



Module 3: Energy, Frequency & Inner Strategy

Owner	A Ashley Zeck
Tags	

Tuning Your Instrument: From Chaos to Coherence



Why This Matters

This module bridges the gap between self-discovery and action. After Module 1 (releasing the old self) and Module 2 (building builder identity), participants need to learn how to **regulate their energy, remove obstacles, and tune their frequency** before aiming that power at entrepreneurship.

Backed by heart coherence research (HeartMath Institute), neuroscience (neuroplasticity), Shaolin wisdom (Shi Heng Yi's Five Hindrances), and quantum physics (frequency and vibration), this module proves that **everything you do matters—your thoughts, your energy, your intuition are real forces that shape your reality and your business.**

Module Objective

Teach cycle-breakers to recognize and remove the internal obstacles (Five Hindrances) that block clarity, regulate their nervous system through heart coherence, and trust their intuition as a business tool.

Tribe Role: Regulation Backstop

New addition: Regulation Buddy system — tribe becomes functional nervous system support.

This is where tribe stops being theoretical and becomes your literal co-regulation partner.

Learning Outcomes

- Understand the science of energy, frequency, and vibration (Tesla: "If you wish to understand the universe, think in terms of energy, frequency and vibration")
 - Recognize the Five Hindrances (sensual desire, ill will, dullness, restlessness, self-doubt) in real time
 - Practice the RAIN method to remove obstacles and return to clarity
 - Build heart-brain coherence through practical techniques
 - Develop somatic awareness (gut feeling, intuition, energy reading)
 - Apply energy management to business decisions and relationships
 - Break destructive patterns by changing approach or letting go
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Time: ~180 minutes (3 hours, spread across 2-3 sessions)

OpenEdX Course Structure

▼ Unit 0: "Your Wiring Under Pressure" Calibration (15 min)

Purpose: Make Module 3 personal immediately. No generic regulation.

Activity: Energy Calibration Sheet

Participants answer these prompts **using their BPEP results** from Module 2:

Prompts:

- When I'm dysregulated, my default pattern is:
 - Restlessness
 - Shutdown
 - Control
 - Escapism
 - Overthinking

- My Builder Type tends to hit this Hindrance first:
- The *wrong* regulation strategy for me is:
- The *right* starting point for me is:

Output: A 1-page **Energy Calibration Sheet** that stays with them all program.

This tells them *where to enter regulation*, not just that they should regulate.

Submission: Completed Energy Calibration Sheet (upload PDF or submit in text box)

Key teaching line: "Your nervous system has a specific wiring pattern. What works for someone else might backfire for you. We're finding YOUR entry point."

▼ Unit 1: The Science of You - Energy, Frequency & Vibration (30 min)

Video (10-12 min): If you wish to understand the universe, think in terms of energy, frequency and vibration

- Tesla's insight: "If you wish to understand the universe, think in terms of energy, frequency and vibration"
- The human body has approximately 50 trillion cells, 99.99% space, vibrating energy
 - Heart coherence research: 73% improvement in test scores, 4x faster healing
 - We are energetic beings (EKG measures heart electricity, EEG measures brainwaves)
 - Your energy field extends 3-4 feet and affects others
 - Cymatics: how sound creates patterns in matter
 - The Fibonacci sequence and sacred geometry in nature and your DNA

Reading: Everything is Vibration

- Atoms as high-frequency vibrations
- Heart rate variability (HRV) encodes emotional states
- How stress creates incoherent heart rhythms (blank mind, poor decisions)

- How coherence synchronizes heart-brain-body (flow state, peak performance)
- Connection and coherence reduce pain by 50%
- Your state affects everyone around you

Discussion Forum: Energy Awareness

"Describe a time when you could 'feel' someone's energy in a room. What did you notice? How did it affect you?"

▼ Unit 2: Heart Coherence - Your Built-In Superpower (35 min)

Video (12-15 min): The heart as conductor

- Heart coherence vs. heart rate
- How heart rhythms pull brain waves into sync (entrainment)
- The symphony metaphor: heart conducts, organs are musicians
- Stress example: police officer's heart rate (trauma stored in body, coherence brings instant relief)
- Why mind acts like a muscle (neuroplasticity, Dr. Sarah Lazar)
- Amygdala shrinks, frontal cortex thickens with practice
- 50x more likely to be alive without chronic disease (self-regulation study)

Reading: The HeartMath Approach

- Build-Measure-Learn for your nervous system
- Quick Coherence Technique (step-by-step)
- Heart-Focused Breathing
- Coherence affects creativity, problem-solving, productivity
- Real-world applications for entrepreneurs

Practice Assignment Part 1: "Find Your Door In"

Participants test **three coherence entry styles** over 3 days:

- **Day 1: Stillness-first** (breathing + heart focus, traditional Quick Coherence)

- **Day 2: Movement-first** (walk, shake, pace → then breathe)
- **Day 3: Connection-first** (gratitude toward a person / purpose first, then heart focus)

Log for each day:

- Which entry style did you try?
- Which one actually worked?
- Which one felt fake or impossible?
- What did your body do?
- Before/after state (1-10 scale)

Key teaching line: "If coherence feels impossible, you're probably entering through the wrong door."

Why this matters: High-stimulation / low-structure builders stop self-blaming. High-structure builders stop forcing intensity.

Practice Assignment Part 2: Daily Coherence Practice (4 more days)

After finding your door in, practice your preferred entry style once per day for 4 more days:

1. Your Entry Method: (stillness / movement / connection)
2. Heart Focus: Place attention on heart area, breathe slowly
3. Heart Breathing: Imagine breath flowing in and out of heart (5 sec in, 5 sec out)
4. Heart Feeling: Activate positive feeling (gratitude, appreciation, care for someone/something)

Track:

- Time of day practiced
- What you noticed (physical sensations, emotions, thoughts)
- How you felt before vs. after (1-10 scale)

Submission: 7-day practice log (3 days experimenting + 4 days committed practice) + reflection (200+ words)

Discussion Forum:

*"What happened when you practiced coherence? Did anything surprise you?
Share your experience and support at least 2 others."*

▼ Unit 3: "The Five Hindrances" - What Stops You From Clarity (35 min)

Video (12-15 min): Shi Heng Yi on obstacles to the peak

- The mountain story: "everyone's path is different, but you must climb yourself"
- Clarity = seeing more clearly = right decisions = reaching your goals
- The Five Hindrances block clarity:

1. Sensual Desire (temptation → obsession)

- When you follow every positive sensation (restaurant metaphor)
- Cycle-breaker connection: this IS addiction
- How it shows up in business: chasing shiny objects, distraction

2. Ill Will (aversion, resentment, rejection)

- "I don't like rain, bumpy roads, swimming" = won't finish the journey
- Cycle-breaker connection: trauma responses, bitterness
- How it shows up: refusing feedback, rejecting help, self-sabotage

3. Sloth & Torpor (heaviness of body, dullness of mind)

- Imprisonment metaphor, depression, lack of motivation
- Cycle-breaker connection: post-acute withdrawal, burnout
- How it shows up: not launching, staying stuck

4. Restlessness (unsettled mind, monkey mind)

- Mind jumping from branch to branch, worrying about future/past
- Cycle-breaker connection: anxiety, PTSD, racing thoughts
- How it shows up: can't focus, decision paralysis

5. Skeptical Doubt ("Can I do this?" "What will others say?")

- Indecisiveness, disconnected from goals
- Cycle-breaker connection: shame, imposter syndrome
- How it shows up: not starting, asking permission, hiding

Reading: Recognizing Your Patterns

- Which hindrance shows up most for you?
- How has each one cost you in the past?
- Addiction as the ultimate sensual desire
- Trauma as the root of ill will
- Real examples from cycle-breakers

Written Assignment: Hindrance Inventory + Builder Type Mapping

Part 1: Standard Hindrance Inventory

For each of the Five Hindrances:

- Rate how often this shows up for you (1-10 scale)
- Give a recent example from your life
- Describe the cost (what did this hindrance prevent or destroy?)
- Name the pattern you're ready to break

Part 2: "My Predictable Saboteur" Worksheet

Using your BPEP results, identify:

- Primary Builder Type:
- Primary Hindrance:
- How it disguises itself as "being productive":

Examples:

- Firestarter + Restlessness = endless ideation, no follow-through
- Architect + Doubt = over-planning, analysis paralysis
- Stabilizer + Sloth/Torpor = staying safe too long, risk avoidance

- Operator + Ill Will = quiet resentment, burnout from unspoken boundaries

Reframe line: "Your hindrance isn't random — it's predictable. Once you see the pattern, you can interrupt it."

Submission: Completed inventory (250+ words per hindrance) + Predictable Saboteur worksheet

Discussion Forum:

"Which hindrance is your 'final boss'? Which one blocks you most from building your legacy? Share your awareness and support others in naming their patterns."

▼ Unit 4: The RAIN Method - Removing Obstacles in Real Time (30 min)

Video (8-10 min): Just let it rain

- Shi Heng Yi's 4-step method for clearing dark clouds
- **R = Recognize** what state you're in (which hindrance?)
- **A = Accept/Acknowledge/Allow** it to be as it is (don't resist)
- **I = Investigate** why it came up, what the consequences are
- **N = Non-identification** ("I am NOT my thoughts, emotions, or body—I can see them")
- The director metaphor: jump out and watch yourself in the movie
- Breaking the pattern by observing, not identifying

Reading: RAIN in Practice

- Step-by-step breakdowns for each hindrance
- Common mistakes (spiritual bypassing, fake acceptance, skipping investigation)
- How RAIN builds the observer muscle
- Why non-identification is freedom

Practice Assignment: RAIN Journal (7 Days) + Micro-Drills

Long-Form RAIN Practice (4 entries minimum):

Catch yourself in a hindrance and practice full RAIN journaling:

1. What hindrance did you notice?
2. What did you recognize about your state?
3. How did you practice acceptance? (What did you allow?)
4. What did you investigate? (Why did it arise? What's the cost?)
5. How did you practice non-identification? ("I am not this...")
6. What shifted after the practice?

90-Second RAIN Micro-Drills (3 entries minimum):

For builders who won't journal mid-spiral, practice the **compressed RAIN loop**:

- **R**: "This is restlessness." (name it)
- **A**: "I don't need to fix it." (allow it)
- **I**: "What is this protecting me from?" (investigate quickly)
- **N**: "I am not this state." (separate identity from state)

Participants practice this **standing up, eyes open** — not sitting with a journal.

Log:

1. What triggered the micro-drill?
2. What did you recognize?
3. What shifted after 90 seconds?

Why this matters: This bridges directly into entrepreneurship decisions later. It trains **pattern interruption**, not reflection dependency.

Submission: 7 total RAIN entries (mix of long-form and micro-drills, 100+ words each)

Discussion Forum: RAIN Stories

"Share your hardest RAIN practice this week. What hindrance caught you? What did you learn? Celebrate everyone's practice—awareness is the win."

▼ Unit 4.5: Regulation Buddy System — TRIBE AS NERVOUS SYSTEM SUPPORT (15 min)

Purpose: Train co-regulation, asking for help early, and staying human under pressure.

Video (5 min): Why opposite types make better regulation buddies

- High-stimulation + High-structure = balance
- Fast processors teach slow processors to move
- Slow processors teach fast processors to pause
- This is NOT therapy or fixing — it's pattern interruption

Reading: Co-Regulation Science

- How nervous systems sync (polyvagal theory)
- Why asking "Are you regulated?" works
- The power of check-ins without advice

Activity: Get Matched with Your Regulation Buddy

Matching criteria: Opposite Builder Type (facilitator assigns)

- High-stimulation ↔ Low-stimulation
- High-structure ↔ Low-structure
- Fast processor ↔ Slow processor

Regulation Buddy Role (simple):

1. Text check-in 2-3x per week: "**Are you regulated or activated?**"
2. If activated: "**What do you need right now?**" (movement, breath, space, etc.)
3. **No fixing. No advice. No therapy.**
4. Just witnessing + pattern interruption

Key teaching line: "Your buddy's job is not to fix you. Their job is to notice when you're offline and remind you that you have tools."

This trains:

- Co-regulation (asking for help early)
- Staying human under pressure
- Nervous system literacy

Submission: Regulation Buddy Agreement

- Who is your buddy?
- When will you check in?
- What's your preferred check-in method? (text, voice memo, etc.)
- What do you need your buddy to know about your wiring?

Weekly Regulation Buddy Log (for rest of module):

- Date of check-in
- Were you regulated or activated?
- What did you need?
- What shifted?

Discussion Forum:

"Share one thing you learned from your regulation buddy this week. How did co-regulation feel different from self-regulation?"

Tribe role: Nervous system support

**▼ Unit 5: Mind-Body Balance - Using Your Body as Intended
(25 min)**

Video (8-10 min): The sitting epidemic

- Shi Heng Yi: "You don't use your body as it is intended to be"
- Unbalanced energies from too much sitting, too much thinking
- Body wasn't designed for sitting and mental work only
- Consequences: anxiety, dissatisfaction, never feeling satisfied
- Movement as energy regulation
- Why cycle-breakers need embodiment work

Reading: Somatic Awareness for Builders

- Polyvagal theory basics (nervous system states)
- How trauma lives in the body
- Simple movement practices (shaking, walking, breathwork)
- Body as business tool (reading rooms, trusting gut, grounding before pitches)

Practice Assignment: Movement Check-Ins by Builder Type

For 7 days, do a 5-minute movement practice **matched to your wiring:**

Movement Menu by Builder Type:

- **High stimulation** → fast, short bursts (jumping jacks, sprints, shaking)
- **High structure** → repetitive, rhythmic movement (walking, rowing, tai chi)
- **Internal processors** → solo movement (yoga, stretching, solo dance)
- **External processors** → group / mirrored movement (partner drills, group class, mirroring exercises)

For each day:

- Before: Rate your mental state (1-10, calm to chaotic)
- Movement type and duration
- After: Rate your mental state again
- Note: What shifted?

Key prompt: "Your body is not a problem to overcome — it's your regulator."

This reinforces dignity-first identity *somatically*.

Submission: 7-day movement log + reflection (200+ words) on which movement types work best for your Builder Type

Discussion Forum:

"What movement practice worked for you? How did your body respond? Share what you discovered."

Unit 6: Trusting Your Gut - Intuition as Data (30 min)

Video (8-10 min): Your gut feeling matters

- Intuition isn't woo-woo, it's frequency and vibration
- How to distinguish gut feeling from anxiety from wishful thinking
- Heart coherence improves intuitive decision-making
- Mirror neurons and reading energy in negotiations, pitches, partnerships
- Stories of entrepreneurs who trusted their gut (and those who didn't)

Reading: The Business Case for Intuition

- Research on intuitive decision-making in uncertain environments
- When data isn't enough (incomplete info, fast decisions, people reading)
- Somatic markers (Damasio)
- Protecting your frequency while building
- Energy hygiene for entrepreneurs

Written Assignment: Intuition vs Dopamine vs Fear Sorting Drill

This is HUGE for cycle-breakers.

Part 1: Retroactive Analysis (3 recent decisions)

Think of 3 recent decisions:

1. Describe the decision
2. What did your gut say? (calm, grounded, steady)
3. What did your fear say? (urgent, loud, catastrophic)
4. What did dopamine say? (exciting, fast, distracting)
5. What did you choose?
6. What was the outcome?
7. Looking back, which voice was right?

Part 2: Prospective Practice (3 upcoming decisions)

Identify 3 real upcoming decisions and label the voices:

- **Gut** = calm, grounded, steady (body says "yes" or "no" without drama)
- **Fear** = urgent, loud, catastrophic ("I have to" or "I can't")
- **Dopamine** = exciting, fast, distracting ("This will fix everything!")

Rule: You must **wait 24 hours** before acting on any dopamine-tagged decision.

Why this matters: This directly prevents relapse-style business moves (impulsive partnerships, shiny object syndrome, desperation pivots).

Submission: Part 1 (3 retroactive stories, 150+ words each) + Part 2 (3 prospective decisions with labels)

Discussion Forum:

"When did you ignore your gut and regret it? When did you trust it and win? Let's build the pattern recognition together."

Unit 7: Breaking Patterns - Letting Go to Move Forward (35 min)

Video (10-12 min): Life as levels in a game

- Childhood trauma creates patterns (behavior → results → suffering)
- Same approach = same results (Shi Heng Yi's friend example: facade → failed relationships)
- Two options: change the approach OR let go of the goal
- You can't skip Level 1 to get to Level 2
- "If nothing changes, there will not come a new life"
- 30 years chasing the wrong goal: recognize the senseless approach
- Don't take life so seriously—you're the director of your movie

Reading: The Cycle-Breaker's Choice

- How patterns form (neural pathways, trauma responses, learned behaviors)
- Why awareness alone isn't enough (you need new action)
- Letting go vs. giving up (one is wisdom, one is defeat)
- Identity attachment ("But this is who I am!")

- The freedom in releasing what no longer serves
- Examples of builders who pivoted or released

Written Assignment: Pattern-Breaking Plan

Identify ONE destructive pattern you're ready to break:

1. What's the pattern? (behavior, thought loop, relationship dynamic)
2. Where did it come from? (when did it start?)
3. What has it cost you? (be specific)
4. What's your new approach? (if you're changing strategy)
5. OR what are you letting go of? (if you're releasing the goal)
6. What support do you need to break this pattern?
7. What will you do when the old pattern tries to re-emerge?

Submission: Pattern-breaking plan (400+ words)

Discussion Forum: Breaking Cycles Together

"What pattern are you breaking? What support do you need? Offer accountability and encouragement to at least 2 others."

Unit 8: Connection to Source - The One Behind the Two (25 min)

Video (8-10 min): What connects us all

- Yin and yang have a mother (the one circle)
- Whatever you call it: Source, God, Universe, Infinite Energy
- This is what prevents loneliness (not people around you, but what you're connected to)
- 99.9% genetically identical
- We all came from the same source
- This is the level of connection that matters for builders
- Building from connection vs. building from lack

Reading: Being vs. Doing

- Goal-setting from lack ("I need this to be enough")
- Goal-setting from source ("I'm already whole, now I create")
- Why "going outwards" makes you lose yourself
- The blessing of experiencing existence (joy, tears, heartbreak—all of it)
- Purpose as personal (your 50 years in this body)
- Not taking your identity too seriously

Reflection Assignment: Your Source Connection

Answer these questions:

- What does "source" mean to you?
- When do you feel most connected?
- When do you feel most disconnected?
- Are you building from lack or from wholeness?
- What would change if you approached your business as already enough?
- What are you experiencing in this lifetime that matters most?

Submission: Source reflection (300+ words)

Discussion Forum (Optional):

"This is a personal topic. If you'd like to share your experience of connection or disconnection, the space is here. No pressure."

Unit 9: Energy & Entrepreneurship - Applying Inner Work to Building (30 min)

Video (10 min): Your frequency is your competitive advantage

- How coherence improves decision-making, creativity, problem-solving
- Reading the room in pitches (mirror neurons, energy awareness)
- Trusting intuition when data is incomplete
- Team coherence = better outcomes
- Protecting your frequency from toxic environments, people, decisions

- The entrepreneur who regulates their nervous system wins

Reading: Practical Applications

- Pre-pitch coherence practice
- Energy check-ins before big decisions
- Recognizing when a hindrance is running your business
- RAIN method for entrepreneurial obstacles
- Building a business that supports your frequency (not destroys it)

Written Assignment Part 1: Builder Operating Agreement (BOA) — Module 3 Exit Artifact

This is your required exit artifact from Module 3. You cannot start Module 4 exercises until this is completed.

The Builder Operating Agreement compiles everything from Module 1.5 and Module 3 into one document that governs how you build.

Required Fields:

- **My Builder Type:** (from Module 1.5 BPEP)
- **My stimulation threshold:** (high / low)
- **My most reliable regulation practice:**
- **My top hindrance in business contexts:**
- **My "stop sign" (how I know I'm dysregulated):**
- **One boundary I will protect while building:**

Why this matters: This forces **intentional entry** into entrepreneurship, not impulsive action. Your BOA becomes the container for all Module 4 work.

Written Assignment Part 2: Pre-Build Readiness Check

This becomes the formal handoff to entrepreneurship.

Part 1: Nervous System Baseline

My nervous system baseline right now is:

Regulated (coherent, grounded, steady)

- Wobbly** (manageable but needs attention)
- Overloaded** (dysregulated, need more practice before building)

Part 2: Regulation Commitment

Answer these questions:

1. Which coherence entry method will you use daily? (stillness / movement / connection)
2. One regulation practice I must use **before** business work:
3. How will you recognize hindrances in your business decisions?
4. When will you practice RAIN? (triggers, situations)
5. One sign I'm about to make a decision from a hindrance:
6. How will you use the Gut vs Dopamine vs Fear sorting in real time?
7. What energy boundaries do you need to protect your frequency?
8. One boundary I will hold in Module 4:
9. How will you stay connected to source while building?

Facilitator line: "We don't build from dysregulation here. We pause, then proceed."

This frames entrepreneurship as **containment**, not hustle.

Submission: Energy-to-Build Translation Sheet + Pre-Build Readiness Check (500+ words total)

Discussion Forum:

"How will you apply this module to your business? What practices are you committing to? Support at least 2 others."

Unit 9.5: Builder Readiness Gate (MANDATORY) (20 min)

Purpose: Prevent people from charging into Module 4 from restlessness, dopamine, panic, or identity hype.

Activity: Builder Readiness Check

Participants must answer **YES** to at least **3 of 4**:

- I have a regulation practice I can reliably use when activated
- I can name my primary hindrance *in real time*
- I know my Builder Type and what *doesn't* work for me
- I'm building from curiosity, not desperation

If you cannot answer YES to at least 3:

- Repeat 1 regulation practice + 1 RAIN practice daily for 3 days
- Then re-check this gate
- You are not cleared for Module 4 until you pass this check

Facilitator line (critical):

"Delaying entrepreneurship is not failure. Building while dysregulated is."

This reframes delay as **wisdom** — crucial for cycle-breakers.

Reading: Why This Gate Exists

- Entrepreneurship from dysregulation = new addiction
- The business will amplify whatever state you bring to it
- Restraint is a builder skill
- Stories of builders who waited vs. builders who rushed

Submission: Builder Readiness Gate self-assessment (must pass to proceed)

Discussion Forum:

"If you're waiting at this gate, share what practice you're committing to. If you passed, share what made the difference. Support each other — waiting is brave."

Unit 9.6: Problem Selection Filter (Pre-Module 4 Bridge) (25 min)

Purpose: Teach restraint and pattern interruption before entering Module 4.

Reading: The Danger of Dopamine-Fueled Problem Selection

- High-stimulation types are vulnerable to exciting but chaotic problems
- The wrong problem will burn you out or trigger relapse patterns
- Letting go of one idea creates space for the right one

- How to distinguish gut from dopamine from fear (review Unit 6)

Activity: "Is This a Problem or a Dopamine Hit?"

Participants identify **3 problems** they're excited about solving and run them through this filter:

For each problem, answer:

1. When I think about solving this, my body feels:

calm energized frantic numbed

2. If this took 6 months, would I still care?

yes no unsure

3. Does this problem reduce chaos in my life — or add it?

reduces neutral adds chaos

4. Which hindrance is most likely to hijack this idea?

(sensual desire / ill will / sloth & torpor / restlessness / doubt)

5. Am I solving this for me, or to prove something?

Required Action: You must **discard at least one idea on purpose.**

Why this matters:

- This teaches letting go, restraint, and pattern interruption
- This is exactly what Module 3 is about — applied to entrepreneurship
- You're practicing *not* following every exciting idea
- This prevents relapse-style business decisions

Submission:

- 3 problems analyzed through the filter
- Which one you're discarding and why
- Which problems passed the filter
- Reflection (200+ words): What did this exercise teach you about your patterns?

Discussion Forum:

"Share which idea you discarded and why. What did it feel like to let go of something exciting? Support others practicing restraint."

Unit 10: Module 3 Assessment & Integration

Quiz: Module 3 Knowledge Check (15 questions)

- Multiple choice and short answer
- Questions on heart coherence, Five Hindrances, RAIN method, intuition, pattern-breaking
- Must score 80% to pass (unlimited attempts)

Final Assignment: Module 3 Integration + Handoff to Module 4

Part 1: 30-Day Practice Commitment

Create your integration plan:

1. Daily coherence practice (which technique, when, how long)
2. Hindrance awareness (which one you'll focus on first)
3. RAIN practice (when you'll use it)
4. Movement practice (what, when, how often)
5. Intuition building (how you'll practice trusting your gut)
6. Pattern you're breaking (specific action steps)
7. Accountability (who will support you, how you'll track progress)

Part 2: Module 4 Preparation

1. Review your **Energy-to-Build Translation Sheet** ("How I Build Without Breaking Myself")
2. Confirm you passed the **Builder Readiness Gate**
3. Identify which problem(s) passed your **Problem Selection Filter**
4. One commitment: I will pause and regulate before making decisions in Module 4

Submission: 30-day practice plan + Module 4 prep (400+ words total) + post to discussion forum

Discussion Forum: Commitment Circle

"Share your 30-day practice commitment. Request specific accountability support. Offer to check in with at least 2 others."

Certificate of Completion: Unlocked when all assignments submitted, 7-day practices logged, and quiz passed

Module Reflection

Final Reflection Prompt (optional but encouraged):

"How has your understanding of energy, frequency, and intuition shifted? What practice had the biggest impact? What pattern are you ready to break? How will you bring this into Module 4 (Entrepreneurship)?"

Post in the discussion forum or submit privately.

OpenEdX Implementation Notes

Video Production:

- Unit 1: The Science of Frequency (10-12 min)
- Unit 2: Heart Coherence Explained (12-15 min)
- Unit 3: Five Hindrances (12-15 min)
- Unit 4: RAIN Method Tutorial (8-10 min)
- Unit 5: Mind-Body Balance (8-10 min)
- Unit 6: Trusting Your Gut (8-10 min)
- Unit 7: Breaking Patterns (10-12 min)
- Unit 8: Connection to Source (8-10 min)
- Unit 9: Energy & Entrepreneurship (10 min)
- **Total:** ~87-104 min of video content

Discussion Moderation:

- Unit 3: Create safe space for naming hindrances without shame
- Unit 4: Celebrate all RAIN practices, especially "failures"
- Unit 7: Support vulnerable sharing about patterns
- Unit 8: Hold space for spiritual/personal topics
- Throughout: Model non-judgment and curiosity

Technical Setup:

- Hindrance Inventory: Downloadable PDF worksheet
- RAIN Journal: Simple template or form
- Practice logs: Easy tracking format
- Video uploads: For practice recordings (optional)

Pacing:

- Recommend 2-3 weeks for this module (daily practices need time)
- Consider cohort check-ins mid-module
- Allow flexibility for practice schedules

Additional Resources to Create:

- Quick Coherence Technique guide (step-by-step)
 - Five Hindrances quick reference card
 - RAIN method pocket guide
 - Movement practice library (video demos)
 - Intuition vs. fear decision tree
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Add-Ons / Extras

1. Sound Bath Experience

- Bring in sound healing practitioner for 30-60 min session
- Let participants experience frequency and vibration directly

- Debrief: What did you notice in your body?

2. Breathwork Workshop

- Guided breathwork session (Wim Hof, Box Breathing, or Coherent Breathing)
- Demonstrate immediate nervous system regulation
- Practice coherence in real time

3. Movement Practice Library

- Record short videos (5-10 min each) of different practices
- Options: Tai Chi, Qigong, yoga, dance, martial arts basics
- Let participants try different modalities

4. Energy Awareness Game

- Partner exercise: stand facing each other, practice reading energy
- One person thinks of emotional state, other person guesses
- Develops somatic intuition and presence

5. Pattern-Breaking Accountability Pods

- Small groups (3-4 people) commit to breaking patterns together
 - Weekly check-ins on progress, obstacles, wins
 - Use cohort as support system for change
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Theoretical Foundation

Heart Coherence Research

- HeartMath Institute studies on HRV and performance
- Coherence impacts on cognitive function, emotional regulation, immune system
- Social coherence (groups syncing heart rhythms)

Five Hindrances Framework

- Buddhist psychology (Theravada tradition)
- Shi Heng Yi's modern interpretation
- Applications to addiction, trauma, entrepreneurship

Polyvagal Theory

- Dr. Stephen Porges on nervous system states
- Trauma and dysregulation
- Co-regulation and safety

Frequency & Vibration Science

- Quantum physics basics
 - Cymatics (sound creating patterns)
 - Biofield research
 - Sacred geometry and Fibonacci sequence
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Citations

Heart Coherence:

- McCraty, R., & Childre, D. (2010). "Coherence: Bridging Personal, Social, and Global Health." *Alternative Therapies in Health and Medicine*, 16(4), 10-24.
- McCraty, R., et al. (2009). "The Coherent Heart: Heart-Brain Interactions, Psychophysiological Coherence, and the Emergence of System-Wide Order." *Integral Review*, 5(2).

Polyvagal Theory:

- Porges, S. W. (2011). *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. W. W. Norton.
- Dana, D. (2018). *The Polyvagal Theory in Therapy*. W. W. Norton.

Buddhist Psychology:

- Shi Heng Yi TEDx talks and teachings
- Goldstein, J. (2013). *Mindfulness: A Practical Guide to Awakening*. Sounds True.

Neuroplasticity:

- Lazar, S. W., et al. (2005). "Meditation experience is associated with increased cortical thickness." *NeuroReport*, 16(17), 1893-1897.
- Davidson, R. J., & Lutz, A. (2008). "Buddha's Brain: Neuroplasticity and Meditation." *IEEE Signal Processing Magazine*, 25(1), 176-174.

Intuition & Decision-Making:

- Damasio, A. (1994). *Descartes' Error: Emotion, Reason, and the Human Brain*. Putnam.
 - Gigerenzer, G. (2007). *Gut Feelings: The Intelligence of the Unconscious*. Viking.
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Resources

Free Coherence Training:

- HeartMath Institute: heartmath.org
- Quick Coherence Technique (free guide)
- Inner Balance app (coherence tracking)

Shi Heng Yi Content:

- TEDx Talk: "5 Hindrances to Self-Mastery"
- Diary of a CEO podcast episodes
- Shaolin Temple Europe resources

Movement Practices:

- Free yoga/tai chi/qigong videos on YouTube
 - The Phoenix (free fitness for recovery community)
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| **Next Module:** Module 4: Entrepreneurship 101 – From Problem to MVP

Now that you know how to tune your instrument and remove obstacles, it's time to aim your energy at building something real.