

Unit 1: The Science of You - Energy, Frequency & Vibration

≡ Components	Discussion Forum Reading Video
≡ Duration	30 min
≡ Notes	Tesla quote, heart coherence research, cymatics, Fibonacci. Video 10-12 min. Energy awareness forum
✓ SOU Evidence	<input type="checkbox"/>
⌚ Section	Module 3
⚙ Status	Not Started
≡ Subsection	Foundations