

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?



Noticing

Seizei said to Sozan, “Seizei is alone and destitute. Please help him.”

Sozan called out, “Venerable Zei!” ... and Seizei answered, “Yes.”

Sozan observed, “You have finished three cups of the finest Hakka wine and still you say you have not yet moistened your lips.”

Mumonkan # 10 (Gateless Gate)

[Audio: On Noticing](#)

Actions:

- Welcome the world.
- Notice anything that is wondrous, especially little things.
- Pause to count each of these moments, 1,2,3...
- Watch what starts to happen in your life.

Resilience Advantage: The world teems with wonders.

Reference: When to the Moment, then, I say– “*Stay a while, you are so beautiful*” (*Faust*, Johann Wolfgang von Goethe)