

# Module 3: Energy, Frequency & Inner Strategy

↗ Course Units	<u>Unit 0: Your Wiring Under Pressure Calibration</u> , <u>Unit 10: Module 3 Assessment &amp; Integration</u> , <u>Unit 1: The Science of You - Energy, Frequency &amp; Vibration</u> , <u>Unit 2: Heart Coherence - Your Built-In Superpower</u> , <u>Unit 3: The Five Hindrances - What Stops You From Clarity</u> , <u>Unit 4.5: Regulation Buddy System — TRIBE AS NERVOUS SYSTEM SUPPORT</u> , <u>Unit 4: The RAIN Method - Removing Obstacles in Real Time</u> , <u>Unit 5: Mind-Body Balance - Using Your Body as Intended</u> , <u>Unit 6: Trusting Your Gut - Intuition as Data</u> , <u>Unit 7: Breaking Patterns - Letting Go to Move Forward</u> , <u>Unit 8: Connection to Source - The One Behind the Two</u> , <u>Unit 9.5: Builder Readiness Gate (MANDATORY)</u> , <u>Unit 9.6: Problem Selection Filter (Pre-Module 4 Bridge)</u> , <u>Unit 9: Energy &amp; Entrepreneurship - Applying Inner Work to Building</u>
≡ Description	Calibrate your operating system. Participants practice heart coherence, learn regulation tools (RAIN, Five Hindrances, Somatic Awareness), build Regulation Buddy System with opposite Builder Types, and sort intuition from dopamine/fear. Exit artifact: Builder Operating Agreement. REQUIRED GATE: Builder Readiness Gate (3 of 4 criteria) to proceed to Module 4.
# Duration (min)	360
# Module Number	3
⦿ Status	Not Started

## Objective

Calibrate your operating system. Learn to regulate your nervous system, sort intuition from fear, and operate from clarity instead of chaos.

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## Overview

This module bridges self-discovery and action. After releasing the old (Module 1), understanding your wiring (Module 1.5), and building new identity (Module 2), now you learn to **stay regulated** as you build.

- Practice heart coherence and somatic regulation tools (RAIN, Five Hindrances)
  - Build a **Regulation Buddy System** with opposite Builder Types
  - Sort intuition from dopamine hits and fear
  - Create your **Builder Operating Agreement**
  - Pass the **Builder Readiness Gate** (3 of 4 criteria) to proceed to Module 4
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## Exercises

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### Reflections

 **Example Prompt:**

"What does regulation feel like in my body?"





"How do I know when I'm dysregulated vs. following true intuition?"

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## Submissions

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## Resources

-  Heart Coherence Practice Guide
-  RAIN Framework Worksheet
-  Builder Operating Agreement Template
-  Builder Readiness Gate Checklist

 Embed links or files here.