

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?



Equanimity (non-reactivity)

When the universe roars, the heavenly dragon watches with pure delight. (Zen canon)

I have no sword. I make absence of self, my sword. I have no armor. I make compassion my armor. I have no life or death. I make breath tides my life and death. (14th century samurai)

[Audio: Equanimity](#)

Action:

- We needn't believe our thoughts or emotions, or the stories based upon them.
- Practicing horse stance, we imagine we are in a great bamboo grove.
- We can reclaim our inner power by bringing kindness and self-compassion to our anguish and pain. It is a place of rest and humanity.

Resilience Advantage:

- Being willing to explore our own anguish with kindness and compassion, we will discover, as we journey deeper, vast resources, including time and creativity, we scarcely imagine we possess.

References:

- Paul Reps, [Zen Flesh, Zen Bones](#)
- Trevor Leggett, [The Tiger's Cave](#)
- [Creating Your Own Luck](#)