

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?



Movement

Eppur si mouve (And yet, it moves!) Galileo

‘And so, my mind held high above itself, looked on intent and still, in wondering awe.’ Dante, *Paradiso*

Audio – On Movement and Resilience

Actions:

- Avoid continuous sitting over 30 minutes.
- Take 10-minute intervals for vigorous walking several times each day.
- Enjoy moving with music and drum beating.
- Every cell alive! Alive inside, Alive outside!

Resilience Advantage:

- Exuberant walking is an antidote to sitting, the new smoking.
- Frequent 5-10 laps of vigorous walking may reduce blood pressure significantly.
- Through movement we come to a place of inner stillness and silence,
- where everything is washed away.

References:

Onami—Becoming a Great Wave
Mysteries of Sufi

Dylan—My Backpages—I was much older then;
I’m younger than that now.”

Deaf Percussionist plays Vivaldi
Extraordinary Emi Ferguson-Bach flute sonata (E-minor)
Resilience and the Reflex Ball

Disclaimer: 5 Minutes to Resilience Series is for [Educational Purposes Only](#), a record of personal reflections, explorations, and discoveries. No medical advice is being offered. You must consult your personal physician or health care provider if you have any prior condition, questions, or concerns.