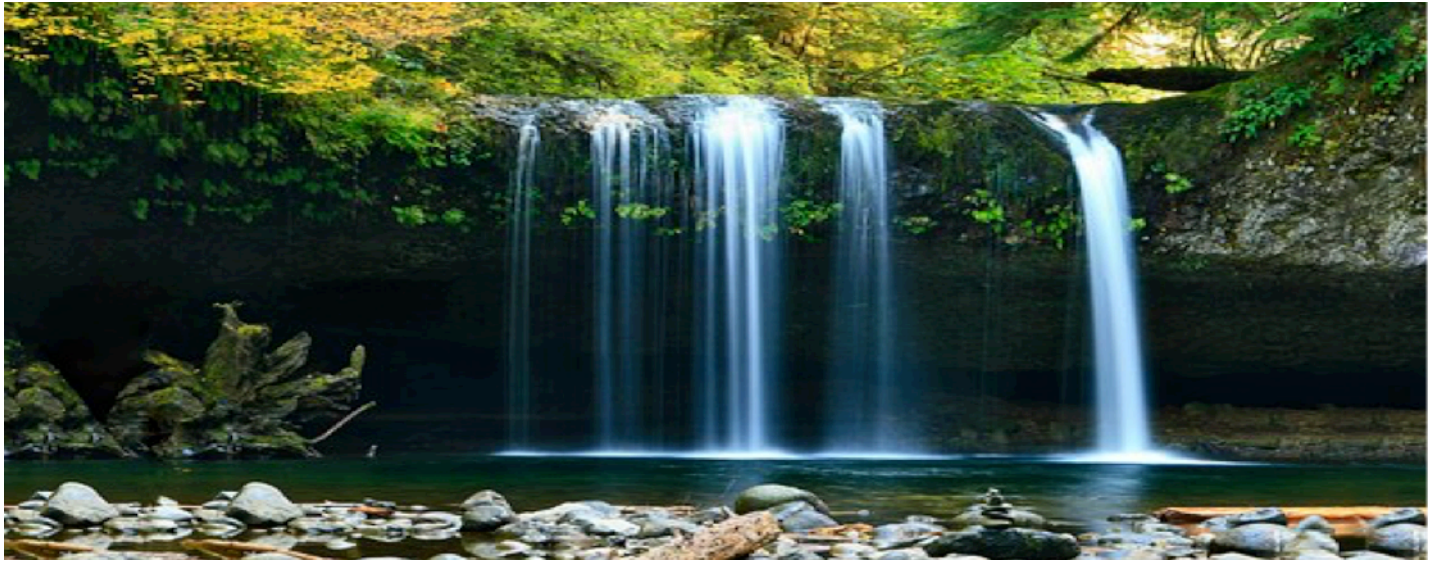


Building Integral Resilience and Big Heart IQ in 5-minutes a day!

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?



Flow

Be like water, my friend

Bruce Lee, Martial Arts Grandmaster

[Audio](#)

Action: Stop. Look, Go ... with the Flow

Resilience Advantage:

- Flow is the antidote to obstacles, blockages, and impediments of all kinds.
- When communities are able to increase the state of flow, they experience greater degrees of health, vitality, resilience, and happiness.
- These benefits will multiply, enabling these communities to reach a tipping point of positive transformational change.

Reference Links:

[Bruce Lee](#) Youtube

[Finding Your Power](#)

[Connecting to Nature](#)

Mihaly Csikszentmihalyi TED Talk: [Flow, The Secret to Happiness](#)