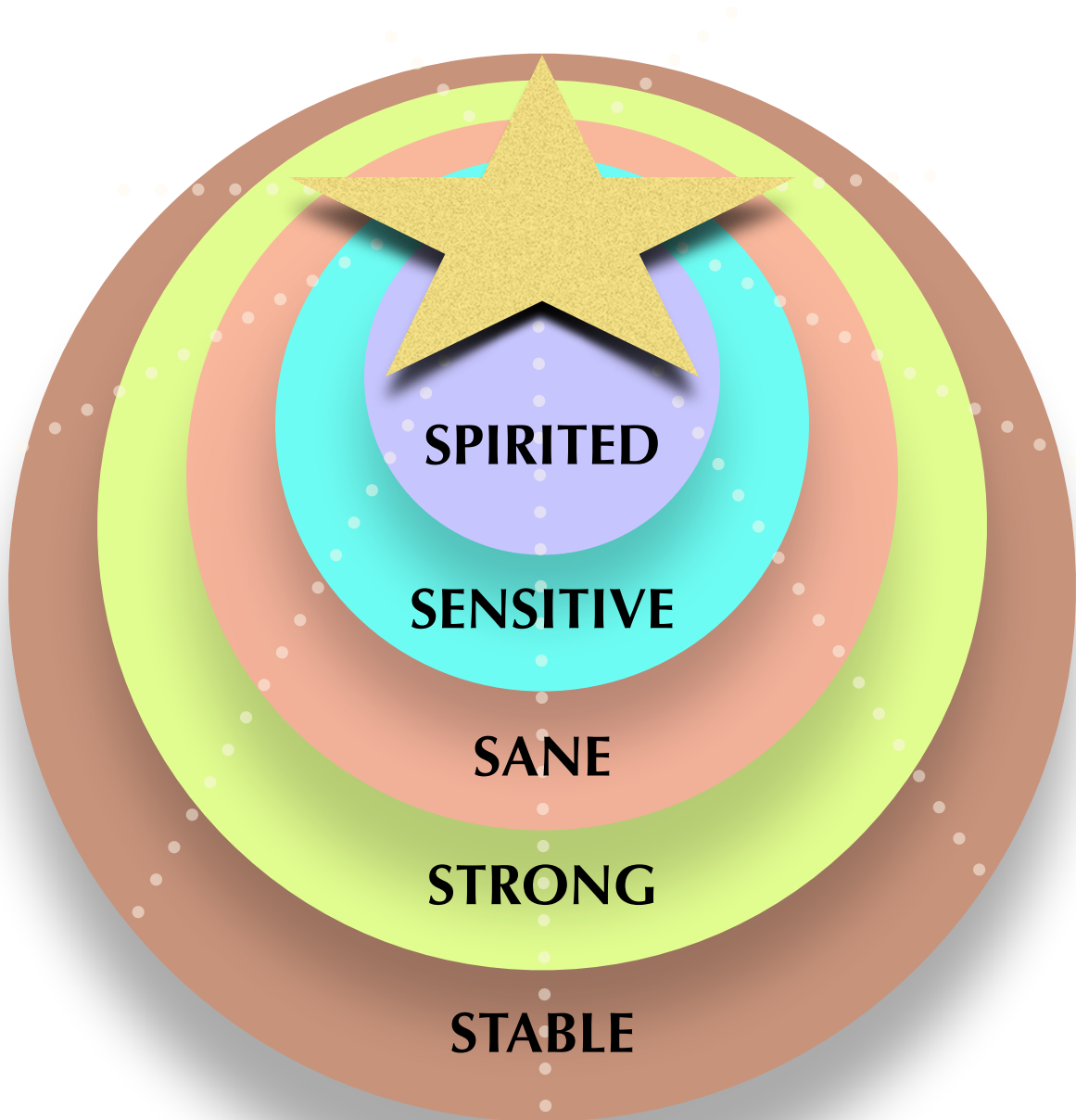


SPHERES OF INNER RESILIENCE



Resilience is the capacity to withstand stretching and recover quickly from challenging conditions. It requires self-awareness, flexibility, and dynamism.

Inner resilience has direct influence on our composure, as well as our ability to cope with and respond to whatever comes our way.

Each of these five spheres are dynamic and uniquely expressed from person to person. Together, they create a potent inner environment for developing **resilient functioning**:

STABLE Grounded in the present, in touch with the emotional experience of safety and security. Not easily disturbed.

STRONG Embodying one's authority. Connected to a robust sense of authentic and benevolent power and support.

SANE Lucid, right-mind balance. Open and receptive to wisdom.

SENSITIVE Able to detect and respond to subtle changes, signals, influences. Careful thought with considerate appreciation of feelings.

SPIRITED Passionate and purposeful. Energized with vitality.

These spheres are expanded or diminished consciously and unconsciously. When combined, they support and enhance one another. When one or more become severely out of balance, inner resilience is compromised.

The demands of our ever-changing world require us to be more and more resilient. The synthesis of an inner core rich with stability, strength, sanity, sensitivity and spirit cultivates emotional intelligence and empathic fluency.

Developing inner resilience gives us the ability to lead our lives with greater ease, responsiveness, and mastery.