

## 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?



### Gratitude

**“Every moment is a given moment. We haven’t earned it. We didn’t ask for it. It is a gift.”**

(Brother David Steindl-Rast)

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**A monk asks Da Lung (Great Dragon)**

**“The physical body rots away. What is the hard and fast body of reality?”**

**Da Lung replies: “The mountain flowers bloom like brocade; the valley streams are brimming blue as indigo.”**

(Blue Cliff Record # 82)

### Audio

#### Action:

- Stop, Look, Go
- Enjoy the mystery, surprise, and play
- Express gratitude by [paying forward](#).
- and watch what happens.

#### Resilience Advantage:

- Grateful living>>paying forward>>creates our own luck>>we are free (akarmic).

#### References:

- [Brother David Steindl-Rast \(videos\)](#)
- [Stop Look Go](#)
- [Thanksgiving](#)
- [Discovering Beauty](#)
- [Keep on Keepin’ On—](#)