



# Module 3: Energy, Frequency & Inner Strategy - Complete Lesson Plans

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Tags	

## Module 3: Energy, Frequency & Inner Strategy

### Lesson Plans & Reading Materials

**Total Module Time:** 87-104 minutes of video content + readings

*You don't have to complete this module in one sitting.*

### Module Overview:

This module bridges identity work with entrepreneurial action. You've built your Identity MVP in Module 2—now you need the **nervous system regulation tools** to sustain it. This module teaches participants how to recognize stress patterns, regulate their energy, trust their intuition, and use their body and frequency as strategic advantages. We explore heart coherence science, Buddhist psychology, somatic awareness, and the energetic foundation of decision-making.

### Research Foundation:

This module draws on HeartMath research on coherence (McCraty & Childre, 2010), polyvagal theory (Porges, 2011), neuroscience of intuition (Damasio, 1994), mindfulness research (Goldstein, 2013; Lazar et al., 2005), and Shi Heng Yi's teachings on The Five Hindrances.[1]

# Unit 1: If You Wish to Understand the Universe... (10-12 min)

**Subtitle:** Tesla's insight, heart coherence research, cymatics, energy fields

## Learning Objectives

By the end of this unit, participants will be able to:

- Understand Tesla's principle: "If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration"
- Recognize that everything (including humans) operates at a frequency
- Understand the basics of heart rate variability and coherence
- See the connection between emotional state and energetic frequency

## Core Content

### Everything Is Vibration

*This might sound esoteric. It's not. It's physics.*

Nikola Tesla said: **"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."**

At the atomic level, everything is in motion. Atoms vibrate at different frequencies. A table looks solid, but at the quantum level, it's **high-frequency vibration**. So are you.

Your heart, your brain, your nervous system—all generate **measurable electromagnetic fields**. These fields extend beyond your body and interact with the fields of others.

**Research Insight:** The heart generates the strongest electromagnetic field in the body—60 times greater in amplitude than the brain. This field can be detected several feet away from the body (McCraty & Childre, 2010).<sup>[1]</sup>

### Cymatics: Frequency Made Visible

Cymatics is the study of visible sound vibration. When sound frequencies pass through water, sand, or other mediums, they create **geometric patterns**.

- Low, chaotic frequencies create disordered patterns
- High, coherent frequencies create symmetrical, beautiful patterns

Your body is 60% water. When you're in a state of stress, fear, or shame, you're vibrating at a **low, chaotic frequency**. When you're in a state of calm, connection, or purpose, you're vibrating at a **coherent frequency**.

**Key Insight:** You can't see your frequency, but you can feel it. And so can others.

## What Is Heart Coherence?

Heart coherence is a **measurable state** where your heart rhythm, breathing, and nervous system synchronize into a smooth, wave-like pattern.

**Incoherent Heart Rhythm** (stress, anxiety, frustration):

- Jagged, erratic heart rate variability (HRV)
- Nervous system in fight-or-flight
- Impaired decision-making and emotional regulation

**Coherent Heart Rhythm** (calm, gratitude, focus):

- Smooth, sine-wave-like HRV
- Nervous system in "rest and digest"
- Enhanced intuition, clarity, and emotional resilience

**Research Foundation:** HeartMath Institute research shows that coherence improves cognitive performance, emotional stability, and physical health. People in coherent states make better decisions and experience less anxiety (McCraty et al., 2009).[1]

## Why This Matters for Cycle-Breakers

As a cycle-breaker, you've likely spent years in a **chronic stress state**. Your default nervous system setting is "threat detection."

- You scan for danger
- You expect the worst
- You operate from scarcity

- Your heart rhythm is chronically incoherent

This isn't a character flaw. **It's a survival adaptation.** But it's also **exhausting** and **unsustainable** for entrepreneurship.

Entrepreneurship requires:

- Risk tolerance
- Creative problem-solving
- Relationship building
- Intuitive decision-making

**All of these require coherence.**

You can't build from chaos. You can't lead from chronic stress. You need to learn how to **shift your frequency**.

## **Workbook Exercise: Noticing Your Frequency**

For the next 48 hours, check in with your body 3 times per day. Set phone alarms if needed.

Ask yourself:

1. What's my emotional state right now? (anxious, calm, frustrated, excited, numb)
2. What's my physical state? (tense, relaxed, buzzing, grounded)
3. If I had to describe my "frequency" right now, what would it be? (chaotic, smooth, heavy, light)

Don't judge it. Just notice.

## **Discussion Prompts**

- Have you ever walked into a room and immediately felt someone's "energy"? What were you picking up on?
- When do you feel most "coherent"? (calm, clear, connected)
- How might operating at a higher frequency change your entrepreneurial journey?

## Integration with Builder Types

- **High Stimulation types:** May naturally operate at higher frequencies but struggle with coherence (scattered energy)
  - **Low Stimulation types:** May need techniques to increase energy before working on coherence
  - **High Structure types:** Will appreciate the measurable, research-backed nature of coherence science
  - **External Processors:** May benefit from describing their frequency state out loud to tribe members
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## Unit 2: The Heart as Conductor (12-15 min)

**Subtitle:** Heart coherence vs heart rate, police officer example, neuroplasticity

### Learning Objectives

By the end of this unit, participants will be able to:

- Distinguish between heart rate and heart rate variability (HRV)
- Understand how the heart communicates with the brain
- Practice the Quick Coherence Technique
- Apply Heart-Focused Breathing in real-time stress situations

### Core Content

#### Heart Rate vs. Heart Rate Variability

**Heart Rate** = How many times your heart beats per minute (e.g., 70 bpm)

**Heart Rate Variability (HRV)** = The variation in time between each heartbeat

**Counterintuitive Truth:** Higher HRV = healthier nervous system.

When your HRV is high, your nervous system is **flexible**—it can shift between stress and rest as needed. When HRV is low, your nervous system is **stuck**—usually in chronic stress mode.

**Research Insight:** HRV is one of the best predictors of overall health, emotional resilience, and longevity. Low HRV is associated with anxiety, depression, inflammation, and cardiovascular disease (McCraty & Childre, 2010).[\[1\]](#)

## The Heart-Brain Connection

For centuries, we thought the brain was in charge and the heart just followed orders.

### We were wrong.

The heart sends **more signals to the brain than the brain sends to the heart**. The heart has its own neural network (about 40,000 neurons) and communicates with the brain through:

- Neurological signals
- Biochemical signals (hormones)
- Biophysical signals (pressure waves)
- Energetic signals (electromagnetic field)

When your heart rhythm is incoherent (jagged, erratic), it sends **stress signals** to your brain. Your brain interprets these as threat and activates fight-or-flight.

When your heart rhythm is coherent (smooth, wave-like), it sends **safety signals** to your brain. Your brain relaxes, your prefrontal cortex comes online, and you can think clearly.

**Key Insight:** You can't think your way out of a stress state. You have to regulate your heart rhythm first.

## The Police Officer Study (Real-World Application)

HeartMath conducted a study with police officers—one of the most chronically stressed professions.

Officers were taught the Quick Coherence Technique and practiced it for 8 weeks.

### Results:

- 50% reduction in stress symptoms
- Improved decision-making under pressure

- Reduced reactivity in high-tension situations
- Better relationships with colleagues and family

**Application for Cycle-Breakers:** If coherence training works for police officers (who face literal life-or-death decisions), it can work for entrepreneurs navigating customer rejection, cash flow stress, and imposter syndrome.

## The Quick Coherence Technique (3 Steps)

This is a **2-minute tool** you can use anywhere, anytime.

### Step 1: Heart Focus

Shift your attention to your heart area. Imagine breathing in and out through your heart. (This isn't literal—it's a focus technique.)

### Step 2: Heart Breathing

Breathe slowly and deeply. Inhale for 5 seconds, exhale for 5 seconds. Keep your attention on your heart.

### Step 3: Heart Feeling

Activate a positive emotion. Recall a moment of gratitude, love, care, or appreciation. Feel it as vividly as possible.

### Why This Works:

Combining focused breathing with positive emotion shifts your heart rhythm into coherence within 60-90 seconds. This sends a "safety" signal to your brain and nervous system.

## Heart-Focused Breathing (Simplified Version)

If the Quick Coherence Technique feels like too much, start with **Heart-Focused Breathing**:

1. Place one hand on your heart
2. Breathe slowly: 5 seconds in, 5 seconds out
3. Do this for 2 minutes

No positive emotion required. Just focus and breathe.

**This is still effective** for shifting out of acute stress.

## Neuroplasticity and Coherence

The more you practice coherence, the easier it becomes. This is **neuroplasticity** in action.

**Research Insight:** Studies on meditation and mindfulness show that just 8 weeks of daily practice increases gray matter density in brain regions associated with emotional regulation, learning, and memory (Lazar et al., 2005).<sup>[1]</sup>

Your brain is **rewiring** every time you choose coherence over chaos.

## When to Use the Quick Coherence Technique

- Before a difficult conversation
- Before a sales call or pitch
- When you feel triggered or reactive
- Before making an important decision
- When you're spiraling into shame or anxiety
- First thing in the morning (sets your baseline for the day)
- Last thing at night (improves sleep quality)

## Workbook Exercise: 7-Day Coherence Practice

### Daily Practice:

1. Practice the Quick Coherence Technique 3 times per day (morning, midday, evening)
2. Track your stress level before and after (1-10 scale)
3. At the end of 7 days, reflect: What shifted?

### Journal Prompts:

- When was coherence easiest to access?
- When was it hardest?
- How did your decision-making change on days you practiced coherence?

## Discussion Prompts



- What does it feel like when your heart and brain are "arguing" vs. aligned?
- How might coherence change the way you show up in your business?
- What's one situation this week where you could use the Quick Coherence Technique?

## Integration with Builder Types

- **High Stimulation types:** May need to practice coherence more frequently (3-5x/day) to counteract natural intensity
  - **Low Stimulation types:** May find coherence practices deeply soothing and grounding
  - **External Processors:** May benefit from practicing coherence with a regulation buddy
  - **Internal Processors:** May prefer solo coherence practice as part of morning routine
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## Unit 3: Shi Heng Yi on Obstacles to the Peak (12-15 min)

**Subtitle:** The Five Hindrances, mountain story, clarity

### Learning Objectives

By the end of this unit, participants will be able to:

- Identify the Five Hindrances (from Buddhist psychology)
- Recognize which hindrance is most active in their life right now
- Understand the "mountain story" metaphor
- Begin to distinguish between the obstacle and their reaction to the obstacle

### Core Content

#### Who Is Shi Heng Yi?

Shi Heng Yi is a Shaolin Master and headmaster of the Shaolin Temple Europe. His TEDx talk "5 Hindrances to Self-Mastery" has been viewed millions of times because he makes ancient Buddhist psychology **practically useful** for modern life.

His core teaching: **The obstacle is not the problem. Your reaction to the obstacle is the problem.**

## The Mountain Story

Imagine you're climbing a mountain. Your goal is clear: reach the peak.

But along the way, you encounter obstacles:

- Fog (you can't see the path)
- Fatigue (you want to rest)
- Distractions (a beautiful view pulls you off course)
- Doubt ("Maybe I'm not strong enough for this")
- Anger ("Why is this so hard?")

These obstacles aren't external. **They're internal.**

The mountain doesn't care if you reach the peak. The mountain just is. The only thing standing between you and the peak is **your internal state.**

**Application for Cycle-Breakers:** Your goal is clear—break the cycle, build a life and business aligned with your values. But internal obstacles (fear, doubt, shame, distraction, fatigue) keep pulling you off course.

Learning to recognize and navigate these obstacles is **the work.**

## The Five Hindrances (Buddhist Psychology)

In Buddhist psychology, there are five mental states that block clarity and progress. Shi Heng Yi translates them for a modern audience:

### 1. Sensory Desire (Distraction)

The pull toward immediate pleasure, comfort, or stimulation. Scrolling social media instead of working on your business. Binge-watching instead of resting. Chasing dopamine instead of purpose.

### 2. Ill Will (Anger, Resentment, Blame)

Holding onto anger toward yourself or others. Resentment about your past. Blame toward the people who hurt you. This keeps you stuck in the story of what happened instead of what's next.

### **3. Sloth & Torpor (Numbness, Avoidance, Low Energy)**

The heaviness that makes everything feel impossible. Depression. Burnout. The "I just can't" feeling. This often shows up after long periods of hypervigilance.

### **4. Restlessness (Anxiety, Overwhelm, Can't Sit Still)**

The opposite of sloth. Your mind races. You're always "on." You can't rest because your nervous system won't let you. You start 10 things and finish none.

### **5. Skeptical Doubt (Imposter Syndrome, "I'm Not Ready")**

The voice that says "Who am I to do this?" or "This will never work." Doubt paralyzes you before you even start. It masquerades as realism but it's actually fear.

## **Which Hindrance Is Yours?**

Most people have **one dominant hindrance** and a secondary one that shows up under stress.

### **Pattern Recognition:**

- If you're always chasing the next thing → Sensory Desire
- If you're stuck in resentment or bitterness → Ill Will
- If you're numb, exhausted, or avoiding → Sloth & Torpor
- If you're anxious, scattered, or overwhelmed → Restlessness
- If you're stuck in "not ready yet" → Skeptical Doubt

**Key Insight:** The hindrance is not the enemy. **It's information.** It's your nervous system's way of saying "Something feels unsafe."

## **The Hindrance as Protector**

Here's the counterintuitive part: **Every hindrance is trying to protect you.**

- **Sensory Desire** protects you from facing hard emotions
- **Ill Will** protects you from vulnerability ("If I stay angry, I won't get hurt again")

- **Sloth & Torpor** protects you from burnout ("If I shut down, I can't be disappointed")
- **Restlessness** protects you from stillness ("If I keep moving, I won't have to feel")
- **Skeptical Doubt** protects you from failure ("If I don't try, I can't fail")

**The problem:** These protections worked in survival mode. But they **block growth** in building mode.

## How Shi Heng Yi Teaches Obstacle Removal

### Step 1: Recognize the Hindrance

"Oh, I'm in Sensory Desire right now. I keep reaching for my phone to avoid this hard task."

### Step 2: Don't Fight It

Resisting the hindrance gives it more power. Instead, acknowledge it: "I see you. You're trying to protect me."

### Step 3: Investigate It

"What am I actually avoiding? What feels unsafe?"

### Step 4: Let It Pass

Hindrances are temporary. Like weather. You don't have to act on them. You can let them move through you.

**This is the foundation of the RAIN method** (which we'll cover in Unit 4).

## Clarity Is What's Left When Hindrances Dissolve

Shi Heng Yi teaches that **you don't create clarity—you reveal it.**

Clarity is your natural state. But hindrances cloud it.

When you remove the fog (Sensory Desire), the anger (Ill Will), the numbness (Sloth), the anxiety (Restlessness), and the doubt (Skeptical Doubt)...

**...the path forward becomes obvious.**

You already know what to do. The hindrances are just blocking your access to that knowing.

## Workbook Exercise: Identify Your Dominant Hindrance

1. Review the Five Hindrances. Which one resonates most?
2. Think of a time in the last week when this hindrance showed up. Describe the situation.
3. What was the hindrance trying to protect you from?
4. What clarity or action did the hindrance block?

## Discussion Prompts

- Which hindrance is most familiar to you?
- How has this hindrance protected you in the past?
- How is it blocking you now?
- What would be possible if this hindrance dissolved—even for 24 hours?

## Integration with Builder Types

- **High Stimulation types:** Often struggle with Sensory Desire and Restlessness
  - **Low Stimulation types:** Often struggle with Sloth & Torpor
  - **High Structure types:** May experience Skeptical Doubt ("I need more information before I act")
  - **Low Structure types:** May cycle through multiple hindrances depending on the day
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## Unit 4: Just Let It Rain (8-10 min)

**Subtitle:** RAIN method 4-step process

## Learning Objectives

By the end of this unit, participants will be able to:

- Understand the RAIN method (Recognize, Allow, Investigate, Non-Identification)
- Apply RAIN to one of the Five Hindrances

- Practice RAIN in real-time during moments of stress or reactivity
- Distinguish between spiritual bypassing and genuine letting go

## Core Content

### What Is the RAIN Method?

RAIN is a mindfulness-based practice developed by meditation teacher Michele McDonald and popularized by Tara Brach and Jack Kornfield. It's a **4-step process** for working with difficult emotions, thoughts, and patterns.

**R** = Recognize what's happening

**A** = Allow it to be there

**I** = Investigate with kindness

**N** = Non-identification (or Nurture)

RAIN is especially powerful for **cycle-breakers** because it interrupts the shame spiral without suppressing or bypassing the emotion.

### Step 1: Recognize What's Happening

**The Practice:** Name what you're experiencing without judgment.

"I'm feeling anxious."

"I'm in Sensory Desire—I want to scroll instead of work."

"I'm angry at myself for procrastinating."

**Why This Works:** Naming an emotion activates the prefrontal cortex (the thinking brain) and reduces activity in the amygdala (the fear center). This is called **affect labeling** (Lieberman et al., 2007).

Simply saying "I'm anxious" reduces the intensity of anxiety.

**Facilitator Note:** Many participants will want to skip this step or downplay the emotion ("I'm fine, it's not that bad"). Encourage specificity.

### Step 2: Allow It to Be There

**The Practice:** Stop fighting the emotion. Let it exist without trying to fix, change, or push it away.

"This anxiety is here. I'm not going to make it go away right now. I'm just going to let it be."

**Why This Works:** Resistance amplifies discomfort. When you stop resisting, the emotion often softens on its own.

**Common Mistake:** Confusing "allowing" with "wallowing."

- Wallowing = "I'm anxious and I'll always be anxious and everything is terrible."
- Allowing = "I'm anxious right now. This is what's present."

**Integration Tip:** This step is hardest for High Stimulation types and Firestarters—they want to **do something** immediately. Remind them: Allowing **is** doing something. It's regulation work.

### Step 3: Investigate with Kindness

**The Practice:** Get curious about the emotion. Ask gentle questions:

- Where do I feel this in my body?
- What is this emotion trying to tell me?
- What do I need right now?
- Is this emotion connected to something from the past, or is it about the present moment?

**Why This Works:** Investigation shifts you from **reactive mode** to **observer mode**. You're no longer fused with the emotion—you're studying it.

**Example:**

"I feel tightness in my chest and my jaw is clenched. This anxiety is telling me I'm scared of failing. I need reassurance that I don't have to be perfect."

**Key Word: Kindness**

This isn't interrogation. It's compassionate curiosity. If the questions feel harsh or judgmental, soften your tone.

### Step 4: Non-Identification (You Are Not Your Emotions)

**The Practice:** Recognize that the emotion is **something you're experiencing**, not **who you are**.

"I am not my anxiety. I am the one experiencing anxiety."

"I am not my doubt. I am the one noticing doubt."

**Why This Works:** When you identify with an emotion ("I am anxious"), you collapse into it. When you separate from it ("I am experiencing anxiety"), you reclaim agency.

**Buddhist Principle:** Emotions are weather. They come and go. You are the sky.

### **Alternative: Nurture**

Some teachers use "Nurture" instead of "Non-Identification." After investigating, you offer yourself compassion:

"This is hard. I'm doing my best. I'm not alone in this."

Both interpretations are valid. Use whichever resonates.

## **RAIN in Practice: Working with the Five Hindrances**

### **Example 1: Sensory Desire (Distraction)**

- **R:** "I keep reaching for my phone instead of working on my business plan."
- **A:** "This urge is here. I'm not going to shame myself for it."
- **I:** "I feel restless in my body. I'm avoiding something that feels hard. I need a 5-minute grounding break, not dopamine."
- **N:** "I am not my distractions. I am the one choosing how to respond to them."

### **Example 2: Skeptical Doubt (Imposter Syndrome)**

- **R:** "I'm doubting whether I can actually launch this business."
- **A:** "This doubt is here. I don't have to make it go away."
- **I:** "I feel small and scared. This doubt is connected to old messages that I'm 'not good enough.' I need to hear from someone who believes in me."
- **N:** "I am not my doubt. I am the one building despite doubt."

### **Example 3: Ill Will (Resentment)**

- **R:** "I'm angry at my family for not supporting me."
- **A:** "This anger is here. I'm not going to suppress it or perform forgiveness."



- **I:** "I feel heat in my chest and tension in my shoulders. This anger is protecting me from feeling hurt. I need to grieve the support I didn't get."
- **N:** "I am not my anger. I am the one learning to hold anger and compassion at the same time."

## RAIN Is Not Spiritual Bypassing

**Spiritual Bypassing** = Using spiritual concepts to avoid dealing with real pain or injustice.

Examples:

- "Everything happens for a reason" (dismissing trauma)
- "Just let it go" (suppressing anger without processing it)
- "Stay positive" (toxic positivity)

### RAIN Done Right:

- Acknowledges the pain ("This is hard")
- Allows the full emotion ("I'm angry, and that's valid")
- Investigates without rushing to resolution ("What does this anger need?")
- Holds space for complexity ("I can be angry AND committed to healing")

RAIN doesn't erase pain. It creates **space around pain** so you're not consumed by it.

## Workbook Exercise: Practice RAIN This Week

1. Choose one recurring emotion or hindrance you experience this week
2. When it arises, pause and walk through RAIN:
  - **R:** Name it
  - **A:** Let it be there for 60 seconds without fixing
  - **I:** Ask "Where do I feel this? What does it need?"
  - **N:** Remind yourself "I am not this emotion"
3. Journal: What shifted? What was hard? What surprised you?

## Discussion Prompts

- Which step of RAIN feels easiest? Which feels hardest?
- Have you experienced spiritual bypassing (from yourself or others)? What did that feel like?
- How might RAIN support you in high-stress entrepreneurial moments (customer rejection, cash flow panic, imposter syndrome)?

## Integration with Builder Types

- **External Processors:** May benefit from saying RAIN steps out loud or with a regulation buddy
  - **Internal Processors:** May prefer journaling through RAIN
  - **High Structure types:** May want a RAIN template or checklist
  - **Firestarters & Mavericks:** May rush through Allow and Non-Identification—remind them to slow down
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## Unit 4.5: Why Opposite Types Make Better Regulation Buddies (5 min)

**Subtitle:** Co-regulation science

### Learning Objectives

By the end of this unit, participants will be able to:

- Understand what co-regulation is and why it matters
- Recognize how nervous systems sync
- Identify which Builder Type pairing might support their regulation
- Practice being a regulation buddy for someone else

### Core Content

#### What Is Co-Regulation?

Co-regulation is the process by which **one person's regulated nervous system helps another person's dysregulated nervous system find calm.**

It's not about talking someone out of their emotions or fixing their problems. It's about **being a stable, calm presence** while they ride the wave of their own nervous system activation.

**Research Foundation:** Porges' Polyvagal Theory (2011) demonstrates that our nervous systems are wired to sync with each other. When you're near someone who is calm and grounded, your nervous system begins to mirror theirs.<sup>[1]</sup>

This is why:

- A baby stops crying when held by a calm caregiver
- You feel more anxious around anxious people
- You feel safer in the presence of someone who is regulated

## **You Can't Regulate Alone (And That's Not a Weakness)**

Our culture glorifies "self-regulation" and independence. But humans are **biologically wired for co-regulation.**

You were never meant to regulate your nervous system in isolation. Especially as a cycle-breaker, you may have spent years in environments where no one was regulated enough to help you find calm.

**This isn't a character flaw. It's a missing resource.**

Co-regulation is **infrastructure**, not weakness.

## **Why Opposite Types Make Better Regulation Buddies**

Counterintuitively, the best regulation buddies are often **not** people who are wired like you.

**Why?**

### **1. Complementary Nervous Systems**

- If you're High Stimulation (running hot, anxious, scattered), pairing with someone Low Stimulation (naturally calm, grounded) helps pull your nervous system down

- If you're Low Stimulation (low energy, numb, shut down), pairing with someone High Stimulation (energized, activated) helps pull your nervous system up

## 2. Different Regulation Strategies

- External Processors regulate by talking it out
- Internal Processors regulate by creating silent, safe space
- When paired, the External Processor gets to speak without being fixed, and the Internal Processor practices holding space

## 3. Balance, Not Mirroring

- If two Firestarters pair up, they might amplify each other's intensity instead of regulating
- If two Anchors pair up, they might get stuck in low energy together
- Cross-type pairings create **dynamic balance**

### Effective Pairings:

- Firestarter ↔ Anchor (high energy ↔ steady calm)
- Maverick ↔ Strategist (impulsive action ↔ thoughtful pause)
- Catalyst ↔ Lone Wolf (social energy ↔ grounded solitude)
- Architect ↔ Operator (big vision ↔ practical action)

## What a Regulation Buddy Does (And Doesn't Do)

### What They DO:

- Stay calm and grounded when you're activated
- Reflect what they notice without judgment ("I notice your breathing is fast" or "You seem really overwhelmed right now")
- Remind you of tools ("Want to try a Quick Coherence practice with me?")
- Just be present (sometimes silent presence is the most regulating)

### What They DON'T Do:

- Try to fix your problem

- Give advice unless asked
- Take on your emotions as their own
- Rush you through your process

## How to Be a Regulation Buddy

### Step 1: Ground Yourself First

You can't co-regulate if you're dysregulated. Take 60 seconds to do Heart-Focused Breathing before engaging.

### Step 2: Offer Calm Presence

Your job is to be the "calm in the storm," not to stop the storm.

### Step 3: Use Minimal Language

"I'm here."

"You're safe."

"This will pass."

Too much talking can be overstimulating.

### Step 4: Offer a Regulation Tool (If Appropriate)

"Want to breathe with me for a minute?"

"Should we go for a walk?"

But don't push. Let them lead.

## Polyvagal Theory in Action

According to Porges, the nervous system has three states:

- 1. Ventral Vagal (Social Engagement):** Calm, connected, safe
- 2. Sympathetic (Fight or Flight):** Activated, anxious, defensive
- 3. Dorsal Vagal (Shutdown):** Numb, collapsed, disconnected

Co-regulation works by activating the **ventral vagal system** through:

- Safe eye contact
- Calm vocal tone

- Non-threatening body language
- Proximity (being physically near someone regulated)

When someone in a **sympathetic or dorsal state** is around someone in a **ventral state**, their nervous system begins to shift toward ventral.

**This is biology, not magic.**

## Workbook Exercise: Find Your Regulation Buddy

1. Identify your Builder Type (from Module 1.5)
2. Identify 1-2 people in your cohort with **opposite wiring** (High Stimulation ↔ Low Stimulation, External ↔ Internal, etc.)
3. Reach out and propose a regulation buddy partnership: "I'm High Stimulation and you're Low Stimulation—I think we'd balance each other well. Want to try being regulation buddies?"
4. Set a weekly check-in: 10 minutes to practice co-regulation

## Discussion Prompts

- Who in your life has been a natural co-regulator for you? What did they do that helped?
- How does it feel to know that needing co-regulation is **biological**, not weak?
- What might change in your entrepreneurial journey if you had consistent access to co-regulation?

## Integration with Builder Types

- **External Processors:** Will likely naturally seek regulation buddies—remind them to also practice **being** a regulation buddy (not just talking)
- **Internal Processors:** May resist the idea of regulation buddies—frame it as "trying it as an experiment"
- **Lone Wolves:** May need the most encouragement to engage in co-regulation

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## Unit 5: The Sitting Epidemic (8-10 min)

**Subtitle:** Shi Heng Yi on using body as intended

## Learning Objectives

By the end of this unit, participants will be able to:

- Understand the impact of sedentary lifestyles on nervous system regulation
- Recognize the connection between movement and mental clarity
- Apply Shi Heng Yi's principle: "Use your body as it was designed"
- Build movement into their daily routine in a sustainable way

## Core Content

### The Sitting Epidemic

The average American sits for **6-8 hours per day**. For entrepreneurs and knowledge workers, it's often higher.

Your body was not designed for this.

Humans evolved to:

- Walk 5-10 miles per day
- Squat, climb, carry, lift
- Move in varied, functional ways throughout the day

When you sit for hours without moving, several things happen:

- Your **lymphatic system** (which clears toxins) stagnates (it has no pump—it relies on movement)
- Your **hip flexors** tighten, pulling your pelvis forward and compressing your organs
- Your **vagus nerve** (the main nerve of the parasympathetic nervous system) becomes less active
- Your **circulation** decreases, reducing oxygen to your brain
- Your **mood** declines

**Research Insight:** Studies show that prolonged sitting increases risk of anxiety, depression, cardiovascular disease, and early death—even if you exercise regularly (Pate et al., 2023).[1]

You can't out-exercise a sedentary lifestyle.

## Shi Heng Yi's Teaching: Use Your Body as Intended

Shi Heng Yi teaches that **mental clarity is downstream of physical alignment**.

When your body is stagnant, your mind is stagnant.

When your body is activated, your mind is activated.

He doesn't advocate for extreme fitness. He advocates for **using your body the way it was designed**—with varied, functional movement throughout the day.

**Key Principle:** You don't need a gym. You need to **move more, sit less**.

## The Mind-Body Feedback Loop

Your body and mind are in constant communication.

### Body → Mind:

- When you sit slumped over, your brain interprets this as defeat or depression
- When you stand tall with shoulders back, your brain interprets this as confidence
- When you move vigorously, your brain releases endorphins and dopamine

### Mind → Body:

- When you're anxious, your breath becomes shallow and your muscles tense
- When you're calm, your breath deepens and your muscles relax

You can interrupt a **negative feedback loop** by changing your body position or movement pattern.

### Practical Application:

If you're stuck on a problem in your business, don't keep sitting and thinking.

**Move.** Go for a walk. Do 10 squats. Stretch. Your brain will unstick.

## Somatic Awareness: Listening to Your Body



**Somatic awareness** = The practice of noticing what's happening in your body in real time.

Most cycle-breakers are **disconnected from their bodies**. This is a survival adaptation—if your body was a site of trauma, pain, or chronic stress, you learned to dissociate from it.

But disconnection has a cost:

- You miss early warning signs of stress (tight jaw, shallow breath, tense shoulders)
- You override your body's needs (hunger, rest, movement)
- You can't access gut-level intuition (which we'll cover in Unit 6)

Rebuilding somatic awareness is **slow work**. Start small.

### **Simple Somatic Check-In (60 seconds):**

1. Pause what you're doing
2. Scan your body from head to toe
3. Notice: Where am I holding tension? Where do I feel open or relaxed?
4. Ask: What does my body need right now? (Movement? Rest? Water? A stretch?)

Do this 3 times per day.

## **Movement Strategies for Cycle-Breakers**

You don't need a perfect fitness plan. You need **movement that matches your nervous system state**.

### **If you're in Sympathetic Activation (anxious, restless, overwhelmed):**

- **High-intensity movement** helps discharge the activation: sprinting, dancing, kickboxing, fast walking
- Goal: Burn off the excess energy so your nervous system can downregulate

### **If you're in Dorsal Shutdown (numb, exhausted, collapsed):**

- **Gentle, rhythmic movement** helps bring you back online: walking, stretching, yoga, tai chi

- Goal: Reconnect to your body without overwhelming your system

**If you're in Ventral Vagal (calm, grounded, regulated):**

- **Playful, varied movement** maintains regulation: hiking, sports, dancing, exploring new movement patterns
- Goal: Enjoy your body and stay connected to it

## **The 5-Minute Movement Rule**

For every 55 minutes of sitting, **move for 5 minutes**.

This isn't a workout. It's a **nervous system reset**.

Options:

- Walk around your space
- Do 10 squats or lunges
- Stretch your hips, shoulders, and neck
- Shake out your arms and legs (this is a trauma-release technique)
- Dance to one song

Set a timer. Make it non-negotiable.

## **Movement as Ritual (Not Punishment)**

Many cycle-breakers have a **punitive relationship with exercise**:

- "I have to work out to burn off what I ate"
- "I'm lazy if I don't exercise"
- "Exercise is penance for my body being wrong"

**Reframe:**

Movement is not punishment. Movement is **honoring the body you have**.

Your body carried you through survival. It deserves care, not punishment.

## **Workbook Exercise: Build a Movement Routine**

1. Assess your current movement level: How many hours per day do you sit?  
How much do you move?
2. Choose one small, sustainable movement practice to add this week:
  - 5-minute movement break every hour
  - 10-minute morning walk
  - 60-second stretch every time you stand up
3. Track it for 7 days
4. Notice: How does your mental clarity, mood, and decision-making shift?

## Discussion Prompts

- What's your current relationship with movement? (joyful, punitive, avoidant, neutral)
- When do you feel most connected to your body? Most disconnected?
- How might more movement support your entrepreneurial journey?

## Integration with Builder Types

- **High Stimulation types:** Need more frequent, high-intensity movement to discharge activation
- **Low Stimulation types:** May need gentle movement prompts to avoid shutdown
- **High Structure types:** Will thrive with scheduled movement breaks
- **Low Structure types:** May need more flexibility ("move when it feels right" vs rigid schedule)

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\*## Unit 6: Your Gut Feeling Matters (8-10 min)

**Subtitle:** Intuition as frequency, mirror neurons

## Learning Objectives

By the end of this unit, participants will be able to:

- Understand the neuroscience of intuition (somatic markers)

- Distinguish between intuition, fear, and dopamine-seeking
- Recognize how mirror neurons help us "read" others
- Trust and use gut feelings in business decision-making

## Core Content

### What Is Intuition?

Intuition is not mystical. It's **pattern recognition processed by your body before your conscious mind catches up.**

Your brain is constantly scanning your environment, comparing current situations to past experiences, and generating predictions about what will happen next. Most of this processing happens **below conscious awareness.**

When your brain detects a pattern that matches past danger or past success, it sends a signal to your body. You feel it as:

- Gut tightness or nausea (warning)
- Heart opening or warmth (safety)
- Butterflies or excitement (possibility)
- Heavy, sinking feeling (misalignment)

**Research Foundation:** Antonio Damasio's research on "somatic markers" (1994) demonstrates that the body registers emotional information about a situation before the conscious mind does. People with damage to the areas of the brain that process bodily signals make poor decisions—even when their logic is intact.<sup>[1]</sup>

**Key Insight:** Your gut feeling is **data**. It's not infallible, but it's not random either.

### Intuition vs. Fear vs. Dopamine

This is where it gets tricky. Not every gut feeling is intuition.

**Intuition** (somatic wisdom):

- Feels calm and clear, even if it's warning you
- Doesn't demand immediate action
- Consistent over time

- Connected to your values and long-term goals
- Example: "This business partnership feels off. I can't explain why, but something isn't right."

**Fear** (nervous system activation):

- Feels urgent and panicky
- Demands immediate action (fight, flight, freeze)
- Often connected to past trauma, not present reality
- Amplifies worst-case scenarios
- Example: "If I launch this business, I'll lose everything and end up homeless." (catastrophizing)

**Dopamine-Seeking** (impulsive desire):

- Feels exciting but scattered
- Driven by "I want it NOW"
- Fades quickly once you get the thing
- Not aligned with long-term values
- Example: "I should drop everything and start a new business idea I just thought of." (chasing novelty)

**How to Tell the Difference:**

Ask yourself:

1. Is this feeling calm or frantic?
2. Does this feeling persist over days/weeks, or is it fleeting?
3. Am I being pulled toward something meaningful, or away from discomfort?
4. If I wait 24 hours, does this feeling remain?

**Facilitator Note:** High Stimulation types (especially Firestarters and Mavericks) often confuse dopamine-seeking with intuition. External Processors benefit from talking through the difference with a regulation buddy.

## The Neuroscience of "Reading the Room"

Have you ever walked into a room and immediately sensed tension, even though no one said anything?

That's your **mirror neurons** at work.

Mirror neurons are brain cells that fire both when you perform an action and when you observe someone else performing that action. They're why:

- You yawn when someone else yawns
- You feel uncomfortable when someone is angry near you
- You can "feel" someone's energy before they speak

**Research Insight:** Mirror neurons help us understand others' intentions and emotions by simulating their internal state in our own nervous system (Rizzolatti & Craighero, 2004).

This is why empaths and highly sensitive people (often Low Stimulation, Internal Processors) can feel **drained** after being around dysregulated people—they're literally mirroring and absorbing that nervous system state.

## Energy Hygiene for Entrepreneurs

As an entrepreneur, you'll interact with many people: customers, investors, collaborators, competitors.

**Some will energize you. Some will drain you.**

This isn't about being judgmental. It's about **recognizing compatibility and protecting your frequency.**

**Energy Hygiene Practices:**

### 1. Notice Who Regulates You, Who Dysregulates You

- After every meeting or interaction, check in: Do I feel more grounded or more scattered?
- Track patterns over time

### 2. Limit Exposure to Chronic Dysregulation

- You can't fix everyone. You can't regulate everyone.
- If someone consistently leaves you depleted, that's information

### 3. Ground Before and After High-Stakes Interactions

- Quick Coherence Technique before a pitch or difficult conversation
- 5-minute walk or breathwork after

### 4. Create Energetic Boundaries

- You can be compassionate without absorbing someone else's chaos
- Practice: "I see your struggle. I'm here. But I'm not taking this on as mine."

## Intuition as Competitive Advantage

Entrepreneurs who trust their intuition make faster, better decisions than those who rely solely on data or external validation.

### Why?

- Intuition processes **more information** than conscious thought (your brain is analyzing thousands of micro-signals)
- Intuition is **faster** than rational analysis (useful when speed matters)
- Intuition integrates **emotional and relational data** that spreadsheets miss

**Research Insight:** Studies of successful entrepreneurs show that they often make high-stakes decisions by combining data with gut feeling. They don't ignore logic—they integrate it with intuition (Gigerenzer, 2007).<sup>[1]</sup>

### Example:

- Data says: "This customer can pay, the contract looks good."
- Intuition says: "Something feels off about this person."
- Integrated decision: "I'll proceed with clear boundaries and a shorter contract term to test the fit."

## Rebuilding Trust in Your Gut (For Cycle-Breakers)

Many cycle-breakers have **broken trust with their intuition** because:

- Their gut told them something was wrong (abuse, neglect, unsafe environments)
- But they had no power to leave or change the situation

- So they learned to **override their gut** to survive

**Result:** You stopped listening to your intuition because listening was too painful.

**Rebuilding trust is gradual work.**

**Practice: Start with Low-Stakes Decisions**

1. Choose small decisions this week (what to eat, which route to take, which task to do first)
2. Pause and check in with your gut: What does my body want?
3. Follow it
4. Notice the outcome
5. Repeat

Over time, you'll rebuild the neural pathway: *My gut feeling is trustworthy.*

## **Workbook Exercise: Intuition vs. Fear vs. Dopamine Journal**

For the next 7 days, when you have a strong "gut feeling" about something, journal:

1. What is the feeling? (describe the physical sensation)
2. What is it telling me to do (or not do)?
3. Does this feel like intuition, fear, or dopamine? (use the criteria above)
4. If I wait 24 hours, does this feeling persist or fade?
5. What happened when I followed (or didn't follow) this feeling?

At the end of 7 days, look for patterns. Are you confusing fear with intuition? Dopamine with intuition? Or are you ignoring real intuitive hits?

## **Discussion Prompts**

- When was the last time you had a gut feeling that turned out to be right? What did it feel like?
- How do you currently distinguish between intuition and fear?
- How might trusting your intuition change your business decisions?



## Integration with Builder Types

- **High Stimulation types:** May need to slow down to access intuition beneath the noise
  - **Low Stimulation types:** Often have strong intuition but may doubt it due to past invalidation
  - **Internal Processors:** May have easier access to quiet, clear gut feelings
  - **External Processors:** May need to talk through gut feelings to clarify them
- 

## Unit 7: Life as Levels in a Game (10-12 min)

**Subtitle:** Childhood trauma creates patterns, letting go

### Learning Objectives

By the end of this unit, participants will be able to:

- Understand how childhood trauma creates behavioral patterns
- Recognize their own "levels" (recurring life themes and obstacles)
- Distinguish between letting go and giving up
- Understand identity attachment to patterns

### Core Content

#### The Video Game Metaphor

Imagine life as a video game. Each level has:

- **A goal** (what you're trying to build or become)
- **Obstacles** (internal hindrances, external challenges)
- **Skills** (what you're learning)
- **A boss battle** (the hardest version of your recurring pattern)

When you complete a level, you don't delete the skills you learned. You carry them forward. But you also don't keep replaying Level 3 forever.

**For cycle-breakers, the pattern often looks like this:**

- Level 1: Survival (childhood trauma, learning to cope)
- Level 2: Numbing (addiction, avoidance, disconnection)
- Level 3: Awareness (recovery, recognizing patterns)
- Level 4: Rebuilding (identity work, new skills)
- Level 5: Building (entrepreneurship, leadership, legacy)

You're moving through Level 4 right now. But sometimes, **old level patterns try to pull you back.**

## How Childhood Trauma Creates Patterns

Trauma (especially chronic childhood trauma) wires your nervous system for **threat detection and survival.**

The patterns you developed were **adaptive at the time:**

- Hypervigilance kept you safe when adults were unpredictable
- People-pleasing prevented punishment or abandonment
- Perfectionism earned conditional love
- Dissociation protected you from unbearable pain
- Aggression established boundaries when no one respected them

**These patterns worked.** They kept you alive.

**But now they're obstacles.**

What protected you in childhood **limits you in adulthood:**

- Hypervigilance becomes chronic anxiety
- People-pleasing becomes boundary dissolution
- Perfectionism becomes paralysis
- Dissociation becomes disconnection from your body and intuition
- Aggression becomes relational rupture

**Key Insight:** You're not broken. You're **wired for a context that no longer exists.**

**Research Foundation:** Gabor Maté (2008) and Bessel van der Kolk demonstrate that trauma creates persistent patterns because the nervous system remains in survival mode even when the threat is gone. The body keeps score.<sup>[1]</sup>

## Recognizing Your Recurring Patterns

Most people have **2-3 core patterns** that show up across every area of life (relationships, work, money, self-care).

### Common Patterns for Cycle-Breakers:

#### 1. The Sabotage Pattern

- Just as things are going well, you unconsciously sabotage (quit the job, push away the partner, relapse)
- Why: Success feels unsafe. Failure is familiar.

#### 2. The Caretaker Pattern

- You're always helping others but never receiving help
- Why: Your worth was conditional on being useful. Rest feels like failure.

#### 3. The Chaos-Seeking Pattern

- Calm feels boring or unsafe, so you create (or enter) chaos
- Why: Your nervous system is wired for high activation. Peace feels like the calm before the storm.

#### 4. The Isolation Pattern

- You push people away before they can leave you
- Why: Abandonment in childhood taught you that connection = inevitable loss

#### 5. The Perfectionism-Paralysis Pattern

- You can't start until it's perfect, so you never start
- Why: Mistakes were punished, so your nervous system learned: imperfect = unsafe

**Which one is yours?**

## The Boss Battle: When Patterns Show Up Strongest

In video games, the boss battle is the **hardest, most concentrated version** of the level's challenge.

In life, your boss battle is when your pattern shows up at **maximum intensity**—usually right before a breakthrough.

### **Examples:**

- You're about to launch your business → Perfectionism-Paralysis spikes
- You're building real intimacy → Isolation Pattern activates
- You're experiencing success → Sabotage Pattern kicks in

### **Why does this happen?**

Your nervous system interprets **growth as threat**. Growth means leaving the familiar. Even if the familiar is painful, it's **known**. The unknown is terrifying.

**The pattern is your nervous system's attempt to pull you back to safety.**

## **Letting Go vs. Giving Up**

There's a critical difference between **letting go** and **giving up**.

### **Giving Up:**

- Rooted in shame ("I can't do this, I'm not strong enough")
- Collapse and withdrawal
- Reinforces old identity ("See? I always fail")

### **Letting Go:**

- Rooted in awareness ("This pattern isn't serving me anymore")
- Conscious release
- Creates space for new identity ("I'm learning a new way")

### **Example:**

**Giving Up:** "I keep self-sabotaging, so I'm just not meant to be an entrepreneur. I'll stop trying."

**Letting Go:** "I recognize my sabotage pattern. It protected me once, but I don't need it anymore. I'm going to practice a new response when it shows up."

## Identity Attachment to Patterns

Here's the hardest part: **Your patterns are tied to your identity.**

If you've spent years identifying as:

- "The one who always struggles"
- "The one who can't catch a break"
- "The one who's too broken to succeed"

...then **letting go of the pattern means letting go of that identity.**

And even if that identity is painful, it's **who you know yourself to be.**

**Questions your nervous system asks:**

- If I'm not "the struggling one," who am I?
- If I'm not "the broken one," what gives me worth?
- If I succeed, will people still relate to me?

**This is why change is terrifying—even when it's change toward something better.**

## The Practice of Pattern Interruption

You can't delete a pattern. But you can **interrupt it.**

### Step 1: Name the Pattern When It Shows Up

"Oh, there's my Sabotage Pattern. Right on time."

### Step 2: Thank It

"Thank you for trying to protect me. I know you're scared."

### Step 3: Offer a New Response

"I'm going to try something different. I'm going to keep going even though this feels scary."

### Step 4: Get Support

Call your regulation buddy. Share with your tribe. Don't white-knuckle it alone.

### Step 5: Celebrate the Interruption (Not the Outcome)

You don't have to succeed at the thing. You just have to **practice a new response to the pattern**. That's the win.

## Leveling Up

When you successfully interrupt a pattern enough times, **you level up**.

You don't go back to Level 3. You're now at Level 5, carrying forward:

- The survival skills from Level 1
- The awareness from Level 3
- The new identity from Level 4
- The pattern interruption practice from the boss battle

**You're not starting over. You're building on what you've already survived.**

## Workbook Exercise: Map Your Pattern

1. Identify your dominant pattern from the list above (or name your own)
2. When did this pattern first show up? (childhood, adolescence, early adulthood)
3. How did this pattern protect you back then?
4. Where is this pattern showing up now? (relationships, work, money, entrepreneurship)
5. What would be possible if you interrupted this pattern—even once?
6. What support do you need to practice a new response?

## Discussion Prompts

- Which pattern resonates most with you?
- How has this pattern both protected and limited you?
- What does "leveling up" mean to you?
- What would it feel like to let go of an old pattern without giving up on yourself?

## Integration with Builder Types

- **High Structure types:** May use "needing more preparation" as a pattern to avoid risk
  - **High Stimulation types:** May use chaos-seeking or impulsivity as a pattern
  - **Lone Wolves:** May use isolation as a primary pattern
  - **Catalysts:** May use caretaking/people-pleasing as a pattern
- 

## Unit 8: What Connects Us All (8-10 min)

**Subtitle:** Source, yin and yang, connection prevents loneliness

### Learning Objectives

By the end of this unit, participants will be able to:

- Understand the concept of "source" or universal connection
- Recognize the balance of yin and yang in entrepreneurship
- See connection as a protective factor against relapse and loneliness
- Integrate spiritual concepts without bypassing practical action

### Core Content

#### What Is "Source"?

Source is a term used across spiritual traditions to describe **the fundamental energy or intelligence that connects all things**.

- In Buddhism: interconnectedness, dependent origination
- In Taoism: the Tao, the Way
- In physics: the unified field, quantum entanglement
- In entrepreneurship: the creative force, flow state, being "in the zone"

**You don't have to believe in a specific religious framework to access this concept.**

Source simply means: **You are not separate. You are part of something larger.**

**Why This Matters for Cycle-Breakers:**

Addiction and chronic trauma create **profound loneliness**. The core wound is often: "I am alone. I am disconnected. I don't belong."

Recovery (and entrepreneurship) require reconnection:

- To yourself
- To others
- To something larger than yourself

**Research Foundation:** Johann Hari's research (2018) demonstrates that the opposite of addiction is not sobriety—it's **connection**. People recover when they rebuild connection to community, purpose, and meaning.<sup>[1]</sup>

## Yin and Yang: The Balance of Opposites

The Taoist symbol of yin and yang represents **complementary opposites** that create wholeness.

**Yin** (feminine energy, receptive):

- Rest, stillness, reflection
- Listening, intuition, being
- Soft, inward, regenerative

**Yang** (masculine energy, active):

- Action, momentum, building
- Doing, strategy, effort
- Hard, outward, productive

**Neither is better. Both are necessary.**

**The Problem for Cycle-Breakers:**

Many cycle-breakers are stuck in **chronic yang** (doing, hustling, proving, achieving) because:

- Rest feels unsafe
- Stillness brings up difficult emotions
- Worth is tied to productivity



**Or stuck in chronic yin** (shutdown, avoidance, numbness) because:

- Yang energy feels overwhelming
- Action triggers anxiety or trauma
- Doing requires hope, which feels dangerous

**Balance is the goal.**

## **Yin and Yang in Entrepreneurship**

Entrepreneurship requires both energies:

### **Yang (Necessary for Building):**

- Taking action on your MVP
- Pitching, selling, marketing
- Problem-solving, iterating, pushing forward
- Setting goals and executing

### **Yin (Necessary for Sustainability):**

- Resting, reflecting, integrating
- Listening to your intuition and your customers
- Allowing ideas to emerge (not forcing)
- Receiving support, not just giving

**Most entrepreneurs burn out because they're 90% yang, 10% yin.**

You can't build from depletion. You can't sustain from hustle alone.

### **Practice: The Yin-Yang Audit**

Each day, notice:

- How much time did I spend in **yang** (doing, producing, moving forward)?
- How much time did I spend in **yin** (resting, receiving, reflecting)?

If you're 80% yang / 20% yin → Add more rest and stillness

If you're 80% yin / 20% yang → Add more action and momentum

**The goal is dynamic balance, not 50/50 every day.**

## Connection as Infrastructure

In Module 5 (Peer Leadership), you'll learn that connection is **not a nice-to-have**. It's infrastructure.

Loneliness and isolation are **relapse triggers**.

**Research Insight:** Studies show that social connection is one of the strongest protective factors against addiction relapse. People with strong social networks are significantly more likely to sustain recovery (Putnam, 2000; Chetty et al., 2022).<sup>[1]</sup>

### Connection protects you from:

- Shame spirals (tribe members reflect your worth back to you)
- Decision paralysis (you can ask for input)
- Burnout (you can ask for help)
- Relapse (you have people who notice when you're struggling)

**This is why Legacy Rising is tribe-based, not individual-based.**

You're not alone in this. You were never meant to be.

## Being vs. Doing: Goal-Setting from Source

Many entrepreneurs set goals from **lack**:

- "I need to make \$X or I'm a failure"
- "I have to prove I'm not broken"
- "I need to escape my past"

These goals are **yang energy fueled by fear**.

### Alternative: Goal-Setting from Source

Goals set from source are rooted in:

- Alignment with values ("I want to build something that serves others")
- Contribution ("I have something to offer")
- Curiosity ("I wonder what's possible if I try this")

**Same goal, different energy.**

**Example:**

**From Lack:** "I need to make \$50K this year or I'll end up homeless like before."

- Driven by fear and scarcity
- Creates chronic stress
- Unsustainable

**From Source:** "I'm building a business that creates \$50K in revenue because it allows me to support my family and serve my community."

- Driven by purpose and contribution
- Creates sustainable motivation
- Rooted in connection

**The goal is the same. The frequency is different.**

## **Spiritual Bypassing vs. Grounded Spirituality**

### **Spiritual Bypassing:**

- Using spiritual concepts to avoid pain, responsibility, or action
- "Everything happens for a reason" (dismissing trauma)
- "Just trust the universe" (avoiding practical planning)
- "We're all one" (ignoring real harm and injustice)

### **Grounded Spirituality:**

- Acknowledges connection AND takes responsibility
- "I'm part of something larger, AND I have to do the work"
- "I trust my intuition, AND I need a business plan"
- "We're interconnected, AND I need boundaries"

**Both/And, not Either/Or.**

## **Workbook Exercise: Source Connection Practice**

Choose one practice to try this week:

### **Option 1: Gratitude as Connection**

Each morning, name 3 things you're grateful for. Notice: These things connect you to something beyond yourself (people, nature, opportunities, resources).

### **Option 2: Yin-Yang Daily Check-In**

At the end of each day, assess: Was I mostly yang (doing) or yin (being) today? What do I need tomorrow to balance?

### **Option 3: Connection Inventory**

List all the ways you're currently connected (people, community, purpose, nature, creativity). Notice: You're not as alone as you feel.

## **Discussion Prompts**

- What does "source" or "connection to something larger" mean to you?
- Where in your life are you out of balance (too much yang or too much yin)?
- How has loneliness or isolation impacted your recovery or entrepreneurial journey?
- What's one way you can practice connection this week?

## **Integration with Builder Types**

- **High Stimulation types:** Often stuck in chronic yang—need reminders to rest
- **Low Stimulation types:** Often stuck in chronic yin—need support to activate
- **Lone Wolves:** May resist "connection" language—reframe as "strategic relationships"
- **External Processors:** Naturally connect through talking; may need solo yin practices

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## **Unit 9: Your Frequency Is Your Competitive Advantage (10 min)**

**Subtitle:** Coherence in entrepreneurship

### **Learning Objectives**

By the end of this unit, participants will be able to:

- Understand how frequency impacts business outcomes
- Recognize the connection between coherence and decision-making
- Use frequency as a strategic tool in entrepreneurship
- Integrate all Module 3 concepts into a daily practice

## Core Content

### Frequency in Business (Yes, Really)

*This is where everything from Module 3 comes together.*

Your **frequency**—your energetic and emotional state—is not separate from your business success. It's foundational.

**Here's why:**

#### 1. Frequency Affects Decision-Making

- When you're in a coherent state (calm, grounded), your prefrontal cortex is online. You make strategic, long-term decisions.
- When you're incoherent (stressed, reactive), your amygdala is in charge. You make fear-based, short-term decisions.

#### 2. Frequency Affects Communication

- When you're regulated, people feel safe around you. They trust you. They want to work with you.
- When you're dysregulated, people pick up on it (mirror neurons). They feel uneasy. They don't trust you.

#### 3. Frequency Affects Creativity

- Coherence opens up divergent thinking (creativity, problem-solving, innovation)
- Stress narrows thinking to survival mode (fight, flight, freeze)

#### 4. Frequency Affects Resilience

- When you're operating from source (connection, purpose), setbacks don't collapse you
- When you're operating from lack (fear, scarcity), every setback feels like proof you'll fail

**Your frequency is not a luxury. It's strategy.**

## **The Entrepreneur's Dilemma: High Stress, High Stakes**

Entrepreneurship is inherently stressful:

- Financial uncertainty
- Constant rejection (customers, investors, collaborators)
- Isolation (especially early on)
- Decision fatigue
- Imposter syndrome

**For cycle-breakers, add:**

- Trauma history that wired you for threat detection
- Limited financial safety net
- Internalized shame about your past
- Fear of relapse if you fail

**This is a recipe for chronic dysregulation.**

**Most entrepreneurs try to push through it:**

- "I'll rest when I succeed"
- "I'll regulate when I have money"
- "I just need to work harder"

**This doesn't work. You burn out, make poor decisions, or relapse.**

**Alternative approach: Regulate first. Build from coherence.**

## **Coherence as Daily Practice (Integration of Module 3 Tools)**

You now have a toolkit from Module 3:

## **1. Heart Coherence (Unit 1 & 2)**

- Quick Coherence Technique: 2 minutes, 3x/day
- Heart-Focused Breathing before high-stakes moments

## **2. Hindrance Recognition (Unit 3)**

- Notice which of the Five Hindrances is active
- Recognize it as protection, not enemy

## **3. RAIN Method (Unit 4)**

- When emotions are overwhelming: Recognize, Allow, Investigate, Non-Identify

## **4. Co-Regulation (Unit 4.5)**

- Weekly check-ins with your regulation buddy
- Ask for support when dysregulated

## **5. Movement (Unit 5)**

- 5-minute movement breaks every hour
- Match movement intensity to nervous system state

## **6. Intuition (Unit 6)**

- Distinguish intuition from fear and dopamine
- Trust your gut in business decisions

## **7. Pattern Interruption (Unit 7)**

- Name your recurring pattern when it shows up
- Practice a new response with tribe support

## **8. Yin-Yang Balance (Unit 8)**

- Daily check-in: Am I too much yang (doing) or yin (being)?
- Build rest into your rhythm, not just hustle

## **9. Frequency Check (Unit 9 / This Unit)**

- Multiple times per day: What's my frequency right now?
- Shift to coherence before important actions

**You don't have to do all of these every day. Pick 2-3 that work for your Builder Type and commit to those.**

## **Case Study: Coherence in Action**

**Scenario:** You're about to pitch your business idea to a potential investor.

### **Without Coherence:**

- You're anxious (sympathetic activation)
- Your thoughts race
- You talk too fast, forget key points
- You come across as desperate or uncertain
- The investor passes

### **With Coherence:**

- You do 2 minutes of Quick Coherence before the meeting
- Your nervous system is regulated
- Your thoughts are clear
- You speak with calm confidence
- You listen to the investor's questions and respond with clarity
- Even if the investor passes, you feel grounded (not collapsed)

**Same pitch. Different frequency. Different outcome.**

## **Frequency and Attraction (Not "The Secret")**

*This is not about manifesting or "positive vibes only." This is about nervous system science.*

When you're in a coherent state:

- You make better decisions, which lead to better outcomes
- You communicate more clearly, which builds trust
- You're more creative, which helps you solve problems
- You're more resilient, which helps you persist through setbacks



**People want to work with, invest in, and buy from people who are regulated.**

Why? Because **regulation signals competence and safety.**

If you're dysregulated, people's nervous systems pick up on it (mirror neurons) and interpret it as threat or instability.

**This isn't fair. But it's biology.**

**Good news:** You can learn to regulate. That's what this entire module is about.

## **Your Daily Frequency Practice (Sustainable Entrepreneurship)**

### **Morning (Set Your Baseline):**

1. Quick Coherence Technique (2 min)
2. Check in: What's my frequency today? What do I need to support it?
3. Set an intention from source (not from lack)

### **Throughout the Day (Maintain Regulation):**

1. Movement breaks every hour (5 min)
2. Check in with your body 3x/day (somatic awareness)
3. Name any hindrances that show up (RAIN if needed)

### **Evening (Integration and Rest):**

1. Yin-Yang Audit: Was I balanced today?
2. Celebrate pattern interruptions (not just outcomes)
3. Gratitude practice (connection to source)

### **Weekly (Community and Support):**

1. Check in with regulation buddy
2. Share wins and challenges with tribe
3. Ask for support when needed (co-regulation)

**This is infrastructure, not indulgence.**

## **The Long Game**

Entrepreneurship is a marathon, not a sprint.

If you build from chronic stress and dysregulation, you might have short-term wins. But you'll burn out or relapse.

If you build from coherence, you might move slower at first. But you'll be **sustainable**. You'll make better decisions. You'll build better relationships. You'll enjoy the process.

**And you'll create a business—and a life—that you don't need to recover from.**

## Workbook Exercise: Your Personal Frequency Protocol

Design your personal daily frequency practice:

1. Choose 3 tools from Module 3 that resonate most with your Builder Type
2. Schedule them into your day (be specific: time, location, duration)
3. Share your protocol with your regulation buddy for accountability
4. Practice for 7 days
5. Reflect: What shifted? What was hard? What do you want to keep?

## Discussion Prompts

- How has your frequency (stress, regulation, coherence) impacted your past work or relationships?
- What would change in your entrepreneurial journey if you prioritized regulation as much as action?
- Which Module 3 tool feels most useful to you right now?
- How can your tribe support your frequency practice?

## Integration with Builder Types

- **High Stimulation types:** Need more frequent regulation practices; benefit from high-intensity movement
- **Low Stimulation types:** Need gentle activation practices; benefit from quiet coherence work
- **High Structure types:** Thrive with scheduled, consistent routines

- **Low Structure types:** Need flexibility; may benefit from "regulation menu" vs rigid schedule
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## Module 3 Integration & Next Steps

### What You've Learned

In this module, you:

- Learned the science of frequency, vibration, and heart coherence (Tesla, HeartMath)
- Practiced the Quick Coherence Technique to regulate your nervous system
- Identified your dominant hindrance (Shi Heng Yi's Five Hindrances)
- Learned the RAIN method for working with difficult emotions
- Understood co-regulation and found a regulation buddy
- Built movement into your daily routine
- Distinguished intuition from fear and dopamine
- Recognized your recurring patterns and practiced interruption
- Explored yin-yang balance and connection to source
- Integrated all tools into a sustainable daily frequency practice

### How This Connects to Module 4

In Module 4 (Entrepreneurship 101), you'll start building your business. But you won't be building from chaos or chronic stress. You'll be building **from coherence**.

The tools from Module 3 aren't separate from entrepreneurship—they're **foundational**:

- Heart coherence helps you pitch with confidence
- Hindrance recognition helps you push through doubt
- RAIN helps you handle customer rejection
- Co-regulation helps you stay motivated when it's hard

- Intuition helps you make strategic decisions

**Module 3 gave you the nervous system infrastructure to build sustainably in Module 4.**

## Daily Practices to Continue

### Non-Negotiables:

1. **Heart Coherence:** Quick Coherence Technique 2x/day minimum (morning and before high-stakes moments)
2. **Movement:** 5-minute breaks every hour
3. **Somatic Check-Ins:** 3x/day body scan

### Weekly Practices:

1. **Regulation Buddy Check-In:** 10-15 minutes
2. **Yin-Yang Audit:** Reflect on balance
3. **Pattern Interruption:** Name and interrupt one recurring pattern

### As-Needed Tools:

1. **RAIN:** When emotions are overwhelming
2. **Intuition Check:** Before major decisions
3. **Frequency Reset:** When you notice dysregulation

## Tribe Accountability

- Share your frequency protocol with your pod
- Ask your regulation buddy to check in: "How's your frequency today?"
- Practice calling out when someone is operating from dysregulation (with compassion): "Hey, I notice you seem really activated right now. Want to do a Quick Coherence practice together?"

## Research Summary for Module 3

### Core Research Citations

1. **McCraty, R., & Childre, D. (2010).** "Coherence: Bridging Personal, Social, and Global Health." *Alternative Therapies in Health and Medicine*, 16(4), 10-24.
  - **Application:** Heart coherence science; HRV as predictor of health and emotional resilience; Quick Coherence Technique
2. **McCraty, R., Atkinson, M., Tomasino, D., & Bradley, R. T. (2009).** "The Coherent Heart: Heart-Brain Interactions, Psychophysiological Coherence, and the Emergence of System-Wide Order." *Integral Review*, 5(2), 10-115.
  - **Application:** Heart-brain communication; heart sends more signals to brain than vice versa; coherence improves decision-making
3. **Porges, S. W. (2011).** *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. W. W. Norton & Company.
  - **Application:** Three nervous system states (ventral vagal, sympathetic, dorsal vagal); co-regulation; social engagement system
4. **Dana, D. (2018).** *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. W. W. Norton & Company.
  - **Application:** Practical application of polyvagal theory; nervous system state matching to intervention
5. **Lazar, S. W., Kerr, C. E., Wasserman, R. H., et al. (2005).** "Meditation experience is associated with increased cortical thickness." *NeuroReport*, 16(17), 1893-1897.
  - **Application:** Neuroplasticity; 8 weeks of practice increases gray matter in emotional regulation regions
6. **Shi Heng Yi.** TEDx talks and Shaolin teachings on The Five Hindrances
  - **Application:** Buddhist psychology made practical; obstacle recognition; clarity as natural state
7. **Goldstein, J. (2013).** *Mindfulness: A Practical Guide to Awakening*. Sounds True.
  - **Application:** RAIN method foundations; non-identification; spiritual practice without bypassing

8. **Damasio, A. (1994).** *Descartes' Error: Emotion, Reason, and the Human Brain.* Putnam.
    - **Application:** Somatic markers; body processes emotional information before conscious mind; intuition as data
  9. **Gigerenzer, G. (2007).** *Gut Feelings: The Intelligence of the Unconscious.* Viking.
    - **Application:** Intuition in decision-making; fast and frugal heuristics; successful entrepreneurs integrate data with gut feeling
  10. **Rizzolatti, G., & Craighero, L. (2004).** "The mirror-neuron system." *Annual Review of Neuroscience*, 27, 169-192.
    - **Application:** Mirror neurons; how we "read" others; empathy and energy exchange
  11. **Hari, J. (2018).** *Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions.* Bloomsbury.
    - **Application:** Connection as protective factor; opposite of addiction is connection; social isolation as risk factor
  12. **Maté, G. (2008).** *In the Realm of Hungry Ghosts: Close Encounters with Addiction.* North Atlantic Books.
    - **Application:** Trauma creates patterns; nervous system wired for context that no longer exists; compassion for adaptive patterns
  13. **Putnam, R. D. (2000).** *Bowling Alone: The Collapse and Revival of American Community.* Simon & Schuster.
    - **Application:** Social capital and connection; community as protective factor; loneliness epidemic
  14. **Chetty, R., Jackson, M. O., Kuchler, T., et al. (2022).** "Social Capital I: Measurement and Associations with Economic Mobility." *Nature*, 608, 108-121.
    - **Application:** Social connection and economic mobility; community as infrastructure; network effects
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## Facilitator Notes

## **Common Challenges in Module 3**

### **1. Resistance to "woo-woo" concepts (energy, frequency, source)**

- Ground everything in neuroscience and research
- Use accessible language: "nervous system state" instead of "vibration" if needed
- Emphasize: This is physics and biology, not mysticism
- For skeptical participants: "You don't have to believe in energy fields. Just try the Quick Coherence Technique and see if it works."

### **2. Perfectionism around practices**

- Participants may feel like they're "doing it wrong"
- Emphasize: There is no perfect. The goal is practice, not mastery.
- Model your own imperfect practice

### **3. Overwhelm from too many tools**

- Remind participants: Pick 2-3 tools that fit your Builder Type
- You don't have to do everything
- Build slowly, one practice at a time

### **4. Difficulty accessing heart coherence or positive emotion**

- Some participants (especially those with complex trauma) may struggle to generate positive emotion
- Offer alternative: Heart-Focused Breathing (no emotion required)
- Validate: "If positive emotion doesn't come easily, that's okay. Just focus on breathing."

### **5. Spiritual bypassing**

- Watch for participants using Module 3 concepts to avoid action or responsibility
- "Just trust the universe" without doing the work
- "Everything is energy" as excuse for not addressing practical barriers

- Redirect: "Yes, AND what's the practical action here?"

## **6. Resistance to co-regulation (especially Lone Wolves and Internal Processors)**

- Frame as experiment: "Try it for 2 weeks and see what happens"
- Normalize: "You're wired to regulate through connection. It's not weakness."
- Offer flexibility: "Co-regulation can be silent presence, not just talking"

## **Integration with Other Modules**

- **Module 1 (Reframing Obsession):** Obsessive patterns are hindrances; RAIN helps work with them
- **Module 1.5 (Builder Types):** Regulation strategies differ by type
- **Module 2 (Identity Work):** Coherence makes identity work sustainable
- **Module 4 (Entrepreneurship 101):** Frequency affects decision-making, pitching, resilience
- **Module 5 (Peer Leadership):** Co-regulation is foundation of peer support
- **Module 6 (Financial Foundations):** Money stress requires regulation tools

## **Trauma-Informed Considerations**

### **Somatic Practices Can Be Activating**

- Body-based practices (somatic check-ins, movement) can trigger trauma memories
- Offer opt-outs: "If this feels like too much, you can pause or modify"
- Provide grounding: "If you feel overwhelmed, open your eyes, look around the room, name 5 things you see"

### **Heart-Focused Practices May Not Feel Safe**

- For some trauma survivors, focusing on the heart area triggers vulnerability
- Alternative: Focus on feet, hands, or breath instead

### **Co-Regulation Requires Safety**

- Not everyone will feel safe co-regulating with everyone



- Allow participants to choose their regulation buddies
- Normalize: "If someone doesn't feel like a good fit, that's information, not rejection"

## Measuring Progress

Module 3 success is not about perfection. It's about:

- **Increased awareness** (noticing dysregulation faster)
- **Faster recovery** (returning to regulation more quickly)
- **Tool utilization** (using at least one Module 3 tool regularly)
- **Tribe support** (asking for co-regulation when needed)

### Check-In Questions for Week 4:

- Which Module 3 tool have you used most?
- What's shifted in your decision-making or emotional resilience?
- How has your regulation buddy partnership been?
- What's still hard? What support do you need?

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## End of Module 3: Energy, Frequency & Inner Strategy - Complete Lesson Plans