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?

Connecting to Nature

And You will keep me safe
And you will keep me close
And rain will make the flowers grow.
Victor Hugo
Les Miserables

Goal:

To connect deeply with Nature.

Action:

- Open our Heart, then all our senses to Nature.
- Refresh, restore, and rejuvenate the *qi*.
- Listen, attend, and discover the Golden Thread.
- Allow it to guide us to Nature's secret teachings.

Resilience Advantage:

- As we deepen our connection with the natural world and follow the "Golden Thread," it takes us to a place where the glory and beauty of the outer and the inner worlds become as one.

Reference Links:

Connecting to Nature
Secret Teachings of Plants Youtube
Whole World is Medicine

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