

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?



LOVE

“When I think of thee, dear friend, all losses are restored and sorrows end.” (Shakespeare Sonnet 30)

“Take away these hearts of stone, and give us hearts of flesh; take away this ‘murderin’ hate, and give us thy own Eternal Love.” (Sean O’Casey—*Juno and the Paycock*)

[Audio](#)

Actions:

- Consider Love as a uniquely powerful form of subtle energy, concentrated in an energy field around the Heart.
- Learn to Quiet this Heart-Love-Energy Field, then Open and Connect it to whatever is happening before you, in this very moment.
- Soften fear with warmth, kindness, cheer, and forgiveness
- See the Big Picture
- Pay Forward
- Practice for the sheer joy of it.

Resilience Advantage

- Love is not diminished but multiplies by freely giving it away.
- Love endows meaning,
- Enhances creativity,
- Potentiates Synchronicity.
- Shift, in an instant, to Bliss and Paradise! (Greek: metanoia)

References

- Mozart—Marriage of Figaro--Love, Beauty, and Forgiveness
- Piglet Resilience
- Laughing Heart—A Field Guide to Exuberant Vitality for All Ages—10 Essential Moves (See, especially, Quieting the Heart, Connecting to Nature, Paying Forward)
- Stop Look Go
- Jaques Lusseyran, And There Was Light