

# 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?



## Self-Reliance (自力)

I have no home: I make awareness my home.  
I have no life or death: I make the tides of breathing my life and death.  
I have no sword: I make absence of self my sword.  
I have no eyes: I make the lightning flash my eyes.  
(14<sup>th</sup> century samurai)

I freed a thousand slaves.  
I could have freed a thousand more if only they knew they were slaves.  
(Harriet Tubman)

### [Audio: Self-Reliance](#)

#### Actions:

- “What is the Essential Self?” Penetrate this single question, and observe how everything melts away. The sword of cutting off delusions, and restoring life

#### Resilience Advantage:

- When we experience the Essential-Self, we transcend words, concepts, life and death, time and space.

#### References:

- [Finding Your Power](#)
- [Paying Forward](#)
- Hillel (10 CE) “If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?”
- St Francis (1182 – 1226): “Let me not seek so much to be understood as to understand.”
- Movie Trailer [Artic](#)