

Therapy Office Guide for the Nine Palaces**1. Heavenly Palace (天庭) - Virtue: Trust**

- **Hz Frequency:** 396 Hz
- **Affirmation:** "I AM Trusting"
- **Element/Organ:** Wood/Liver
- **Color:** Green

Seated Movement: Gentle head tilts side to side Standing Movement: Arms reaching for the sky

2. Palace of Spirit (神宫) - Virtue: Courage

- **Hz Frequency:** 417 Hz
- **Affirmation:** "I AM Courageous"
- **Element/Organ:** Fire/Heart
- **Color:** Red

Seated Movement: Head circles, slowly and gently Standing Movement: Warrior pose (yoga), with focus on stability and strength

3. Mystical Storehouse (玄库) - Virtue: Honesty

- **Hz Frequency:** 528 Hz
- **Affirmation:** "I AM Honest"
- **Element/Organ:** Earth/Spleen
- **Color:** Yellow

Seated Movement: Gentle tapping between the eyebrows Standing Movement: Forward bend, reaching for toes

4. Bright Hall (明堂) - Virtue: Clarity

- **Hz Frequency:** 639 Hz
- **Affirmation:** "I AM Clear"
- **Element/Organ:** Metal/Lungs
- **Color:** White

Seated Movement: Neck stretches, looking left and right Standing Movement: Mountain pose (yoga), focusing on stability and clarity

5. Palace of Light (光明宫) - Virtue: Compassion

- **Hz Frequency:** 741 Hz
- **Affirmation:** "I AM Compassionate"
- **Element/Organ:** Water/Kidneys
- **Color:** Blue

Seated Movement: Eye exercises, gentle circular movements Standing Movement: Tree pose (yoga), focusing on balance and compassion

6. Palace of Yin (阴宫) - Virtue: Patience

- **Hz Frequency:** 852 Hz
- **Affirmation:** "I AM Patient"
- **Element/Organ:** Yin/Reproductive Organs
- **Color:** Indigo

Seated Movement: Jaw relaxation exercises, gentle opening and closing of the mouth

Standing Movement: Seated forward fold, focusing on slow, patient breathing

7. Palace of Jade (玉堂) - Virtue: Purity

- **Hz Frequency:** 963 Hz
- **Affirmation:** "I AM Pure"
- **Element/Organ:** Spirit/Throat
- **Color:** Violet

Seated Movement: Gentle neck rolls, focusing on the throat Standing Movement: Bridge pose (yoga), opening the chest and throat area

8. Palace of the Red Phoenix (赤凤宫) - Virtue: Resilience

- **Hz Frequency:** 174 Hz
- **Affirmation:** "I AM Resilient"
- **Element/Organ:** Fire (Renewed)/Heart
- **Color:** Orange

Seated Movement: Hand over heart, gentle tapping Standing Movement: Eagle pose (yoga), focusing on balance and resilience

9. Palace of Life (命宫) - Virtue: Renewal

- **Hz Frequency:** 285 Hz
- **Affirmation:** "I AM Renewed"
- **Element/Organ:** Life/Base of Skull
- **Color:** Light

Seated Movement: Gentle head tilts forward and backward Standing Movement: Camel pose (yoga), opening the front body and emphasizing renewal