

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?



Synchronicity

Things that accord in tone, vibrate together; things that have affinity in their innermost natures, seek one another (I-Ching)

When every morning brought a noble chance (Alfred, Lord Tennyson)

The real voyage of discovery consists, not in seeking new landscapes, but in having new eyes (Marcel Proust)

Audio

Actions:

- With a Flick we can enter a place beyond space, time, and entropy.
- Surfing and flowing, not getting or contriving.
- Nourish “S” as you would lovingly your Garden.
- Discover a hidden river of meaning that flows just beneath surface of our lives.
- Stay humble, close to the Earth.
- Practice for the sheer bliss of it!

Resilience Advantage

- Love potentiates “S.”
- “S” teaches us to See the Big Picture, both inner and outer.
- “S” turns blockages and adversities into opportunities, and therefore,
- “S” builds hope and resilience.

- “S” develops memory and creativity by expanding context.
- “S” signals early warnings of risk and danger.
- “S” teaches flow.
- “S” balances causation with randomness.

References

- I-Ching
- C.G/ Jung—Synchronicity-Acausal Connecting Principle
- Elmer and Alyce Green, *Beyond Biofeedback*
- [Creating Your Own Luck](#)
- Dr. Bernard Beitman, [Connecting with Coincidence](#)
- [Serendipity Society](#)
- Robert Root-Bernstein, *Discovering*