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**Hz Healing Letter Structure Template for Guided Meditation**
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**[Date]**
**[Your Name or Guide's Name]**
**[Title: Hz Healing Meditation]**
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**Introduction:**
- Warm greetings to the participant
- Brief introduction to the purpose of the meditation
- Invitation to find a quiet, comfortable space
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**Setting the Intention:**
- Encourage the participant to set a personal intention for the session
- Suggest focusing on healing, relaxation, or inner peace
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**Breath Awareness:**
- Guide the participant to take a few deep breaths
- Prompt them to inhale deeply through the nose and exhale through the mouth
- Remind them to let go of any tension with each exhale
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**Hz Frequency Introduction:**
- Introduce the specific Hz frequency being used (e.g., 432 Hz for relaxation)
- Briefly explain the benefits of this frequency for healing
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**Guided Visualization:**
- Describe a peaceful and healing environment (e.g., forest, beach)
- Include sensory details (sounds, smells, sights)
- Encourage the participant to visualize their intention manifesting
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**Reinforcement of Healing:**
- Reiterate the positive effects of the Hz frequency
- Encourage the participant to embrace feelings of love, light, and healing energy
- Suggest they imagine the frequency resonating within their body
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**Closing the Meditation:**
- Gradually guide the participant back to awareness
- Encourage gentle movements and deep breaths
- Thank them for the time spent in meditation
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**Final Thoughts:**
- Remind them to carry the healing energy throughout their day
- Invite them to return whenever they feel the need for healing
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**[Your Name / Closing Signature]**
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**[Optional: Contact Information or Website]**
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**[End of Letter]**
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