A pink lotus flower bud is the central focus, positioned in the lower right quadrant. It has a green stem and is surrounded by large, dark green lotus leaves that fill the background. The lighting is soft, highlighting the texture of the petals and the veins on the leaves.

# **Resources to Deepen Your Connection with Self, Others, and the Universe**

**The Interc0nnected Living Guide**

**Hi my friends! Thank you for downloading this free resource to help you get familiar with some useful tools around interc0nnected living. This guide is your first step to understanding true purpose, connection to the universe around you, and will help you find inner calm amidst the chaos of life.**

**In today's digital age, it's all too easy to feel disconnected – from ourselves, from others, and from the world around us. Yet, at our core, we're all part of an intricate web of existence. This guide has been curated with care to help you bridge that gap of disconnection. Dive into my hand-picked articles, books, podcasts, and videos that not only resonate with the philosophy of interc0nnected living but also address specific challenges many of us face today.**

**You will see how issues of stress, anxiety, sleep, and depression slowly fade away once you are connecting with yourself.**



## About Me

I'm Piyush Gaur. You could say I'm someone who's been on quite a journey. I've experienced life as an engineer, wandered the paths of a spiritual seeker, and navigated the realms of high-tech leadership. My way of living seeks to interconnect these diverse experiences. I attempt to craft journeys, hoping to help others discover their connections to this boundless existence. My pursuit is fueled by a desire to understand universal truth and find a sense of inner fulfillment to combat the perpetual void many of us feel in today's world. I sincerely believe that once we manage to touch our inner Calm, the everyday chaos, the struggle of maintaining work-life balance, the personal and professional hurdles, and the myriad of life's mental and physical challenges begin to fade away.



# Resources

1. Apps

2. Podcast

3. Books

4. Video

5. Website

6. Article

7. Documentary

8. Journals

+

Bonus



1

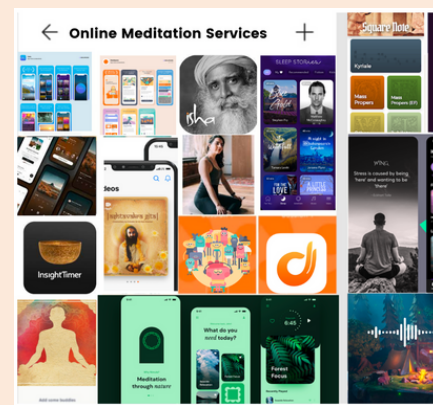
## APPS

Want to know where to start with mindfulness & meditation?  
With living a more fulfilling life?

Check out this article that gives you a detailed overview of which service to use, depending on your personal preferences.



CLICK HERE



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## PODCAST

How can you navigate the delicate balance between a logic-driven professional life and a deeply rooted spiritual pursuit?

Check out **Sri M at Google: "Apprenticed to a Himalayan Master"**

Join spiritual guide Sri M in a compelling talk at Google, where he intricately weaves his spiritual experiences from the Himalayas with the practical aspects of our worldly lives. Uncover pathways to intertwine your spiritual and worldly journeys, navigating them without conflict, and finding a balanced approach to both the metaphysical and the practical.



CLICK HERE

Talks  
at  
Google

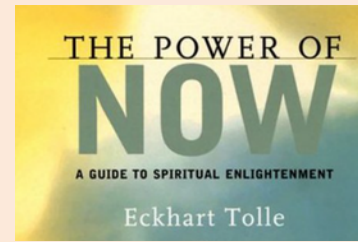
## BOOKS

- Feeling too stuck in the past, or too anxious about your future?

Checkout Eckhart Tolle's "**The Power of Now**" to embrace the present moment, and find peace and clarity in the "now".



[CLICK HERE](#)

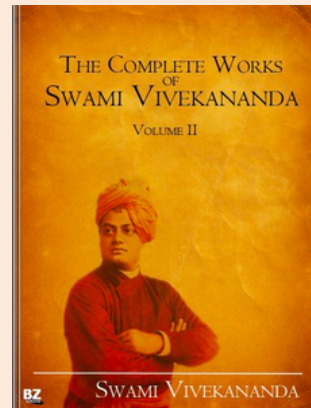


- Feeling disconnected or adrift in today's world? Not sure of your purpose?

Check out the "**Complete Works of Swami Vivekananda**" for grounding in his undefeated intellectual dissection of comprehensive insights & and thoughts on spirituality, interc0nectedness, and the universality of religions.



[CLICK HERE](#)



And if you think it is too daunting to start with. Start here



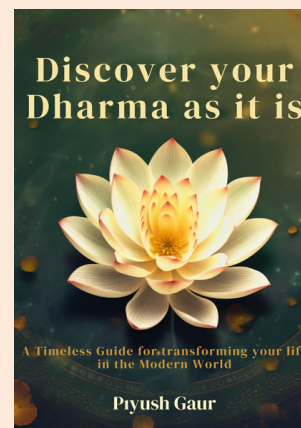
[CLICK HERE](#)

- Not sure what your purpose is, or why you are always in a dilemma.

Check out my ebook "**Discover your Dharma as it is**" for complete transformation guide in the modern world.



[CLICK HERE](#)



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## VIDEO

Struggling with anxiety and existential pressure to discover your "life purpose" or the specific path you should follow?

Explore Liberation through **After Skool's The Benefit of Living with No Purpose by Alan Watts**. In a world where our worth is often measured by our achievements and clear-cut life goals, Watts introduces a revolutionary perspective: living without a definitive purpose. Dive into this enlightening talk, unraveling the philosophical and spiritual implications of embracing life not as a journey with a fixed destination but as a beautiful, purposeless dance



5

## WEBSITE

Feel like there's so much divide in the world? What about exploring shared concepts and universality among belief systems? Perhaps even the non-religious, pure universality in their messages.

Checkout **interfaith.org** to explore resources that promote the understanding of shared spiritual concepts, emphasizing the interconnected ideas and philosophies across many faiths.



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## ARTICLE

Do you ever sense there's more to understanding life and experience than logic can explain?

Dive into "[\*\*How Pure Intellect is Cremating Our Hearts,\*\*](#)" an article that navigates the limitations of intellectual analysis, venturing into a realm where the mysteries of existence are explored beyond the scientific and into the spiritual. Enrich your worldview by embracing an approach that provides a more comprehensive perspective of life's myriad experiences and mysteries.



CLICK HERE



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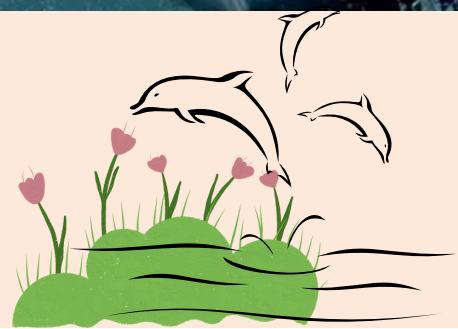
## DOCUMENTARY

Ever feel like the fast pace and isolation of modern life has disconnected you from nature - from the earth's natural rhythms and wisdom?

**Science and Nonduality's "Art of Life"** takes you on a journey into the life and story of Michael Behrens. This short doc film explores how he discovered beauty and patterns where others could not. He went on an adventure to unify his worldview with his ability to see an expanded view of nature. He made friends with dolphins and trees. Gain a new perspective on life through the lens of nature & the spiritual wisdom of the earth.



CLICK HERE





## Journals

To me, journaling is very important. Many a time, our mind hinders us from going to root cause or able to articulate how we feel. Right journaling helps.

Wave of mind is guided by clinical experts, and enriched by a beautifully crafted physical journal for each month. From my experience, I can assure you if you are genuinely looking for transformation, these journals will be tremendous guides in your journey.



**wave of mind journals**



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The journey towards deeper interc0nectedness begins with understanding, introspection, and a thirst for knowledge. The resources in this guide are stepping stones on that path. As you explore them, remember: each one offers not just knowledge, but an invitation to experience life more deeply, more authentically. Where will your journey take you next?

🌟🌟🌟 Bonus 🌟🌟🌟

Dive deeper into the New “[Evolution of Work-Life Balance](#)” course! Join a community of like-minded individuals on a quest for genuine connection and purpose.



CLICK HERE

If you have any questions about interc0nected living or Soulful Pathways, and if you liked this guide please reach out and stay connected on social:

