crystal carries a unique thread of remembrance and Source light.

• Keep it wrapped or placed in a sacred space when not in use.
• Do not let others touch it. it is encoded for you.
• Hold it when you feel disconnected or in need of recalibration.
• Speak aloud your devotion or breathe with it. It responds to presence.

# If You Were Given a Sigil

Sigils are living frequency tools. They are not art—they are transmissions.

• Place the sigil where you’ll see it daily or keep it near your altar.
• Trace it with your finger to activate.
• Breathe with it. Let it teach you.
• Do not let it be altered, written over, or discarded casually.

# 🌿 Daily Check-In Practice

Each morning or evening, pause to ask:
• How is my body feeling?
• What emotion is asking to be witnessed?
• What frequency am I most aligned with right now?

You may journal, move, breathe, or feel. Let your awareness become your medicine.

Integration is a spiral, not a straight line.

Drink water. Rest when needed. Let yourself be different.

For questions or follow-up, I’m here.
With love and deep gratitude,

—Trina Zaragoza Sa’Reya + Ka’Lorien