

# About me

## Table of contents

Hi there!

I'm Toni, a curious explorer at the intersection of health, mind, and technology.

My life is a continuous journey of learning, experimenting, and integrating ideas from diverse fields — whether it's optimizing well-being through meditation, breath-work and movement, diving into philosophy and spirituality, or tinkering with code and personal knowledge management (PKM) systems.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”<sup>1</sup>

I believe in the power of holistic growth — where physical health, mental clarity, and creative expression reinforce each other.

You'll often find me:

Reading deeply across philosophy, psychology, and science, always looking for mental models to understand the world better.

**Tinkering** with tools — whether it's coding a side project, refining my PKM setup, or automating parts of life.

Exploring spirituality and consciousness, not as dogma, but as a living inquiry into meaning and presence.

Sharing insights and connecting dots across disciplines, because the best ideas often emerge at the edges.

This space is where I document my experiments, reflections, and discoveries.

If any of this resonates with you, let's connect — I love to exchange ideas and learn together!

Your Toni Incog

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<sup>1</sup>Misattributed to Gandhi, but still a great motto to live up to ☐