

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 Care

“No amount of self-improvement can make up for any lack of self-acceptance.”

Robert Holden, Ph.D. author, psychologist, philosopher

Blue Cliff Record Case # 94 —Dongshan is well.

Dongshan was ill. A student asked, “You’re unwell. Is there someone, after all, who isn’t sick?” Dongshan said, “There is.” “Does the one who isn’t sick take care of you?” continued the student; “I’m actually taking care of that one.” Dongshan observed. “What’s it like when you take care of that one?” continued the student. “Then I don’t see that there is illness,” Dongshan replied.

[Audio](#) - *Caring for That One*

Actions:

- Simply enjoy being you.
- And make happiness a first priority in your life.

Resilience Advantage:

- When you can accept (love) yourself, you begin to love your life more deeply, no matter what happens; they are inseparable. Everything—inner and outer—suddenly shifts.

Reference Links:

- [Robert Holden, Ph.D.](#)
- [Stop, Look, Go](#)
- [Art Thou Troubled?](#)