

## 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?



### Courage

["Today is a good day to die."](#) Crazy Horse

"We cannot discover new oceans unless we have the courage to lose sight of the shore."  
Andre Gide

### [Audio – Courage in the Age of Corona](#)

#### Action

- **Katsu!** Experience your power!
- **Uncertainty:** Take the world as it is, without contriving to change it.
- **Beliefs:** We don't have to believe our emotions or ideas or the stories spinning from them, just because we conjure them.
- **Data:** Focus on the data.
- **Quiet the Heart, and See the Big Picture**

#### Resilience Advantage:

Courage◊Love◊Resilience

- Love tempers and aligns the energies of courage and resilience
- And turns Uncertainty into an ally.

#### References

- Paul Kalanithi--*When Breath Becomes Air*
- Angela Duckworth—[Grit](#)
- Gavin de Becker [Gift of Fear](#)
- John Sugden, [Tecumseh](#)
- Jacques Lusseyran, [And There Was Light](#)
- Movie--[Glory](#)
- Facing Death—[Ric Elias—Flight 1549](#)
- Trevor Leggett, *Samurai Zen, The Tiger's Cave*