

Scientific Studies of Mind, Matter, Spirit and Consciousness

Video List

The First Thing I Learned As A Monk, Jay Shetty

<https://youtu.be/WE0s4RPxrZs>

Nature by Numbers

<https://youtu.be/kkGeOWYOFoA>

How to be Consciously Aware | Deepak Chopra | Goalcast

<https://youtu.be/FVei7WIBsBw>

Co-founder of Google X, Tom Chi shares the scientific proof of what spirituality has been teaching us

https://m.facebook.com/story.php?story_fbid=1720588267986178&id=719853864726295

What Oprah Learned from Jim Carrey

<https://youtu.be/OIPJP3KZeOE>

Dr Bruce Lipton's Video on subconscious mind and Belief system

<https://youtu.be/xsA91lxuF00>

Conscious vs. subconscious thinking

<https://www.youtube.com/watch?v=UYSKW3lvZlQ>

Links related to 4 Core Practices of Heartfulness

1. Guided Relaxation

<https://youtu.be/rmwqL34FCjA>

2. How to meditate for beginners

<https://www.youtube.com/watch?v=ultx3Ym2L40>

Guided meditation

<https://youtu.be/gDCIb-yjNdQ>

3. Method of Cleaning

<https://www.youtube.com/watch?v=NiorIbEuNCQ>

Guided Cleaning

<https://youtu.be/v40yh2YpDNq>

4. Connecting to source

<https://youtu.be/pVNB6yrriuc>

Website : <https://heartfulness.org/in/>

Register for free Masterclass : <https://heartfulness.org/in/masterclass/>

Heartspots : A heartspot is your nearby place where Heartfulness meditation and rejuvenation practices are offered to the public free of charge by a certified trainer.

<https://heartspots.heartfulness.org/>

Heartfulness Meditation App :

Download from : <https://www.heartfulnessapp.org/>

From Thinking To Feeling, Through Meditation | Daaji | The Heartfulness Way

<https://www.youtube.com/watch?v=r5tQdcvUpjE>

Stanford Dr John Hagelin's lecture on Consciousness and Quantum Physics

https://youtu.be/RJ4Uv-5_3VM

Kamlesh D Patel : Expanding your Consciousness

<https://youtu.be/OS34XWxg9F8>

Mysteries of the Heart

https://www.youtube.com/watch?v=Kyfm5_LLxow

Accessing the Intelligence of the Heart

<https://www.youtube.com/watch?v=xyx2mvDT7c4>

Rollin McCraty, Ph.D. Co-Author Heart Intelligence

<https://youtu.be/-za-mhnfJ0Q>

Consciousness Explained as Never Before! | What is Consciousness? | Sadhguru

<https://youtu.be/aGhm8CVnwck>

Dr Deepak Chopra's Seven Spiritual Laws of Success

<https://youtu.be/lj5T20FttVM>

How to be Consciously Aware | Deepak Chopra | Goalcast

<https://youtu.be/FVei7WIBsBw>

Share... Care... Joy.

<https://www.facebook.com/naikfoundation.org/videos/10151317727409649/>

CGI Animated Short Film: "Mr Indifferent"

<https://youtu.be/qLGNj-xrgvY>

Deepak Chopra - PBS Special about Spiritual Law #2 Trailer

<https://youtu.be/TCj93SaxR7A>

Deepak Chopra - PBS Special about Spiritual Law #3 Trailer

<https://youtu.be/5dFmM8eRi7k>

Deepak Chopra - PBS Special about Spiritual Law #4 Trailer

<https://youtu.be/24kPO8YsYaA>

Trying Not to Try: the Power of Spontaneity | Edward Slingerland | TEDxMaastricht

<https://youtu.be/GldrptTwzQY>

Deepak Chopra - PBS Special about Spiritual Law #5 Trailer

<https://youtu.be/wQDuZhCzO7c>

Mastering the 7 Spiritual Laws of Success

<https://www.chopra.com/articles/the-7-spiritual-laws-of-success>

Century | An Inspirational Short film 2017 | Virat Kohli

May we all get inspired to make centuries like this....

<https://youtu.be/Kf5gKZvD2LU>

Deepak Chopra - PBS Special about Spiritual Law #6 Trailer

<https://youtu.be/36qw37ZcGv8>

Deepak Chopra - PBS Special about Spiritual Law #7 Trailer

<https://youtu.be/l7mX528zI4s>

Dr Deepak Chopra's Seven Spiritual Laws of Success

<https://healthwire.fm/movies/seven-spiritual-laws-of-success?jwsourc=cl>

Sophia the Robot's Journey: Reflections on 2018, Part Seven

<https://youtu.be/dx-YPVvSdq8>

Sophia the Robot meditates with Deepak Chopra

<https://youtu.be/4VuljMo1q5A>

AshtangaYoga

<https://www.facebook.com/practiceheartfulness/videos/2676571585957368/>

Sleep : Hacking your Memory with Sleep

https://www.ted.com/talks/matt_walker_hacking_your_memory_with_sleep?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

How Sleep Affects your Emotions Matt Walker Ted Talk

https://www.ted.com/talks/matt_walker_how_sleep_affects_your_emotions?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

WHY SMILING CAN CHANGE YOUR LIFE by Gaur Gopal Das

<https://youtu.be/6agY0okQiAg>

What The Delete Button In My Photos Folder Taught Me Gaur Gopal Das

<https://youtu.be/uDyuUsT5m3U>

Swami Sarvapriyananda-"Secret of Concentration" at IIT Kanpur

<https://youtu.be/BGswR0tMqCM>

**Swami Sarvapriyananda Lectures at IIT Kanpur :
Secret of Concentration**

<https://youtu.be/BGswR0tMqCM>

Happiness- Vedanta and Positive psychology

<https://youtu.be/JXUsxSX2QPI>

As a Man Thinketh

<https://www.thinketh.io/download-the-pdf.html>

There are 4 core practices of Heartfulness. Audio and video for the practices available at

<https://heartfulness.org/in/>

What If the World Is Only Your Illusion?

<https://www.facebook.com/What.If.science/videos/2681072128798273/>

Many a times we feel that living freely is freedom, But we need to introspect

<https://youtu.be/YzMCq-Rrxac>

Are we Free?

<https://youtu.be/BZlrMkxZhIs>

What is Moksha ?

<https://youtu.be/jHvsCdqV8kQ>

At IITK who am I ? Part 1

<https://youtu.be/F0dugc4TrlE>

At IITK who am I ? Part 2

<https://youtu.be/eGKFTUuJppU>

Consciousness and Quantum World (Session starts at 30 mins)

<https://www.facebook.com/heartfulnessKL/videos/604410607098108/>