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?

Uncertainty

In the middle of my life, I found myself in a dark wood where the true way was lost. (Inferno, Dante)

Not knowing is most intimate (Hakuin)

If I say to the moment, “Stay awhile, you are so beautiful.” (Goethe, Faust, Part I)

Audio

Action

- **Rely on Uncertainty and unfold your powers.**
- **Touch your Inner Wildness**
- **Attend, don’t react, just observe**
- **See the World as it is.**

Resilience Advantage

- “The most precious thing in life is uncertainty.” Yoshida Kenko (1283–1350) “Those who confuse Risk and Uncertainty can lose a fortune.” (Warren Buffett)
- Resilience and Uncertainty are allies: The greater Resilience, the more Uncertainty reveals Opportunity; the more accurate and balanced our assessment of Risk.
- We free ourselves from the old stories, the old programs.
- Befriending Uncertainty encourages Synchronicity and multiplies Resilience

References

- *Mindfulness as a Love Affair with Life (* *Jon Kabat-Zinn)*
- Temple Bells with Water
- Musical Mindfulness/A Journey.
- Art Thou Troubled? Music Will Calm Thee (Handel Rosalinda)
- Risk, Uncertainty, and Profit

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