



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

Module Overview:

This module teaches participants how to regulate their nervous system, understand energy and frequency as tangible forces, and develop an inner strategy for navigating obstacles. Drawing on heart coherence science, Buddhist psychology, polyvagal theory, and somatic awareness, participants learn practical tools for staying regulated while building. The goal is to shift from reactive to responsive, from dysregulated to coherent, and from fighting the body to working with it.

Research Foundation:

This module draws on HeartMath research (McCraty & Childre, 2010), polyvagal theory (Porges, 2011; Dana, 2018), Buddhist psychology (Goldstein, 2013), somatic markers hypothesis (Damasio, 1994), and mindfulness neuroscience (Lazar et al., 2005).^[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 energy and frequency as scientific concepts, not just metaphors
- Recognize the heart as an electromagnetic generator
- See the body as a vibrational system
- Connect energy regulation to entrepreneurial success

Core Content

Tesla's Framework: Energy, Frequency, Vibration

Nikola Tesla famously said:

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."

This isn't mysticism. It's physics.

Everything is vibration:

- Atoms vibrate at high frequencies
- Cells vibrate and communicate through bioelectrical signals
- Your heart generates an electromagnetic field measurable 3+ feet away
- Your thoughts, emotions, and physiological states have frequencies

Why this matters for builders: Your internal state (your frequency) impacts your external reality—how you show up, what opportunities you notice, what decisions you make.

Heart Coherence: The Science

What is heart coherence?

Heart coherence is a state where your heart rhythm variability (HRV) becomes smooth and ordered, signaling safety and regulation to your entire system.

Research Insight (McCraty & Childre, 2010):

- The heart sends more signals to the brain than the brain sends to the heart
- Heart rhythm patterns affect brain function, decision-making, and emotional regulation
- Coherent heart rhythms improve cognitive performance, emotional stability, and physical health[1]

Incoherent state (stress, fear, shame):

- Heart rhythm is jagged and erratic
- Brain receives "threat" signals
- Access to prefrontal cortex (reasoning, decision-making) decreases
- Result: Reactive, impulsive, survival-based decisions

Coherent state (regulation, presence, connection):

- Heart rhythm is smooth and wave-like
- Brain receives "safety" signals
- Access to prefrontal cortex increases
- Result: Responsive, creative, strategic decisions

For entrepreneurs: You cannot make good decisions from an incoherent state. Regulation is not a luxury—it's infrastructure.

Cymatics: Seeing Frequency

What is cymatics?

Cymatics is the study of visible sound vibration. When you play a frequency through a medium (like sand on a plate), geometric patterns form.

Key insight:

- Different frequencies create different patterns
- Higher, coherent frequencies create symmetrical, organized patterns

- Lower, incoherent frequencies create chaotic, disordered patterns

Metaphor for your life:

- When you're regulated (coherent frequency), your life organizes around that pattern
- When you're dysregulated (incoherent frequency), your life reflects that chaos

You are the frequency. Your life is the pattern.

The Heart's Electromagnetic Field

Your heart generates an electromagnetic field that:

- Extends 3-6 feet beyond your body
- Can be measured by magnetometers
- Influences the nervous systems of people nearby
- Encodes information (emotional state, coherence level)

Practical application:

- When you're regulated, people feel it (they feel safer around you)
- When you're dysregulated, people feel that too (they may avoid or mirror your state)
- Your coherence impacts your tribe, your customers, your relationships

Research Foundation: HeartMath Institute research shows that heart coherence training improves emotional regulation, stress resilience, and interpersonal connection (McCraty et al., 2009).^[1]

Discussion Prompts

- Have you ever walked into a room and felt someone's energy? That's frequency.
- When have you made a bad decision from a dysregulated state?
- What would change if you treated regulation as business infrastructure?

Workbook Exercise: Frequency Awareness

1. Right now, what's your frequency? (Coherent or incoherent?)
 2. When you're coherent, what does your life look like?
 3. When you're incoherent, what patterns show up?
 4. What practice could help you return to coherence daily?
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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 coherence
- Practice the Quick Coherence Technique
- Understand how coherence rewires the brain over time
- Apply heart-focused practices in stressful moments

Core Content

Heart Rate vs. Heart Coherence

Heart rate = how fast your heart beats (BPM)

Heart rate variability (HRV) = the variation in time between heartbeats

Heart coherence = the pattern of HRV (smooth = coherent, erratic = incoherent)

Key insight: A slow heart rate doesn't mean you're regulated. Coherence is about the **pattern**, not the speed.

You can have:

- High heart rate + coherent pattern (exercising, excited, engaged)
- Low heart rate + incoherent pattern (dissociated, depressed, shut down)

What matters: The smoothness and order of the rhythm.

The Quick Coherence Technique (HeartMath)

This is a simple, research-backed practice you can do anywhere in 60-90 seconds.

Step 1: Heart-Focused Breathing (30 seconds)

- Place your hand on your heart
- Breathe slowly: Inhale for 5 counts, exhale for 5 counts
- Imagine breathing in and out through your heart

Step 2: Activate a Positive Feeling (30 seconds)

- Recall a moment of genuine appreciation, care, or love
- It can be a person, pet, place, or memory
- Feel it in your body (not just think about it)

Step 3: Stay There (30 seconds)

- Continue heart-focused breathing
- Sustain the feeling of appreciation
- Notice the shift in your body

What's happening:

- Your heart rhythm shifts from erratic to smooth
- Your brain receives "safety" signals
- Your nervous system downregulates
- You regain access to higher-order thinking

When to use it:

- Before difficult conversations
- When triggered or activated
- Before making important decisions
- During conflict or stress
- As a daily practice (builds baseline coherence)

Real-World Example: Police Officers

HeartMath trained police officers in coherence techniques. Results:

- Reduced use-of-force incidents
- Improved decision-making under pressure
- Decreased stress-related illness
- Better community relations

Why it worked: Officers learned to shift from reactive (threat response) to responsive (coherent state) in high-stress moments.

Application for builders: If it works for cops in life-or-death situations, it works for entrepreneurs in high-stakes moments.

Neuroplasticity and Coherence

The brain rewires based on repeated experiences. This is called **neuroplasticity** (Lewis, 2015).

When you practice coherence regularly:

- Your brain strengthens neural pathways for regulation
- Your default state shifts from stress to coherence
- You become more resilient to triggers
- Your nervous system learns: "I can handle this"

Research Insight: Lazar et al. (2005) showed that meditation (a coherence practice) literally thickens the prefrontal cortex, improving emotional regulation and decision-making.[1]

Timeline:

- 1 week: Noticeable shifts in stress response
- 1 month: New baseline regulation
- 3 months: Structural brain changes

Integration with Builder Types

High Stimulation types: May need shorter, more frequent coherence practices (3x/day for 2 min)

Low Stimulation types: May thrive with longer, deeper practices (1x/day for 10 min)

External Processors: May benefit from practicing with a partner or tribe

Internal Processors: May prefer solo practice

Workbook Exercise: Practice Quick Coherence

1. Do the Quick Coherence Technique right now (set a timer for 90 seconds)
2. What did you notice in your body?
3. When will you practice this daily? (Pick a time and anchor it to a routine)
4. What situation this week could benefit from this practice?

Discussion Prompts

- What makes it hard to pause and regulate in stressful moments?
- How might daily coherence practice change your business decisions?
- What would it feel like to make decisions from coherence instead of stress?

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:

- Understand the Five Hindrances framework from Buddhist psychology
- Identify which hindrances show up most in their life
- Recognize hindrances as patterns, not character flaws
- Prepare to work with hindrances using RAIN method (Unit 4)

Core Content

Who Is Shi Heng Yi?

Shi Heng Yi is a Shaolin monk, master, and teacher who bridges ancient wisdom and modern psychology. His TEDx talk on the Five Hindrances has reached millions.

His teaching: The obstacles to your peak are not external—they're internal patterns you can learn to recognize and release.

The Mountain Story

Imagine you're climbing a mountain. Your goal: reach the peak (clarity, peace, purpose).

But you keep getting stuck. Why?

Not because the mountain is too hard. Because **five hindrances keep pulling you off course:**

1. **Sensual Desire** (craving, grasping)
2. **Ill Will** (anger, resentment)
3. **Sloth & Torpor** (numbness, avoidance)
4. **Restlessness & Worry** (anxiety, agitation)
5. **Skeptical Doubt** ("This won't work," "I can't do this")

Research Foundation: These come from Buddhist psychology (Goldstein, 2013) and have been studied in mindfulness research as predictors of suffering and distraction.[1]

The Five Hindrances (Detailed)

1. Sensual Desire (Craving)

What it is: Obsessive craving for pleasure, substances, outcomes, validation.

What it looks like:

- "I need this to feel okay"
- Constantly chasing the next dopamine hit
- Can't sit still without distraction
- Obsessive focus on getting something you don't have

Why it's a hindrance: You're so focused on what you want that you can't see what's here.

For builders: Craving the outcome (success, money, validation) so intensely that you can't be present to the work.

2. Ill Will (Anger, Resentment)

What it is: Aversion, blame, bitterness toward yourself, others, or circumstances.

What it looks like:

- "It's their fault I'm stuck"
- Ruminating on past wrongs
- Chronic irritability or bitterness
- Energy spent on blame instead of building

Why it's a hindrance: Anger burns energy you need for the climb.

For builders: Resentment toward people who "had it easier," systems that failed you, or yourself for past mistakes.

3. Sloth & Torpor (Numbness, Avoidance)

What it is: Disconnection, dissociation, lack of vitality.

What it looks like:

- "I can't get out of bed"
- Scrolling, numbing, avoiding
- Feeling foggy, heavy, stuck
- Depression-like state (but often a defense mechanism)

Why it's a hindrance: You're not moving. You're frozen.

For builders: Procrastination, avoidance of hard tasks, numbing instead of doing the work.

4. Restlessness & Worry (Anxiety)

What it is: Agitation, inability to settle, catastrophic thinking.

What it looks like:

- "What if I fail?"
- Can't focus; mind jumping between tasks
- Physical restlessness (pacing, fidgeting)
- Chronic anxiety and future-tripping

Why it's a hindrance: You're so focused on future disaster that you can't act now.

For builders: Overwhelm, inability to prioritize, paralysis by analysis.

5. Skeptical Doubt ("This won't work")

What it is: Doubt in yourself, the process, or the possibility of change.

What it looks like:

- "I'm not cut out for this"
- "This program won't work for me"
- Constant second-guessing
- Giving up before you start

Why it's a hindrance: You stop trying.

For builders: Imposter syndrome, fear of launching, quitting before the breakthrough.

Which Hindrance Is Yours?

Most people have 1-2 dominant hindrances.

Reflection questions:

1. Which hindrance do you recognize most in your life right now?
2. How does it show up in your entrepreneurial journey?
3. What does it cost you?

Workbook Exercise: Name Your Hindrance

1. Which of the Five Hindrances shows up most for you?

2. Describe a recent moment when this hindrance was active.
3. What unmet need might be underneath? (e.g., Sensual Desire → need for safety; Ill Will → need for justice)
4. In Unit 4, you'll learn the RAIN method to work with this hindrance.

Discussion Prompts

- Why do hindrances feel so personal (like "this is who I am") when they're just patterns?
 - How might recognizing a hindrance early change your response to it?
 - Which hindrance do you see most in other builders? (Normalize: we all have them)
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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:

- Apply the RAIN method to work with difficult emotions and hindrances
- Practice non-identification ("I have anxiety" vs "I am anxious")
- Recognize spiritual bypassing vs authentic practice
- Use RAIN in real-time when triggered

Core Content

What Is RAIN?

RAIN is a mindfulness-based method for working with difficult emotions, hindrances, and triggers. It's simple, portable, and effective.

Developed by: Michele McDonald (mindfulness teacher); popularized by Tara Brach

The 4 Steps:

R - Recognize what's happening

A - Allow it to be here (without fixing or pushing away)

I - Investigate with curiosity and compassion

N - Non-identification ("This is here, but it's not who I am")

Step-by-Step RAIN Practice

Step 1: Recognize

Name what's present.

- "I'm feeling anxious."
- "I'm craving validation."
- "I'm angry at myself."
- "I'm numb and disconnected."

Why it matters: You can't work with what you don't acknowledge.

Step 2: Allow

Let it be here without trying to fix, suppress, or escape it.

- "This anxiety is here. I'm not going to push it away."
- "I'm letting this anger exist without acting on it."

Why it matters: Resistance amplifies suffering. Allowing creates space.

Important: Allowing is not the same as indulging.

- Allowing: "I feel this craving, and I'm not going to act on it."
 - Indulging: "I feel this craving, so I'll give in."
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Step 3: Investigate

Get curious. Ask:

- "What does this feel like in my body?"
- "Where do I feel it? (chest, throat, stomach)"
- "What story is running in my mind?"

- "What do I need right now?"

Why it matters: Investigation shifts you from reactive to reflective.

Example:

- Hindrance: Skeptical Doubt
 - Investigation: "I feel tightness in my chest. The story is 'I'll never succeed.' What I need is reassurance that trying matters, even if I fail."
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Step 4: Non-Identification

Separate yourself from the experience.

- "I have anxiety" (not "I am anxious")
- "This doubt is visiting" (not "I am doubt")
- "This is a pattern, not my identity"

Why it matters: When you identify as the emotion ("I am broken"), you're stuck. When you see it as a pattern ("I'm experiencing this"), you have agency.

Research Insight: Mindfulness practice (which includes RAIN) strengthens the ability to observe thoughts and emotions without over-identifying with them (Lazar et al., 2005).[\[1\]](#)

RAIN for Each Hindrance

Sensual Desire:

- Recognize: "I'm craving [substance, validation, outcome]"
- Allow: "This craving is here. I'm not acting on it."
- Investigate: "