

**\*\*HZ Healing Letter Framework for Energy Alignment\*\***

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**\*\*Recipient Name: [Insert Name]\*\***

**\*\*Date: [Insert Date]\*\***

**\*\*Dear [Recipient Name],\*\***

**\*\*H - Honoring Your Journey\*\***

Begin by acknowledging the path that the recipient has taken. Recognize the struggles they've faced and the growth they've experienced.

- "I honor the courage you've shown in facing your challenges..."

**\*\*Z - Zoning into Energy Alignment\*\***

Identify specific areas of energy misalignment. Address emotions or thoughts that may be affecting their well-being.

- "I sense there may be a block in your energy surrounding..."

**\*\*Healing Statement\*\***

Offer a positive affirmation or healing message. This statement should focus on transformation and healing.

- "You are worthy of healing, and I believe in your ability to..."

**\*\*Call for Action\*\***

Encourage the recipient to engage in practices that promote energy alignment, such as meditation, grounding, or gratitude.

- "I invite you to take time for yourself by..."

**\*\*Closing\*\***

Wrap up the letter with warmth and encouragement, reinforcing support.

- "Remember, you are not alone on this journey. Sending you love and light..."

**\*\*Warm regards,\*\***

[Your Name]

[Your Contact Information]

[Optional: Your Title/Role]

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**\*\*End of Template\*\***