

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?



Paying Forward

**Beware of too much good coming your way; it will worm worms.
Hasten to pay it forward
Line for line, deed for deed, cent for cent.**
Ralph Waldo Emerson (Essay on Compensation)

[Audio](#)

Action:

Pay forward today any good that comes your way without asking anything in return, and observe what happens, if anything!

Resilience Advantage:

- Paying forward enables the vital energies of *qi* and love to flow.
- It does not take too many acts of paying forward to generate a Resilience Multiplier Effect
- Leading to a Tipping Point of kindness, generosity, and love.

Reference Links:

[Laughing Heart—A Field Guide to Exuberant Vitality—10 Essential Moves](#)
[My Personal Resilience Journey](#)