

Building Integral Resilience and Big Heart IQ in 5-minutes a day!

Integral Resilience is the Rosetta Stone for **Behavioral Change** underlying Robust Health, Life Force, Imagination, Creativity, and Longevity. What if it can be cultivated in 5 minutes of practice per day?



How to Achieve Emotional Balance

[Audio](#)

*Take life lightly and you will not be afraid.
Treat each moment equally and your mind will be a peace.*
Masters of Huainan

Goal:

- In 5 minutes learn to regain balance in any situation, even under the most trying conditions.

Actions:

- Baby steps
- Focusing on what you can easily manage: your actions, also not believing your thoughts or stories as necessarily true.
- Quieting Your Heart.
- Discovering Beauty in the world.

Resilience Advantage:

- Emotional balance is a gate to *wuwei*, effortless uncontrived action that naturally follows the flow of universe (Tao).

Reference Links:

[Quieting the Heart](#)