

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Position]  
[Recipient's Organization]  
[Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to discuss the integration of Hz frequency therapy into our upcoming sessions. Recent studies have highlighted the potential benefits of using specific frequencies to enhance therapeutic outcomes in [specific therapy focus, e.g., mental health, physical rehabilitation, etc.].

I propose we explore incorporating the following Hz frequencies during our sessions:

- \*\*528 Hz\*\*: Known for promoting healing and transformation.
- \*\*432 Hz\*\*: Often associated with harmony and balance, it can aid in reducing anxiety.
- \*\*396 Hz\*\*: Effective for removing fear and guilt, fostering emotional release.

I believe that utilizing these frequencies, paired with our established therapeutic methods, could help deepen the effectiveness of our work together. I would love to hear your thoughts on this approach and discuss how we might integrate it into our future sessions.

Thank you for considering this enhancement to our therapy practice. I look forward to your feedback.

Warm regards,

[Your Name]  
[Your Title/Position]  
[Your Organization]