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

Be like water, my friend.
(Grandmaster Bruce Li)

The great discovery is we are already connected to a vast energy and power source, in Chinese language, *qi*, in Japanese *ki*, in Sanscrit *prana*, in Hawaiian *mana*. This energy source is free, unlimited, and inexhaustible. Virtually all indigenous peoples are well aware of it. But we "modern" people have lost this knowledge. So, here's three easy exercises to begin to explore and to validate this proposition for yourself.

3 Short Videos

Action:

- **Exercise # 1—Jong Tian.** The first is called the *jong tian* movement. It takes all of 30 seconds.
- **Exercise # 2—Horse Stance.** This exercise takes all of 1-2 minutes per day. You are welcome to do more**.** If you are interested in enhancing the results, gradually work you way up to 20 minutes.
- **Exercise # 3—Connecting to the Universe.** This exercise takes only 30 seconds… but some 30 seconds!

Resilience Advantage:

- Connecting is a direct and immediate antidote to delusory Need. (Day 5)
- Everything recalibrates:
- We feel our life force stirring.
- We dare to live in this moment with
- No assumptions, No expectations, when
- Uncertainty becomes our friend.

Reference Links: Finding Your Power—

Finding Your Power
Bruce Li