

THIRD EDITION 2025

SRINIVAS ARKA

*"MIND IS A QUESTION,
HEART IS AN ANSWER,
INNER SPIRIT IS AN
EXPERIENCE."*

PHILOSOPHER

**FOUNDER OF
THE CENTRE
FOR CONSCIOUS
AWARENESS
(CCA) -
WORLDWIDE
REGISTERED
CHARITIES**

**CREATOR
OF HUMAN
POSITIVE
POTENTIAL
PROGRAMMES**

INTERNATIONAL SPEAKER

**FOUNDER
OF ARKA
FOUNDATION
INDIA**

AUTHOR OF:

**INTUITIVE
INTELLIGENCE
PROGRAMME**

**ARKA DHYANA
INTUITIVE
MEDITATION**

“

The desire to deepen our awareness, to know the true Self and to experience various states of consciousness are all signs of truth within, which is that we are not limited physical beings, but infinite spiritual beings, with universal awareness, who have a greater role to play in the universe.”

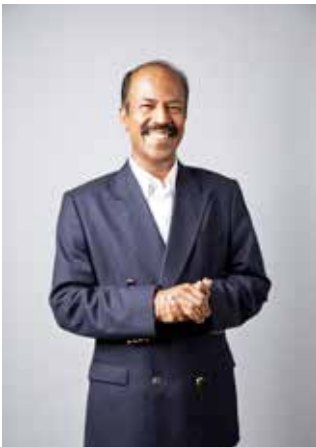
Srinivas Arka



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ABOUT SRINIVAS ARKA



Srinivas Arka is a philosopher, author and internationally renowned speaker who focuses on achieving a state of well-being by addressing our mental, physical and spiritual health. He uses a form of meditation (Arka Dhyana) which helps us understand our true selves.

He was born in Karnataka state, India. His father had a deep interest in society and social service. Despite his busy life, he still found time to help individuals. This philanthropic trait ran through the veins of Arka.

At an early age, Arka embarked on a search for the meaning of life (through serious inquiries into the timeless self in the time-bound body), scepticism, belief systems and the nature of human consciousness.

Arka undertook formal education in the Sanskrit language and English literature, gaining a degree in Sanskrit from Mysore University, Karnataka, and a Masters degree in English. He also studied Eastern Philosophy gaining insights into human nature.

For over three decades, Srinivas Arka has been travelling the world, sharing his knowledge with people from various backgrounds, cultures and professions. Along the way he has met thinkers, policy makers, professionals and students.

His extensive work of inspirational writings touches all areas of human existence from spirituality to a practical daily approach to environmental consciousness.

His work has been published in academic journals, newspapers and magazines. He has been interviewed on radio and television programmes internationally.

When he's not travelling the world delivering workshops, seminars and lectures, Arka enjoys playing football and tennis, practicing martial arts and yoga and speaking Spanish.

PHILOSOPHY AND BELIEFS

Highly regarded for his lectures, books and workshops, Arka has inspired people to unlock and develop their intuitive awareness.

With his warm and genuine delivery, Arka invites us to explore and experience our deeper self in a way that accommodates both rational mind and heart-based intuitive experiences, through a system named 'Arka Dhyana' or Intuitive Meditation.

His approach enables us to discover and recognise our unique, positive potential and to experience personal growth.

His programmes help us to manage our stress and to find answers to our personal dilemmas. We gain a greater understanding of the influence of our mind on our physical health. Subsequently, we discover ways to achieve our objectives using our intuitive abilities. The beauty of the natural world around us is an important part of the learning process.

His lectures at educational institutions include universities, medical colleges, schools of philosophy and science, Congress and UN affiliated organisations, on a variety of topics and concerns.

His mission is to bring awareness of a philosophical understanding on how learning should take place, our role as human beings and how our future can be shaped based on our current thinking.

Srinivas Arka founded Centre for Conscious Awareness (CCA) Registered Charitable organisations worldwide. Arka Dhama Ayurveda in India has also been established to help strengthen our physical, mental and emotional health using ancient wisdom.



CENTRE FOR CONSCIOUS AWARENESS (CCA)

CCA is established internationally to study and understand more of the underlying common humanity across the culture divide and thereby enhance the level of communication and harmony for living together with mutual respect.

**The organisation operates in:
Australia, Canada, New Zealand, Spain, UK & USA**

Arka has touched hearts and souls across the globe with his presentations and seminars to diverse groups of all ages. Below are just some of the many comments from inspired listeners and participants.

A unique endeavour of experience and transformation in today's world. Your organization is committed to foster quality youths for the future, exploring humanism through a new era of spiritual and knowledge dissemination, besides providing a platform for showcasing intellectual capabilities across the globe.

Dr D Anand Chairman,
BIMS, Department of
Studies in Business
Administration
University of Mysuru

A thoroughly inspirational and motivating session. All present were awed by his spiritual integrity and simplicity. He was able to awaken all present to a greater consciousness.

K Subramani Principal, Labasa
Sangam College, Fiji



I am writing to thank you for visiting our school last week in what sounds like a very busy schedule. Thank you for giving our children a valuable opportunity to ask questions about your work, and for your thoughtful and informative responses. The children and teachers involved found what you had to say most interesting and greatly appreciate you finding the time to visit us. Thank you once again.

Helene Pollard, Senior Teacher
Christchurch, New Zealand



Thank you so much for your inspiration and presence. It's great to meet another person who appreciates who we are and humanity as whole. We share your respect and need for dignity and silence for a peaceful world and wish you success in your travels and look forward to hearing and feeling your inspiration again soon.

Antony Vallyon, President
Northern Region United Nations
Association of New Zealand

Your presence and the teaching of conscious awareness generates tremendous strength. Your simplicity reflects the depth of your inner knowledge. Meeting you has made me more positive in thought and action.

Dr Pran Krishansing Boolaky,
ACA, MBA, PhD (United
Kingdom) Senior Lecturer Griffith
University, Australia



INTUITIVE INTELLIGENCE PROGRAMME (IIP)

Srinivas Arka has developed a complete programme that encompasses all the major themes of life such as health, self-awareness, communication, love and relationships and wealth. Each of the following major themes includes practical insights.

HEALTH

“Health is made up of several layers – physical, mental, emotional, spiritual and overall well-being, all of which are inextricably intertwined.”

This section of the IIP describes how one can improve awareness of the body’s natural rhythms and improve overall health.

COMMUNICATION

“Often clarity lies in fewer words.”

The importance of developing effective, soulful and intuitive communication in order to form deep and meaningful connections with others is the highlight of this section.



SELF-AWARENESS

“Spirituality is a gracefully adventurous inner journey and a silent battle for balance between the logical mind and the loving heart. This experience is amazingly transformational.”

This section focuses on the importance of gaining knowledge and experience of our inner-self in order to discover our true nature and individual uniqueness.

LOVE AND RELATIONSHIPS

“Love is a healthy driving force. Without the expression of love, life can be a drought.”

This section describes the nature of ‘true’ love, expression of emotion from the heart, components of a healthy relationship and how to prevent relationship breakdown.

WEALTH

“When you try, you have already achieved some success.”

Wealth has many petals with different colours and fragrances including health, happiness, creativity, skills, knowledge and talent. This section describes how business is more than just a transactional facet of life and how it intertwines with other dimensions of life.

Intuitive Intelligence Programme (IIP): 1 Day Seminar

Attendees participated in a globally renowned training program with interactive training and practical tips from the course founder Srinivas Arka.



**London, UK
August 7, 2024**



Intuitive Intelligence Programme (IIP) workshop

Participants were quite astounded at the inspiring insights presented by Srinivas Arka on the 5 facets of IIP for living an exciting, educational, entertaining and enlightening life.

**Christchurch, New Zealand
May 25, 2019**



Intuitive Intelligence Programme (IIP) workshop

Over 40 participants from the Innovative Forum of HR Associates (IFHA) and Mindmass in association with Arka Foundation India were led through an interactive session starting with an introduction to the five IIP modules and concluding with Srinivas Arka's talk responding to questions on making good decisions, relieving stress, increasing efficiency, building up confidence and developing intuition.

**Arka Dhama, Mysuru, India
September 7, 2019**



ARKA DHYANA INTUITIVE MEDITATION (IM)

Arka Dhyana Intuitive Meditation is a heart-level meditation method developed by Srinivas Arka. It takes you on a journey into your inner-self, leading you to understand yourself deeply through your intuitive feelings, discover your true nature, your uniqueness, and your inner seed of potential which unfolds how capable and resourceful you are, this in itself can be a first step toward making a positive contribution to the world.



An enlightening journey into your inner realms, initiated by your breath, sound and touch.”

Srinivas Arka

Arka Dhyana IM is practised by combining **three** key components:

- Graceful conscious **breathing**
- Humming the **sound** SAA-ROO-GO-VAUM.
- Conscious, gentle **touch** at each of the nineteen keypoints or centres of the body, which are operated by internal-regional-sub-minds with specific levels of energies circulating.

The whole sequence of breath, sound and touch unifies body, mind and spirit into an experience of oneness; graceful descension of the ego-mind to the inner realms of being, enlightens true nature of our being and our constructive potentials.

This method focuses on awakening our unique, heart-centred, inner nature which enables us to experience the deeper mind, heart and inner self. It is a gracefully adventurous, yet mystical process that raises self-awareness profoundly.

Arka Dhyana IM encourages individuals to experience and explore their inner selves at their own pace, in their own time and space.

Benefits include:

- Management of Stress
- Increase in Self-Awareness
- Helping us relax effectively
- Complementing our mental and emotional well-being
- Positive influence on physical health
- Personal growth and self-development
- Discovering one's potential and purpose
- Gaining more energy, wisdom and direction

Classes held worldwide: Australia, Canada, Fiji, India, Mexico, New Zealand, Spain and United Kingdom



www.arkadhyana.net

EVENTS & PUBLIC TALKS

Srinivas Arka is often invited to address audiences internationally. He provides workshops, seminars and retreats to present his philosophy and unique methods.

THEMES OF LECTURES AND LITERATURE

- Understanding what human consciousness is and how we can gain both tangible and intangible benefits from gaining greater awareness of it. Srinivas Arka specifically addresses how each of us can learn to integrate our intuitive and intellectual faculties to achieve personal growth and improve our lives.
- As the boundaries of science, technology and metaphysics become fused, it can be argued that a new phase of human development is under way. This is highlighted by the increasing number of people seeking different ways and means of bringing deeper meaning to their life and addressing key issues such as finding their real identity.
- The philosophy and methodology of learning. Arka has centred on themes of common interest to students around the world in the book entitled “Light of Learning”. This book incorporates his answers to questions from students and provides guidance that is practical, easy to follow and academically relevant.

An Audience with Srinivas Arka Solihull, United Kingdom August 17, 2025

A joyous evening unfolded on 17th August in Dorridge, Solihull, where we were uplifted by Yogi Arka's return to the UK from Canada. An occasion, made even more momentous by the presence of the Mayor of Solihull, Councillor Annette Mackaenzie. The audience received Arka's inspiring words with open hearts. He explained that just as we have to prepare for an event, or an exam, we have much to prepare for ourselves to experience enlightenment or self-realisation. We have so many desires and great ambitions, but time is limited. We have to set only one major goal in life. To manage time, we must contemplate within ourselves, managing our mind first, and then our consciousness, thoughts and emotions.



Youth Cultural Programme and Arka UK Awards Markham, Ontario, Canada August 14, 2025

The evening started with musical and traditional Hindu cultural dance performances by Minila Shah (Bharatanatyam dancer), Thanukshi Kajanthan (13 year old keyboardist), Saiyaana Mageswaran (Bharatanatyam dancer) and Amsavi Sivakumar (veena player). The night continued with recognition of and an awards presentation to those in the community who contributed their knowledge, their poetry, and their experiences, in giving to various students, peoples, and communities. These people were: Mr. Akani Suresh, Mrs. Kuganeswary Sathiyamoorthy and Mr. Tom Joseph. All attendees were gifted with an inspired parting message from Yogi Srinivas Arka before his departure for the United Kingdom.

Yogi Arka started by informing the audience of over 100 people that he does not prepare for these talks. Instead, he finds inspiration about a message at the event itself. Yogi Arka then touched upon observing and absorbing. When you observe deeply, emotionally, and spiritually from all aspects, you absorb. Superficial observation cannot produce much result as in some ways it's empirical, material, secular, and merely the study of how things work in order to exploit them.



**Centre for Conscious Awareness - USA Inauguration
Chicago, Illinois, USA
August 8, 2025**

The Centre for Conscious Awareness USA held an uplifting, entertaining and informative inauguration event in the presence of Yogi Srinivas Arka who visited Chicago, Illinois after many years. An interactive question and answer session was then held with Srinivas Arka. Members of the audience asked various questions such as how to feel happiness in life? Arka responded that 'Happiness is heart-related, emotional and the most positive experience. We have to be real, natural, true to your inner self and have a special eye to recognise positivity in people, truth in the universe and in everyone, beauty in nature - then you are very happy'.



**Centre for Conscious Awareness - Canada 15th Anniversary
Toronto, Ontario, Canada
July 27, 2025**

Attendees gathered to commemorate the 15th anniversary of Centre for Conscious Awareness - Canada as a registered charity. To celebrate, stories were shared between generations, letters were written to our past or future selves and well wishes were received from all over the world, from members of parliament and several impactful members of the community. In addition, the charity's founder, Srinivas Arka, spoke during an interactive discussion about the core values of CCA, communication between different generations and the future of CCA Canada.



**An audience with Yogi Srinivas Arka
Detroit, Michigan, USA
July 25, 2025**

Yogi Arka visited Detroit, USA for the first time and was welcomed by American organizers who planned an open audience event with him as the guest speaker. Over 100 attendees were treated to a divine talk and question and answer session along with a delicious Gujarati vegetarian dinner. Audience members asked questions such as what is spirituality. Arka explained: Something that's related to our spirit, that topic is called spirituality. Spirit of being and inner spirit, something like soulfulness, these topics are called spirituality and something that we cannot see. Without spirituality, we will not be able to explore our heart felt conscious awareness. So, that is very important. Spirituality gives you comfort, strength and enhances your will power. You think more broadly and it increases your immunity, spiritual understanding and gives you a more liberal feeling.



**Arka Dhyana Intuitive Meditation Retreat
Cobourg, Ontario, Canada
July 18-20, 2025**

Twenty six guests including Yogi Arka, attended the 3-day retreat with an additional seven people attending Saturday's full day session. The event was blessed in many ways, including sunny days and warm weather from Friday to Sunday. The attendees enjoyed yoga, Arka Dhyana meditation, excellent dining and uplifting and inspiring talks from Yogi Srinivas Arka.



**Talk by Yogi Srinivas Arka
Calgary, Alberta, Canada
July 15, 2025**

The host of the event provided an introduction on Yogi Arka and described his work around the world. Yogi Arka then gave the attendees an opportunity to ask him questions. Questions varied from what is it to be enlightened to what is the difference between religion and spirituality. Arka responded by referencing his various books which were introduced and displayed.



Talk by Yogi Srinivas Arka
Burnaby, British Columbia, Canada
July 13, 2025

Arka spoke to the audience first by describing the worldwide charity Centre for Conscious Awareness he established along with all the work happening at Arka Dhama, Mysore, India, including setting up schools and feeding school children. Following his talk, he opened up to questions from the audience.

One attendee asked if we should even try to know the future. He responded as follows: Time is divided into three parts: past, present and future. Past is already experienced, present tense is in the middle, a moving area with the no fixed boundary. Past is fixed. Future is vaporous, floating. The future depends upon your input.



Talk by Yogi Srinivas Arka
Surrey, British Columbia, Canada
July 12, 2025

Srinivas Arka was warmly welcomed by longtime students when he landed in Vancouver. Many eagerly arrived at various venues to meet Yogi Srinivas Arka for the first time. He offered his time on a one-to-one basis giving private audiences and sharing his insights on a personal level as well as to the audience in the form of a talk.



Guru Purnima Celebrations and Talk by Yogi Srinivas Arka
Markham, Canada
July 10, 2025

On a radiant summers evening beneath the full moon of Guru Purnima, a community ready to celebrate gathered in harmony and reverence to honor one of the most sacred Indian traditions. Yogi Arka's words remind us that the true journey we will all take in life is the journey we make inwards – into the space that our souls travel where wisdom is not taught, but revealed. This Guru Purnima was not merely an event. It was a gathering of souls, a recognition of the wisdom that guides us, and a celebration of the light that emerges when the teacher and seeker meet in truth.



**How to maintain confidence and well-being
against all odds and challenges
Uxbridge, Canada
July 6, 2025**

Everyone soaked up a deep and profound talk delivered by Yogi Srinivas Arka as they all sat under a large tree which graciously sheltered everyone from the hot and humid temperature. Many commented it was as if the master was providing teachings to the students under a tree in the way Eastern ancient educational systems occurred in the past. Arka said humans are provided with an extra ability to bring out knowledge, our intuitive knowledge - wisdom which we all hold internally, deeply seated in our souls which we are born with, that seed knowledge.



**Arka UK Awards of Excellence
London, United Kingdom
June 27, 2025**

People from all walks of life gathered at South Mitcham Community Association for the Arka UK Awards of Excellence by the Centre for Conscious Awareness in association with Arka Maha Ganapathy UK. It was a night of rejoice and recognition, for five distinguished individuals who have contributed greatly to social cohesion and cultural integration within their local communities: Grace Salmon, Sita Kandasamy, Ken McCalla, Sabitri Ray & Subathra Sivadasan.



**Arka Dhyana Retreat
Knowle Manor, Somerset, United Kingdom
May 29 to June 1, 2025**

The first inspiring words from Srinivas Arka set an uplifting tone for the days ahead, anchoring the retreat in heartfelt purpose. With a calm yet profound presence, he spoke on the essence of Dhyana, offering insight into higher, lasting solutions. Just as one returns to their mother— trusting she will always have a solution—so too can we return to the heart. Here, this mother source is internal, untouched and pure.



Talk by Srinivas Arka
Villa Milagros Manzanares del Real
Madrid, Spain
May 22, 2025

Arka began his talk by telling us that “expanding our consciousness is a journey from the universe to our center, a journey back home. Our ‘planet’ is our heart. That’s where we germinated. Through the practice of Arka Dhyana (IM), we evolve by feeling our deep presence in the world; we ground ourselves. If we face the sun at sunrise and practice, we will be energized and our presence will be complete.



The secret to staying ever fresh
Shelly Farm Community Centre
Solihull, United Kingdom
May 17, 2025

We all want to feel fresh, vibrant, and youthful, don't we? But what's the secret to maintaining that freshness—physically, mentally, and spiritually? In an inspiring and thought-provoking talk, Arka revealed exactly that. He shared this wisdom not just through words, but through his presence—radiating a timeless energy, ever young and fresh. The audience listened with anticipation as he explained: this is how nature works. Constant renewal. Perpetual change. A fresh perspective with every moment.



Exploring Deeper Matters: A Dialogue with Arka
Amrutha, London, United Kingdom
May 10, 2025

During the session, people asked questions on topics close to their hearts. Arka responded thoughtfully, weaving his answers through the themes explored in his recently released book, A Dialogue on Deeper Matters. He began by highlighting the incredible intelligence of the human body— beautifully designed, holding within it all the answers we seek. He described a profound journey: one that stretches outward into the vastness of space, and then returns inward to the self. A journey from origin to origin, where the seeker and the destination are one and the same.



**Government Ayurveda Research Centre & Sri Jayadeva
Institute of Cardiology and Research Centre
Mysore, India
January 8, 2025**

Yogi Srinivas (Founder of Arka Foundation) launched the Kannada Scientific Publication and inaugurated the program in his inaugural speech on the importance of meditation and how spirituality relates to one's life. Reminiscing his childhood memories and explaining the path he has taken, he said that the importance of astrology, directly and indirectly from ancient times, the sages gained more knowledge by doing meditation and created a repository of knowledge.



**Book Launch & Arka UK Awards of Excellence
Chamarajapete, Bangalore, India
December 22, 2024**

It was a celebratory evening on 22 December 2024 at the Arka UK Awards of Excellence function hosted by CCA UK. Many people assembled at the wonderful venue, including celebrities from newspaper, film and tv. Five eminent personalities from diverse fields were recognised for excellence in their achievements. The event also celebrated the launch of Srinivas Arka's book Intuitive Intelligence Programme (IIP) in Kannada, "Holeyuvudella Chinna".



**Employee Engagement - A new perspective
Bangalore, India
December 18, 2024**

M&HR Solutions Pvt Limited invited Yogi Arka Srinivas to speak on the occasion as a key note speaker. He explained how role of communication plays into interactions amongst people and eventually leads to congenial environment both at workplace and out of it. He linked how emotions have to be managed and if not, how they lead to stress. He also explained how we all can use a self-help tool of meditation or "Dhyana", which is an age old technique in India, and further tailored to the present day needs through "Arka Dhyana" to find inner peace. A peaceful mind eventually leads to a peaceful work environment.



**Keynote Speaker - Annual Kannada Conference organised by Niratanka
Bangalore, India
November 19, 2024**

Arka was invited as a keynote speaker at this annual conference.



**National Ayurveda Day Programme, Government Ayurveda Research Centre
Mysore, India
October 30, 2024**

Yogi Arka addressed the first year students of Ayurveda studies, and dignitaries, explaining the importance of practicing Yoga and Arka Dhyana intuitive meditation regularly which can bring in many benefits such as physical strength, growth, stress management, good health, enhances knowledge and concentration. This is also a secret to a peaceful and happy life.



**Felicitation ceremony for Ex-Servicemen of Mysore district
Arka Dhama, Mysore, India
October 29, 2024**

Yogi Srinivas Arka honoured and congratulated retired soldiers who served in the Indian Army, praised them for service of their country and prayed for peace to the souls of the martyrs who sacrificed their lives. Fifteen ex-servicemen and their families participated in the felicitation ceremony.



**Audience with Senior citizens
Sri Kanyakaparmeshwari Temple Mysore, India
October 26, 2024**

The Human Ayurveda Chain Program was organized by Ayurveda Research Center, Mysore in association with GSS Vatsalya. Yogi Arka talked about the importance of Ayurveda and herbs, and how practising Yoga and Arka Dhyana Intuitive Mediation can help to bring in harmony and unification of the mind body and soul.



**Srinivas Arka Birthday Celebrations
Stratford upon Avon, UK
September 27, 2024**

After various musical performances and a book launch of 'Expressions of Gratitude', Srinivas Arka spoke of Mother, the one who should be revered and honoured first, even before the Guru as she is responsible for one's presence.



**Samskruti Vahini - Book Launch 'Expressions of Gratitude'
Arka Dhama, Mysore, India
September 9, 2024**

Yogi Srinivas Arka launched 'Expressions of Gratitude', a book consisting of a collection of worldwide testimonials expressing gratitude to his unconditional service and teachings.



**Interactive Arka Dhyana discussion program with former Mysore Armed Forces
Arka Dhama, Mysore, India
August 31, 2024**

Arka addressed the Ex-Servicemen explaining that through Arka Dhyana, they can lead a healthy, clean, peaceful and happy life.



**Felicitation Ceremony to Yogi Srinivas Arka on 90 day tour of UK, Spain, Canada
& Mexico
Arka Dhama, Mysore, India
August 21, 2024**



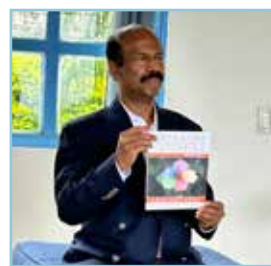
**Understanding Trauma:
A Journey to Healing
Vaughan, Canada
August 3, 2024**

Srinivas Arka, addressed challenging questions from youth on trauma. In one response, he said he would treat trauma as a shocking, unforgettable event which negatively impacts our minds and emotions. Now, we have to move on from it. If we don't move on, the world is going to make us move on. Time will bring changes in us, but we have to welcome the changes that are going to naturally happen. Nothing will stay stagnant forever. There's always a way to overcome trauma, a predicament or hurdle because life always has the power to bounce back, the power to establish itself. That's called life.



**Arka Dhyana Retreat
Tepoztlan, Mexico
July 26-28, 2024**

The retreat began with a student question-and answer session. After reading them carefully, Arka clarified that in the initial stages of inner exploration, questions arise and need to be answered so they don't obstruct us. As we progress in meditation, these questions disappear: Questions arise in the mind, while most answers need to be explored within. The mind asks many questions, which in turn create options; therefore, it's important to know more about the generic nature of the human mind and particularly our own mind. The IIP Spanish book was also launched.



**The mind body problem and the philosophical solution
Mexico City, Mexico
July 25, 2024**

An open question and answer session was held for this talk. Yogi Arka began by talking about culture and spirituality. "Spirituality," he indicated, "includes everything that is complementary to human growth, including culture. This is not a mechanical process, nor can it be rushed; the process should be full of grace, like flowers growing and one day blooming. And who can say how each person grows? Only oneself, intuitively one knows this."



**Guru Poornima Celebrations
Richmond Hill, Ontario, Canada
July 21, 2024**

Yogi Arka gave a talk on waiting for the right moment with patience and making our best effort with positive hope. Sometimes we slip away from our path, even that is part of our evolution and progress. If you have realized and connected to an enlightened Master, Yogi or elevated soul, you will always get back on track.





“Everyone deserves to live a life without fear or stress or anxiety.”



**Open Audience
Lancashire, United Kingdom
July 14, 2024**



Srinivas Arka explained how natural forces have their own timetable and they cannot speed things up or slow them down. Their timing has to be maintained to a standard because things only work in a certain way, for instance the blood pressure within the human body. It has to work in a precise manner. We do not understand how the internal complex bodily functions within us work. If we did, he suggested there may be no illness.

**Open Audience
Edinburgh, Scotland
July 13, 2024**



Srinivas Arka was the Guest Speaker at a cultural event held in his honour.

**Open Audience
Mitcham, United Kingdom
July 12, 2024**

Arka spoke to the attendees about the mind. He explained how people discovered the entity in the brain - the mind and also discovered an entity - the heart. Higher nature has created an amazing counterbalance by giving us the heart. Invention is in the realm of the mind and art is the realm of the heart.



**Power of Intuitive Intelligence - Intuitive Intelligence
Programme book in Spanish
Manzanares el real, Spain
July 7, 2024**

Arka began the talk about the internal resources we have and the benefits to recognize, expore and master them. Touch is the first and when you touch any part of the body, that part begins to glow. The second, the voice, singing om or saarogovaum purifies our body and balances our thyroid gland. Thirdly, our breath connects us with the air element which is present everywhere. Breathing consciously, we can feel the connection with the entire planet.



**Intuitive Intelligence Programme book in Spanish
Soria, Spain
July 5, 2024**

Srinivas Arka's book 'Programa de Inteligencia Intuitiva' was launched in Spain, which is the Spanish translation of the Intuitive Intelligence Programme. Arka gave a presentation on the content of the book, asking why we have 5 senses, 5 fingers and why there are 5 elements in nature. In the same way, he said life has 5 facets, petals of human consciousness. The five components described in this book are important in life.



Yoga and the Self
Soria, Spain
July 4, 2024

Participants asked questions and Arka replied clarifying points about Consciousness, the practice of Meditation and how to live happier in a disharmonious world. He explained how when you meet people of the same level of consciousness, it empowers and uplifts you. Finding answers to spiritual questions takes time but we will get there if we have a real and true intention. This is why meditation is necessary.



Going deeper into Arka Dhyana intuitive Meditation
Miraflores de la Sierra, Spain
June 30, 2024

Arka spoke on how through the Arka Dhyana practice, we are bringing body, mind and soul together into unity as one indivisible whole. He described the importance of gestures and how through them we are transmitting information and when powered by emotions, gestures can become very powerful. He explained the need to experiment with Dhyana for ourselves.



The Spiritual Path
Manzanares el Real, Spain
June 29, 2024

In this talk Arka explained how we are the ultimate creation of the universe, the result of many evolutions, the entire creation is in us. Gratitude is the food of the soul, the possibilities we have are infinite when we reach the path of the spirit. The center of the universe is where you are, the universe goes with you wherever you go.



Open Audience
St. Ninians Hall
Edinburgh, Scotland
June 22, 2024

In this talk Arka emphasised that our health is dependent on our internal wellbeing and not only on external aspects. The inner journey and experience leads to more than better health, but the refinement of other faculties such as intuition.



**University of Leicester Medical School
Leicester, United Kingdom
June 12, 2024**

Srinivas Arka was welcomed by healthcare professionals leading the development of wellbeing for medical students across the whole medical training programme. Srinivas Arka explained the importance of balance within our life, the need to progress our internal and spiritual journey for true wellbeing. Through practical breathing exercises and demonstration of ancient eastern mystical gestures by Srinivas Arka, the group began to appreciate Arka's address.



**Open Audience
Dorridge Village Hall
Birmingham, United Kingdom
June 9, 2024**

Arka graced Solihull with his presence and gave each of the attendees an opportunity to express.



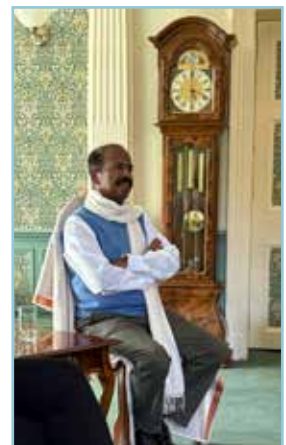
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“Gratitude is the oxygen of the soul.”

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**Centre for Conscious Awareness - Adventures of
Self-Discovery Retreat
Wales, United Kingdom
May 31 - June 4, 2024**

Srinivas Arka gave three talks. On Day 1, he explained how everything swings on the ongoing pendulum of sound and silence. This is the beauty of Brahman, which we are all part of and connected to. When we are deeply absorbed, we become one with the pulsation of sound and silence. This can be accessed by anyone with a sincere wish. The more we acknowledge and appreciate, the more we become connected. Gratitude is the oxygen of the soul. On Day 2, Arka spoke about the materialistic world and the threat of humanity by means of everyday consumables like food and drink, cosmetics containing carcinogenic chemicals and being bombarded by extreme radiation. On Day 3, Arka's talk was on the theme 'everything matters'. Everything has a role to play in the universe which is perfect, beautiful and infinitely inexhaustible. If we realise this, we will always feel unity within, as well as outside.



Transformative experiences with Yogi Srinivas Arka
Amrutha
London, United Kingdom
May 26, 2024

In his talk, Arka emphasised the importance of deepening conscious awareness from head to heart, where true evolution happens. We also cannot be controlled by external negative influences if we stay in our heart centre.



Shree Ramanujacharya's Birth Anniversary
Shree Vaishnava Association
Mysore, India
May 12, 2024

Yogi Arka was invited as a guest speaker where he addressed a packed audience.



Arka Dhyana for health, well-being and spiritual progress
Sankheswara Swamy Temple
Telangana, India
March 20, 2024

Srinivas Arka held an interactive session on the meditation method he developed, Arka Dhyana.



Social Work Seminar
Mysore, India
March 17, 2024

Srinivas Arka hosted a day long Social Work Seminar to explore key aspects of social work and community service.



Guest Speaker
Tumkur District Srivaishnava Community
Tumkur, India
January 16, 2024

Yogi Srinivas Arka was a special invitee at the Tumkur District Srivaishnava Community where he spoke about the benefits of meditation.



Guest Speaker
Shri Chidambara Souharda Pattina Sahakari Nigama
Tumkur
December 18, 2023

Arka gave an audience to a group of employees working for a local Co-operative bank during their lunch break, who also believe in humanity work. Arka showed a brief demonstration of the Arka dhyana Intuitive Meditation.



Guest Speaker
Tumakuru Jilla Brahmana Sabha
Tumkur
December 18, 2023

Arka had his third programme of the day, invited by a local community group at the Tumkaru Jilla Brahmana Sabha as the guest speaker.



Srinivas Arka was invited by the Kannada Rajya Shri Vaishnava Sangha Trust as chief Guest Speaker as part of their annual function. Set up in the 1940, the trust promotes Vaishnavism, one of the preeminent traditions of Hinduism and the work of Ramanujacharya, who was a vedic spiritual leader, philosopher in the 11th Century. Following the traditional opening of the programme, with lighting of the lamp, they requested Arka to inaugurate their newly designed website, which was suggested by Arka in his previous meeting with the organisation.

Arka delivered a key message to the audience, the key to this life is seeking knowledge “nahi jannena sadrsam pavitram”, quote from the Bhagavad Gita.



Chief Guest Speaker
Kannada Rajya Shri Vaishnava
Sangha
Bangalore
December 17, 2023

Invited Guest by Niratanka
Bangalore
December 3, 2023

Yogi Srinivas Arka was invited by NIRATANKA an NGO based in Bangalore under the leadership of professionally qualified Social Worker Shri Ramesha. Yogi Arka dedicated a large part of his talk on how training of our own selves and lives will start helping disciplining our children. In the name of modernization, we shouldn't ignore or forget the natural composition of our own body and soul.



Talk on Building Positive Hope in a Post Pandemic World
Hyderabad
November 2, 2023

On November 2, 2023, Yogi Srinivas Arka was invited to deliver his address at a conference on “Building Positive Hope In A Post Pandemic World”. The conference was organised by Dr. Venkat Pulla of the University of Brisbane, Australia and was held on the serene campus of Bala Vikasa Centre for Social and Responsible Business, in Hyderabad. It was well attended by diverse Social Work professionals spanning across Child Rights, Women Rights, Tribal Welfare, Environment Protection and Human Resource Professionals. The attendees came from India, Nepal, Kenya and Australia.

The session by Yogi Arka was very well received by the audience some of whom are familiar with his lectures and writings. Yogi Arka was introduced with divine affection by Dr Venkat Pulla. The session was chaired by prof Richard Hill, Past President of Global Association for Interpersonal Neuro Biology Studies, Australia.

Arka emphasized on the need to keep fear away from our minds so that we stay focussed on our inner strengths. He explained how our actions change when we act from our mind versus when we act from our hearts. He urged the audience to look into the hundreds of years old vedas and other scriptures in which lay the answers to every challenge that we come across in life. He concluded the session with a brief demo of Arka Dhyana, a form of intuitive meditation where you awaken your inner realms initiated by your breath, sound and touch.

Mr Shourya Reddy, Executive Director of Bala Vikasa Centre felicitated Yogi Arka after the event. Prof Richard Hill proposed a vote of thanks.



**Talk on Honouring your existence
Solihull, West Midlands, United Kingdom
September 3, 2023**



Arka explained how the time had come for people to question the information being presented to them. He then said people should develop their rationality along with their spirituality. This is an emergency and hence we need to use our intuition as well as our intelligence. Although, intelligence should not be used too much in our personal lives. Arka explained how he began his spiritual journey with this same desire for knowledge. Cultivating a thirst for knowledge will keep you young.

**Bhagavad Gita talk
Shrinathdham Haveli (Jasper Hall),
London, United Kingdom
September 2, 2023**



Arka began with how despite the passage of time since the Mahabharata, Krishna's words still held meaning. This was the power of truth. Everyone has an element of truth in them, without this, their existence was not possible. In spite of his lack of formal education, Krishna's personality and demeanour singled him out as someone special. As the most important quality was innocence not intelligence, this was not of great importance. If you are not aware of your inner mind and your true self, it is possible for someone to influence you and your mind.



**Talk: The Discovery of the Self as the Key to the Future
Espacio Ronda, Spain
August 30, 2023**

Arka spoke about how the intuitive meditation Arka Dhyana helps us to awaken spiritual capacities such as healing. We will be more Joyful and Vibrant. When we begin to walk the path to know the true Self, changes occur. Our Consciousness expands and we will be renewed. We will have more clarity of mind, more intuition, sensitivity, empathy, peace, harmony, and we will feel fullness, the feeling of 'coming home.' The petals of our inner flower will open and we will discover the Meaning of Life.

**Arka Dhyana Meeting
Miraflores de la Sierra, Madrid
August 27, 2023**



The meeting began with an Arka Dhyana session followed by some advice on how to deepen the meditative state. One of the highlights of Arka's talk was when he pointed out that prana follows the breath when we exhale: there is something very profound in this statement that needs to be contemplated.

**Talk: What is my purpose in life?
Manzanares el Real, Spain
August 26, 2023**



This question is a recurring theme that Srinivas Arka often answers. On this occasion, the philosopher did so with remarkable clarity, precision and comprehensiveness. The first thing he pose was: 'What if you are the purpose of your life?' He explained that we are walking satellites on earth, a replicate connected to the Universe with the power to know, understand and experience our unique existence. From our inner space, connected to everything, our presence is an experience. We have come to discover this truth; the beauty and love in us. And once we discover it in ourselves, we can see it in others and around us.

**Bhagavad Gita Talk
Shree Hindu Community Centre
Birmingham, United Kingdom
August 23, 2023**



Yogi Arka explained how the Gita has solutions for all problems. These solutions are still valid today. The Bhagavad Gita is not culturally or religiously specific, it is relevant to everyone as it contains spiritual knowledge. This knowledge is relevant to everyone, as we all are in some way preoccupied with our future evolution. This was what Arjuna was interested in, what would happen to him if he did not survive? He wanted divine knowledge and not just blessings, because knowledge is light.

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“We only have one life. We don’t know where we were before; now we know where we are. We will not know where is the next destination. If we appreciate today, we will become qualified to appreciate tomorrow. Tomorrow can’t be entirely different than today. Today creates tomorrow.”

”



**Celebration of Yogi Arka’s North American Visit
Woodbine Banquet and Convention Hall
Toronto, Canada
August 20, 2023**

Yogi Arka explained that “You feel extremely wealthy when you have so many beautiful friends, members and well-wishers. That makes you feel wealthy, not money. Money facilitates us to buy things, but not happiness, not good sleep, not contentment. Hence, meditational practices were introduced into the world by our ancestors - Dhyana in Sanskrit. Heart-level work that you do within yourself with the association of your intellectual mind. So you feel so empowered because mind and heart are united. Meeting of mind and heart to reach the core of inner consciousness. It’s good to know who you are in the true, meaningful sense.

**Talk on the Meeting of Heart
and Mind in these times
Museum of Bellas Artes
Toluca, Mexico
August 15, 2023**



Yogi Arka held another question and answer session. There were a few questions around how to make the world better in an age of social media with great concern for the youth who no longer speak or listen much because they are attached to their electronic devices and social media platforms. Arka explained that we should not undermine ourselves. If we want a positive result, we have to make the change because what we give, will come back to us. If we look at someone with a negative mind, that will come back to us. If we look at someone with our heart, that will come back. So we have some responsibility because the world need goodness, so first, we should make sure we are not the problem in the world. He advised that parents should treat youth as their friends by listening to them, not passing judgement and understanding they are born in a different generation.

“

“I am not interested in anything at all, I just want to embrace the moment and become one with myself.”

”



**Talk on Arka Dhyana Intuitive Meditation
Academia Starlet
Toluca, Mexico
August 14, 2023**

Yogi Arka made this session interactive with questions and answers. The first person said they felt they had a lot of noise in their head, was always feeling stressed and asked for something to help them calm down. Arka replied to drop all expectations from society and family to begin the road to recovery. He added that we should let go of everything, for an experiment, including seizing physical activities and go into Dhyana or silent contemplation saying ‘I am not interested in anything at all, I just want to embrace the moment and become one with myself’.



**Talk on How to Expand our Consciousness
Casa Camino
San Jeronimo, Mexico
August 13, 2023**

In this talk, Yogi Arka began by giving an analogy of looking within as contacting your centre in the same way you contact various centres for information. Our ancestors were actually more intelligent despite having less technology and were often correct due to their customs, practices and traditions. This can be seen in past lectures, poetry, paintings. We tend to have ego because we are modern. Only when we acknowledge our predecessors, we gain trust to move forward. That's where gratitude comes in. People think gratitude is saying thank you, but it's not; it's the meaning that carries the feeling. We should have respect for those that helped you, inspired you and gave you the thrust to move forward.



**Talk on Intuitive Meditation
Casa Camino
San Buenaventura, Mexico
August 13, 2023**

Yogi Arka explained that “You feel extremely wealthy when you have so many beautiful friends, members and well-wishers. That makes you feel wealthy, not money. Money facilitates us to buy things, but not happiness, not good sleep, not contentment. Hence, β meditational practices were introduced into the world by our ancestors - Dhyana in Sanskrit. Heart-level work that you do within yourself with the association of your intellectual mind. So you feel so empowered because mind and heart are united. Meeting of mind and heart to reach the core of inner consciousness. It’s good to know who you are in the true, meaningful sense.



**Talk on Attaining Calm in Chaotic Times
Casa Las Quintas
Cuernavaca, Mexico
August 12, 2023**

The session began with questions and answers. When asked about how to deal with anger, Arka explained that unconditional love is very powerful and we should have an understanding of the underlying frustration and disburdening of the anger or weight. Once emptied, people with anger become more calm.



**Talks (Pravachan)
Surrey and Burnaby, British Columbia
August 6-8, 2023**

After weeks of events in the Greater Toronto Area, Yogi Arka travelled across Canada from Ontario to the province of British Columbia located on the West coast. Yogi Arka advised the organisers that many changes needed to occur in order for their institutions to stand the test of time. He made the session interactive and fielded many questions from the audience including one about defining God. He explained G was generator, O was operator and D, Dissolver.



**3 Day Retreat
Toronto, Canada
July 25-27, 2023**

Yogi Arka gave many talks during the 3 day retreat including delivering two bhagavad gita sessions. In one talk Arka said that if we don't make a decision, then the forces of nature will make the decision and that we must make decisions responsibly. Sometimes people ask his advice when making decisions. He explained how he gets absorbed into his Dhyana state where he becomes so united at that time with nature and the universe, where nature speaks through him like speaking on a microphone. Some advice he does not provide in words.



**Vaishno Devi Mandir
Oakville, Canada
July 23, 2023**

Yogi Arka commenced his talk characteristically, with mantras to thank our ancestors and welcome Krishna and Ganesha. He also sang his own compositions followed by the Saraswati Vandana. He explained that chanting purifies the mind. It also enhances the power of concentration and brings a sense of peace and tranquility. If it is done with the full involvement of the heart then it can bring results. This brings a state of mental bliss that is totally natural - a state of Ananda, or a state of inner joy. You have trust in nature and in yourself, even if things are not working out well now or following repeated failures. He said that with atma jñāna, or knowledge of the true self, you raise your conscious awareness. This represents your entire conscious presence; physically, mentally, emotionally and spiritually.

**Shridi Sai Mandir & Cultural Centre
Toronto, Canada
July 22, 2023**



Arka was welcomed formally and began his address with a phrase from Shri Shankar Archarya's famous Bhaja Govindam shloka: ***pasyannapi cha na pasyati mudhah udara nimittam bahukrta veshah***

Seeing the truth revealed before them, still the foolish ones cannot see through these many disguises. Yogi Arka explained how we see something without really seeing or experiencing it. We are preoccupied internally and our whole presence is not there. The internal involvement is missing. That moment is then missed forever. He said that spirituality is like the gigantic universe, which is too vast for us to comprehend and is still blossoming and unfurling. With spiritual inspiration, you wake up and begin to blossom in many directions.



**Sanatan Mandir & Cultural Centre
Markham, Canada
July 16, 2023**

Yogi Arka spoke about how we should not make our lives overly dependent on the senses, we should make our own experiments in Dhyana. With peoples' gestures, presence and vibrations, and the feedback from your feelings, you can know many things. He explained how, even as a young boy, he experimented for himself and found out many things. He said when you feel like it, you can withdraw from the body into the heart or the soul and then come back to the body as and when necessary. We should not think that our presence in the body was the only possibility. Everything starts with thoughts and with bhavana. Even to attain the divine, you need bhavana so we should do everything with bhavana.

**Shri Hanuman Mandir
Brampton, Canada
July 11, 2023**

Yogi Arka emphasised how Hanuman was not just a mythological figure but he was a living being still on this earth. He overcame mortality with his virtue, sadhana, tapsya, dedication and perseverance. The divine personality of Hanuman is also known as Vayu Putra or Anjali Putra and praying to him externally in the temple, was good but it can be made better. He said you add your full conscious presence to it, then it becomes profound, meaningful and powerful.

**Talk on Experiencing Calmness
in a Chaotic World
Toronto, Canada
July 9, 2023**



Yogi Arka explained that we are part of nature, therefore we cannot be artificial for long periods of time because it does not suit us. There is a strong connection between the nature outside and the nature inside us. We have been bestowed with an ability to recognise this. However, human nature is to become preoccupied with what will happen next, but if we stop for a moment and withdraw from the world, we can feel the calmness within.



**Talk on Gratitude - Guru Poornima Celebrations
Toronto, Canada
July 3, 2023**

If you focus more on wishing well for others, what happens to your well-being? He explained your welfare would be taken care of with the welfare of others. Your success is included in their success. Although the results of anyone's endeavour affect others and the world in various proportions, depending on the position of the decision maker, everything begins with the thoughts of one person. This is the reason our thoughts are so important. The results of one ill-judged decision can have many repercussions for thousands of people.



**Jasper Centre
London, United Kingdom
June 25, 2023**

Are we Conscious of our purpose? Do we simply chase money, and forget the honey of life? What of Health? What of people? Yogi Arka explained we are connected to others, and benefit best if we think and serve others too. In the gain of others, lies our gain too. Little is impossible, most things can be achieved by thinking of different solutions.

**Amrutha, Honor Oak
London, United Kingdom
June 24, 2023**

The central theme was around living well by being close to nature, in how we care for ourselves and others, in what we eat and how we live. Arka shared some tips for better living and as always his talk felt like a special gift to the audience.



**Sindhi Association of UK,
London, United Kingdom
June 23, 2023**



Arka explained that being in Dhyana does not have to be prescriptive but rather we can perform it at any time when there is a need. He demonstrated the power of the 'Jñana' mudra and collectively placing our hands on our chest in this mudra, we sang 'Saa Roo Go Vaum', lifting everyone in the room and filling the hall with a profound energy.



“Life is a one-way journey. Most of us do not know how to rejoice the beautiful things we already have and how to celebrate the beautiful work.”



**Open Audience
Solihull, West Midlands,
United Kingdom
June 17, 2023**



In this talk Yogi Arka explained that not everything has to be planned. If we plan everything and everything is logical and at the head level, then we unconsciously miss the subtle moments around us. In order to enjoy these moments, we need to take off the metaphorical 'glasses' that obstruct us from seeing how exciting, educational, entertaining, and enlightening life can be. And how life operates at so many levels beyond our immediate engagement in everyday activities.

Over 270 Ayurvedic students and staff from all over India and from abroad attended the programme hosted by Yogi Srinivas Arka at Arka Dhama in Mysore. Yogi Arka encouraged the students to understand deeply and practice with awareness, the ancient Indian wellness system of Ayurveda. As a Sanskrit scholar, Yogi Arka noted that learning Sanskrit was an integral part of their studies since much of the Ayurvedic knowledge emerged from our ancient and timeless Indian scriptures.



**Day 7 of the Ayurveda Academy
Prabhashanam 2023
Arka Dhama, Mysore
April 14, 2023**



Srinivas Arka attended the Sri Gita Senior Citizens Seva Samithi where more than 50 attendees listened intently to Yogi Arka's message.

Speaking fluently in Telugu, Yogi Arka spoke of how Sanskrit is the root language of so many other languages and he emphasized the importance of pronunciation. For certain syllables one must involve the naval muscles and invoke deeper energies in the body. One must also pronounce Sanskrit slokas and mantras with full focus and passion.

Yogi Arka further noted that there is a mathematical beauty to the construction of words and phrases in Sanskrit but there are many benefits if the words are pronounced with full focus, conviction and heartfulness.

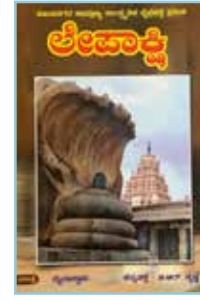
Thus getting back to our roots linguistically, spiritually and physically can have such positive effects. Srinivas Arka recited mantras with the attendees and ended with the quote:



“Wherever you walk, the whole Universe walks with you. It will work with you better, if you become consciously aware of it.”



**Sri Gita Senior Citizens Seva Samithi
Hyderabad
February 1, 2023**



**Unveiling of the book
'Architecture & Art of Vijayanagara - Lepakshi' (Kannada)
Press Club of Bengaluru, Bengaluru
January 21, 2023**

Srinivas Arka was invited as the chief guest speaker at the unveiling of Sri MyNaa Swamy's book 'Lepakshi' in the Kannada language. Other guest speakers included Prof. K. R. Narasimhan, Sri Sadasiva Shenoy, Sri Radhakrishna Raju, Dr. Pavuluru Subba Rao, Smt. K.C Vasantha Kavitha and Sri B.R. Krishna.

Arka inspired the audience to think deeply about how people communicated in the olden days, achieved effective administration and policies, yet technology was so limited. He described how creativity comes from the heart, art is from the heart, poetry is from the heart, and intuition is from the heart, while mind is only to reflect ourselves. He also spoke about spreading the word of positivity and positive energy. He explained that we do not need to do many things as one thing is enough and great work begins from small tasks.



Spiritual Health

**Global Yoga Summit
Resort & Convention Centre,
Allalasandra, Bangalore
December 18, 2022**



In his talk at the Yoga Summit, Yogi Srinivas Arka spoke about Spiritual Health. Largely health is not physical but also mental, emotional and above all spiritual.

There is always a centre for everything. When you zoom in to the central part, you realise it is less physical and more non-physical, whether it is matter, an object or a topic. Hence bring your wondering mind to the centre, that is your heart (Hridaya Mandala) from where your spirit springs. That is the point of origin of anything that happens outside.

True and long lasting healing begins from there, your truest identity dwells there.



**National Ayurveda Day
Government Ayurveda Research Centre, Mysuru
November 12, 2022**

On National Ayurveda Day, many distinguished guests spoke about various aspects of Ayurveda and were honoured for their dedicated work in this field. Srinivas Arka described how Arka Dhyana concepts can be used in the application of Ayurvedic diagnoses and treatments.



**Veda Vijnana Gurukulam
Bengaluru
November 5, 2022**

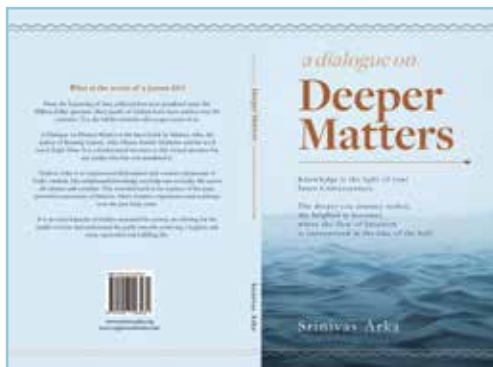
Srinivas Arka was invited to the Gurukul Conference held from November 4-6th. On the 5th, he gave a brief talk introducing the activities of Centre for Conscious Awareness, the registered charities he founded worldwide. He also highlighted Arka Dhyana, the meditation method he developed over many years of research and experience.

Srinivas Arka gave a talk on Religion and Spirituality describing how by increasing awareness and connecting with nature we can go deeper. He began demonstrating this meaning of 'going within' by singing a few lines from Arka Geetha which he composed.

**Bunt's Sangha Auditorium
Bengaluru
October 3, 2022**



“Realisation makes us feel resourceful.”



**Celebration and Book Launch
Stratford upon Avon, UK
August 14, 2022**

This event encompasses a celebration to round off the CCA charitable events that occurred from May to August 2022 as well as the launch of the new book “Deeper Matters”.



**Madrid, Spain
August 5-9, 2022**

From August 5th to the 9th Srinivas Arka visited Miraflores de la Sierra organized by the Centre for Conscious Awareness Spain. On August 7th, he shared an insightful and inspiring talk called “Clarification on the Self”. The attendees were students of Arka Dhyana Intuitive Meditation and people who were attracted by the title of the talk and wishing to learn more.

Srinivas Arka delivered a talk to a group of business delegates at the Harrow Business Centre in London. The topic was 'What is a Successful Business'. The core theme of achieving business success revolved around the pursuance of a cause and vision, delivering service, validating success and limiting expectations and problems via spiritual proportionality.



**Harrow Business Centre
North Harrow, UK
July 21, 2022**

Srinivas Arka was invited to give a talk at the House of Commons, Parliament Square, London. The topic focussed around Community and what it means to be a part of it. Srinivas Arka began by reminding us that Communities and their structures are there for the wellbeing of others, where matters are not only shared but also endured; providing a sense of togetherness.



**House of Commons,
London, UK
July 18, 2022**



"If we drop our ego, the whole world will belong to us."



Srinivas Arka opened his talk on full moon day by highlighting how nature works alongside us in our lives with our vast amount of wishes and thoughts generated on a daily basis which gets absorbed and registered by nature. Depending on the level of deeper emotions attached to these thoughts and wishes, it reflects our desires back to us.



**Stratford upon Avon, UK
July 13, 2022**

Srinivas Arka was invited to speak at the Hindu Temple in Berlin, Germany. His presence was seen as a blessing and appreciated by the members while their temple continues to expand and grow.

**Berlin, Germany
July 10, 2022**



Arka started with sharing the saarogovaum sound with everyone. He described how bees make some humming noise when they are looking for a new hive. He mentioned how you should try to change your environment so it's suitable for you and you can connect with everything. Doing this can help you feel at home. Even in the office, you make a second home, so you feel comfortable, otherwise you cannot perform your best.

**Marriott
Luton, UK
July 3, 2022**



Srinivas Arka, who commenced the programme by having a sip of water and then began sharing an in-depth talk on the significance and importance of water in our lives. Water is everywhere in the Mother Earth, on ground surface, in plants, deep underground, air, humans etc. The universe is created in such perfect balance that water is held in each of these areas or it would flood the Mother Earth.

Yogi Arka went on to discuss about taking a deeper view of life and appreciating and understanding life's various perspectives such as physical, mental, spiritual, mystical and living in the heart.

Take away points: good sleep, good diet, positive responses to feel good within.

**Jasper Centre
London, UK
July 2, 2022**



Srinivas Arka gave a talk on Health and Well being. He described what causes people to experience hurdles with their health, mind and general wellbeing, and offered realistic solutions that each can incorporate in their daily lives and routine. Highlighting the unique nature each of us possesses, Srinivas Arka also reminded the audience that there is huge amounts of potential within us and that we have the capabilities to make a change, not just within ourselves and for the better, but also for others and the world.

**St. James Place
London, UK
June 30, 2022**



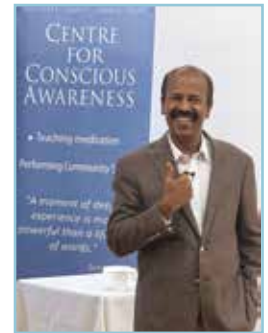
The event started with a demonstration and explanation of Arka Dhyana Intuitive Meditation. Then Arka spoke about consciousness and how Dhyana can awaken latent talents in you. He shared the spiritual sound of Saaroogovaum with everyone. The atmosphere changed with this vibrational effect. He went on to explain how intuition can give you guidance and light up your path in life. This will become stronger if you have gratitude.

**The Om Studio
Northampton, UK
June 26, 2022**



AMG UK and CCA UK had the pleasure of welcoming Yogi Arka back to the South Mitcham Community Centre for an afternoon of inspiration. Arka shared his wisdom on the importance of helping one another and caring for the environment in order to lead a meaningful life.

**South Mitcham Community Centre
Surrey, UK
June 25, 2022**



Srinivas Arka spoke on how the essence of everything is always minute. Every day you learn something and when you register this, you make progress with your life. If you don't register what you have learned and experienced, it is marked as an empty day in the book of your life.

**St. Paul's Community Centre
Birmingham, UK
June 19, 2022**



Srinivas Arka spoke about how your inner self was your own extremely secure space and immensely sacred and private. If you can discover that, you can do many things. He spoke how regardless of culture, background, education, you know intuitively that you are more than what you see on the surface.

**Peepul Centre
Leicester, UK
June 17, 2022**

Srinivas Arka gave a talk on how we need to become responsible, accountable and consciously aware.

**Intact Centre
Preston, UK
June 12, 2022**



“We assume health is always to do with the physical body, but the truth is that the body is an instrument for us to express ourselves.”



**Marriott
Gloucester, UK
June 2-4, 2022**

CCA UK organised a retreat in the Cotswolds hosted by Srinivas Arka. Those in attendance were touched with great insights into different aspects of life. This interactive retreat gave the opportunity for all to experience morning Arka Dhyana and Yoga taught by CCA's Arka Dhyana instructor and yoga expert.



**St. Mary's Parish
Birmingham, UK
May 29, 2022**

Srinivas Arka came to speak to a full audience at St Mary's Parish Hall. The audience, including some newcomers to Arka's work, were delighted to hear more about Arka Dhyana Intuitive Meditation, experiencing its breath and sound aspects through demonstration, repetition, and participation in the flowing gestures of Arka's Intuitive method which enhances the energetic benefits.



**Amrutha Lounge
South London, UK
May 22, 2022**

Srinivas Arka gave a talk at a vegan restaurant on a variety of philosophical topics, including the power of silence, navigating our inner consciousness and how to overcome the negative aspects of the mind.



**Crowne Plaza
Solihull, UK
May 15, 2022**

Srinivas Arka gave a talk based on Gestures. He discussed how our body moves according to the expressions of our thoughts. He also explained how the 'touch sense' is very important as it is the 'mother sense'. In Arka Dhyana Intuitive Meditation, touch is one of the key ingredients. Wherever you touch, that's where your presence is.



**Prive Hotel
Kilpauk, Chennai
April 10, 2022**

Srinivas Arka was invited as a chief guest to speak at a programme in Chennai. He spoke on various topics including evolution, silence and meditation.

“

“We become inspired when we are with nature. Something happens to us within our soul. The soul loves silence naturally. When you are in silence, you begin to feel your inner space, you begin to establish your own presence, you become a little deeper in your silence.”

”



Srinivas Arka was invited by Child Line India Foundation to give an inaugural address on the **‘Need for Conscious Awareness in Human Services Work’**. He provided helpful and inspirational tips. “The beauty of nature is that things change. If you give, nature will help.”

**Childline Foundation
Hotel Pai Vista
Mysuru, India
March 10, 2022**

Srinivas Arka was invited by the Police High Commissioner to address an audience at his official residence.

**Mangalore, India
February 20, 2022**



“

***“Where there is heart, there is true service.
Where there is mind, there is professional service.
The world needs more positivity, good work, good action and blessings.”***

”



**District Kannada Sahitya Parishat
Mysuru, India
February 20, 2022**

Srinivas Arka was presented the Yoga Vibhushana Award for outstanding achievers in the field of Yoga.



“

***“It's not always physical
service, but service with your
spirit in it.”***

”



**Kannada Sahitya Parishat Auditorium,
Chamarajpet, Bangalore, India
February 20, 2022**



Srinivas Arka was invited as a Chief Guest by Niruta Publications in association with Bengaluru Universities Social Work Alumni Association for the launch of three Kannada books.

Srinivas Arka was invited by Mr Narendra, Chairman of Vinyas IT, which is a leading Electronic System Design and Manufacturing Service Company. Arka held an interactive session with a few key members of Vinyas IT.

Vinyas IT
Mysuru, India
February 16, 2022



Hotel Capitol
Bangalore, India
November 13, 2021

Srinivas Arka was a keynote speaker at the Nirathanka NGO 5th State level Human Resources Professionals Kannada Conference. Arka addressed over 300 professionals relating to exploring our inner resources through the system of Arka Dhyana.

Srinivas Arka was invited to speak at an online webinar on
 'A Key to Human Potential'

Vijay Foundation in Association with
Heartfulness Institute
Mysuru, India
November 6, 2021



From left: Dr. Niranjana Raj, Dr. Panduranga Narasimha Rao, Prof. S. Vidyashankar, Dr. Sridevi Annapurna Singh, Prof. Srinivas Arka, Prof. Prakash Halami and hostess Urmila Patel

Karnataka State Open University
in collaboration with CSIR-Central Food Technological Research Institute,
Mysuru, India
October 28, 2021

Srinivas Arka was a keynote speaker at a Two-Day International Conference on Gut-Brain-Health Connections held on Oct 28th & 29th. He spoke of the role and power of intuition in relation to the mind and microbiota.

Book release of 'Aatmaanveshaneya Saadhanegalu' the Kannada translation of Adventures of Self-Discovery by Srinivas Arka.

**Shangri-La Hotel,
Bangalore, India
September 27, 2021**



From left: Dr. Vishwanath Hiremuth, Raviraj Urs, Princess Jayapalakshi, Srinivas Arka, Vidwan Vasudev Bhattar, Sri. Venkatanarayan, Dr. R.L Kashyap and Dr. Vijayalakshmi Deshmane.



"We must be decisive when making our 'sankalpa' (deepest wish made at the heart level) as surrounding waves of emotions have the potential to manifest thoughts into reality."



Srinivas Arka gave a talk on Mental Health & Well-Being at the Kannada translated IIP book release by Dr. K. Sudhakar, Minister of Health and Welfare, Karnataka.



**Chikkaballapur,
Karnataka, India
January 17, 2021**



Srinivas Arka was invited as the Guest of Honour to speak on Intuition and its role in today's world.

**Mahila Samaja
Doddaballapura, Karnataka, India
January 2, 2021**



Srinivas Arka was invited as a guest speaker at this conference which was organised by Dialogo. He spoke about seeking the nature of reality within science and spirituality.

Dialogo 2021.
The Virtual International Conference on Spirituality, Religion, Irreligion and Society today.

**(Online)
May 28, 2021**



INSTITUTIONS

ACADEMIC AND BUSINESS



Srinivas Arka has spoken at both formal and informal events in Australia, New Zealand, Fiji, Europe, The Americas, Oceania.

He has addressed students at academic institutions, schools/colleges/universities, institutes of technology and medicine, research institutes, corporations, charitable organisations and NGOs.

Peace over Pressure
University of Guelph
Guelph, Ontario, Canada
July 5, 2025

Both youth and non-youth gathered at the University of Guelph for an interactive and engaging workshop centred around reclaiming rest, the importance of implementing boundaries and an open dialogue about the pressures that come with hustle culture. The youth asked Arka many thought-prevoking questions. Arka's key points include 'Your input counts, your valuable presence counts. Someone has to take a step and move in a positive direction, not just expect someone else to initiate change. You may be the one, it will start from you.'



Interactive Seminar on Arka Dhyana, School of Philosophy and Economic Science
Awaken your potential, London, UK
September 30, 2024

Following an Arka Dhyana demonstration, Yogi Arka explained that this is the time period that we should be asking questions since humanity is not moving in the right direction, which we all know either consciously or subliminally. He emphasised how we have landed on this planet in full physical form for a purpose, but posed the question: are we connected with our deeper inner self? The living physical presence or body represents the entire cosmos or map of the universe. If we reach our own truest destination that is within us, coded within our bodies, we can reach anywhere. We must access this as it is our centre, and we are much deeper than how we appear on the surface.



Chief Guest, Karnataka State Open University Press Conference, Karnataka State Open University, Mysore, India
September 2, 2024

Karnataka State Open University launched their promotional song, paying obeisance to Goddess Saraswati, in the auspicious presence of Yogi Srinivasa Arka and addressing the media reporters at the press conference. Yogi Arka said that the torch of knowledge is burning in every corner of Karnataka by reaching the doorsteps of all the students studying in Karnataka State Open University.



Exploring External Stressors Impacting Youth's Daily Lives
York University, Toronto, Canada
July 31, 2024

Srinivas Arka gave his keynote presentation on youth stress. He talked about the future of youth, their responsibility to the world and how they are preparing themselves to tackle global issues and problems. Arka encouraged youth to: "See the world as full of opportunities and as ready to welcome us to explore these opportunities. There are infinite opportunities for a person who has a positive mentality or who has explored their inner self, unique nature and their passion. Passion means desire, ambition with the backing of our emotion. No matter how long we study, how much we explore the specific area of interest, we'll never become tired. That is called passion."



Increasing your efficiency in serving communities by learning the philosophy and practice of Intuitive Intelligence Programme (Symposium)
University of Mysore
Mysore, India
May 16, 2024

Yogi Arka was invited to speak to an auditorium filled with over 300 students, teachers and guests. He spoke of the importance of expressing gratitude which empowers our space. He also covered various topics such as conscious awareness and the difference between intelligence and intuition. He emphasised the need to explore the heart-based faculty, intuition.



Life Skills for 21st century professional social workers
JSS College MS student visit
Arka Dhama, Mysore, India
April 18, 2024

Arka Dhama hosted a Seminar for students & professors of JSS College on Life Skills. Arka gave a talk on the light of learning and the Intuitive Intelligence programme he developed.



CME Program
Government Ayurveda Medical College
Mysore, India
April 4, 2024

Arka was invited to address the audience mainly comprised of postgraduate students and professors. Arka contrasted today's language with the depth and beauty of Sanskrit. He also spoke about time and how there are different layers of time in the universe. Ancient rishis used their time to go deep within themselves.





**Living Yoga both Physically and Spiritually
Government Naturopathy and Yoga Medical
College and Hospital
Mysore, India
March 26, 2024**

Srinivas Arka was invited to be the main speaker at the Government Naturopathy and Yoga Medical College and Hospital on Tuesday, March 26, 2024. The auditorium was filled with over 200 students, teachers and other guests. Srinivas Arka then addressed the students. He started by saying a heartfelt Namaskar with arms folded, and held in front of his chest. He noted that everything begins from greetings, whether spiritual, physical or emotional. You will feel the namaskara if it is said with sincere emotion, which arises when we apply a sincere touch to our heart area. What is yoga? Yoga is the alignment of our body, mind and soul. It is unification as in a united field of consciousness.



**Maharaja Sayajirao University of Baroda
Vadodara, Gujarat
December 27, 2023**

Arka addressed over 250 students of a science background, most who had entered the seminar hall straight from examinations. Four students were forthcoming on representing their peers on to the stage. Many key questions were asked including how to study, improve memory and effectively schedule.

How Spirituality is helping the overall development and social work practices
Parul University, Vadodara, Gujarat
December 26, 2023



Professor Parmar welcomed and introduced Arka to the students. Arka spoke about what is spirituality, and gave valuable points on how students can implement in their social work field. Some key points included:

- Retaining our naturality and originality.
 - not to be influenced by what others will think, or due to the rise of technology.
 - Understanding the difference of sympathy and empathy.
-



How to be filled with wonderment?
Sigma University, Vadodara, Gujarat
December 26, 2023

Srinivas Arka was invited to address BSc students from the Nursing faculty. Over 150 students attended on boxing day, 26th December 2023. The Vice Chancellor Provost Dr. Priyesh Gandhi and Dean of Social work Dr. Jagdish Solanki welcomed and thanked Arka for his time. For students to be involved, Yogi Arka requested some students to sit on stage to represent the rest of the students. Arka began with appreciating all those who have done great work to the benefit of humanity. Our journey begins with recognising such individuals.

Seminar at Ananya Institute of Commerce and Management
Tumkur
December 18, 2023

Arka attended this college for the first time. As the students were in the middle of revision, for examinations in few weeks, Arka opened the seminar with Time Management, giving practical examples of how to manage time by going to the end and working backwards.





How to Focus Better and Create Stress-free Learning
Learner's Global School
Mysore
October 13, 2023

On the 13th October 2023 Yogi Arka was invited by the Youth for Seva Organisation to conduct a workshop. Yogi Arka explained that everybody needs some inspiration and some motivation to perform daily tasks. As we charge our mobile phones, we need to recharge and refresh our minds. He told the students that they are the future of the world and they should aim to make their life colourful and vibrant. Exam tips were also provided and welcomed by students. Students asked a number of questions at the end of the session, such as how to ensure we follow our goals at all times. To which Arka replied keeping it basic, highlight your goals on a wall where it reminds you each day. Get back, contemplate, review at the end of the day, to see what you did, how you progressed.



Positive Self-Esteem and Body Image
University of Guelph
Guelph, Ontario
July 29, 2023

Yogi Arka gave many talks during the 3 day retreat including delivering two bhagavad gita sessions. In one talk Arka said that if we don't make a decision, then the forces of nature will make the decision and that we must make decisions responsibly. Sometimes people ask his advice when making decisions. He explained how he gets absorbed into his Dhyana state where he becomes so united at that time with nature and the universe, where nature speaks through him like speaking on a microphone. Some advice he does not provide in words.



**Saurashtra University, Department of Pharmaceutical Sciences
Rajkot, Gujarat
March 17, 2023**

There were over 200 students of pharmaceutical sciences assembled for this talk. Yogi Arka was joined by a panel of students on stage. The students were enthusiastic, energetic and highly inspired to hear Yogi Arka speak. Yogi Arka spoke of the ancient and powerful texts written in Sanskrit by rishis and saints. He noted that although we are from India we don't know our own roots. Most scientists nowadays conduct mostly external experiments. However, ancient rishis and seers did internal experimentation. They closed their eyes while conducting internal inquiries to go to the root of their being and to explore their consciousness.

“

***“The mind is a question, the heart is an answer,
the spirit is an experience”.***

”



**RK University School of Engineering & School of Diploma Studies
Rajkot, Gujarat
March 16, 2023**

The auditorium was filled with eager faces who were unsure of what to expect from a modern day yogi. The hall was quiet when Yogi Arka opened his talk with a Ganesha mantra. Srinivas Arka then reflected on the communication systems of animals versus humans. He noted that the communication systems of animals are so perfect and so precise where sounds are hardly used, whereas humans, who engage in so much sound and verbal explanation, often miscommunicate and misunderstand each other.

Yogi Arka stressed the importance of asking deeper questions in life. He said the students and any truth seeker should make learning and their life journey educational, entertaining and enlightening, as well as exciting. In truth however, everything is interesting since every subject is interconnected.

“

“Intelligence is unidirectional whereas intuition is multi-directional.”

”



**BK Mody Government Pharmacy College, Polytechnic Campus
Rajkot, Gujarat
March 16, 2023**

More than 200 pharmacy students assembled to hear Yogi Arka speak. The format for the event was modified and five students volunteered to be on the stage with Yogi Arka. These students engaged in a personal dialogue with Srinivas Arka in which they could ask questions and obtain responses.

The students started out by asking him who he was, where he was from and then asked what is the best part of life? Yogi Arka responded that he was from India and he was a teacher, philosopher and yogi. He then noted that discovering the world when you become self-realised and discovering that the world you have experienced thus far is not the true world, is a celebration. When you become self-realised and wake up from your ignorance and assumptions, that is the best part. You feel awe, wonder and surprise. You are brought forward into new light.



**Parimal Vidhyalay Primary School
Ahmedabad, Gujarat
February 23, 2023**

Srinivas Arka addressed the students by placing value on both receiving and imparting knowledge. He explained to the students that we only become unique when our thinking expands. He went on to say that in order to think clearly, a regular routine must be followed along with maintaining a dhyana meditational practise as Dhyana promotes mental peace and clarity. Writing also allows us to 'speak' the truth more freely and is an expression of ourselves.



Srinivas Arka gave a talk on 'How to focus better & Create Stress Free Learning'. Arka discussed how stress is caused when the mind's rhythm is faster than the body's rhythm. Students have knowledge, but they quite often forget when they see an examination paper for the first time. Only when they are relaxed will they be able to answer the questions satisfactorily. He gave advice on how to relax before exams and create a learning environment.



Anand Agriculture University
Anand, Gujarat
February 22, 2023



Srinivas Arka gave a talk on 'Creating a learning Culture'. He explained that when we smile our pain lessens as though the problem disappears for a little while. If we examine the reason for having too much tension, it is because our goals remain endless. The purpose is to realise that goals are necessary for us to continue consciously and meaningfully. It should not burden our minds, nerves, or bodies. The key is to always look for creative approaches to the issue at hand. This should be applied to intellectual development, physical health, and general well-being. We must continue to be optimistic.

M B Patel Science College
Anand, Gujarat
February 22, 2023



Jenish Rana:

First of all thank you sir for being here to motivate and guide us to the right path for all students with so many concepts and examples. I liked your talk about the word 'Patience' being the most valuable quality which is needed to be present in every student and with hard work we can achieve anything in our life ...! Once again thank you sir for motivating us and to show the right path towards our life !!!



Srinivas Arka gave a talk on "Ayurveda and Human Well-being". Arka spoke about how today's medicine is viewed competitively and commercially for profit, and we have forgotten about overall human well-being. We have come to rely too much on external artificial technology which brings side effects. We have even gone so far to insert microchips within our bodies. Ayurveda is an ancient system of knowledge of life that comes from Vedic culture. It enables us to balance body, mind and consciousness.

CVM University, G. J. Patel Institute of Ayurvedic Studies & Research
Anand, Gujarat
February 21, 2023



Srinivas Arka gave a talk on 'Managing People from a Vedic Perspective'. He addressed the topic of exam preparation by encouraging students to first understand their minds. He spoke of the importance of spiritual preparation before beginning any activity. Self-discovery is required - to discover our own unrivalled uniqueness within ourselves.

G H Patel College of Engineering & Technology
Anand, Gujarat
February 21, 2023



**Rukshmaniben Nathubahi
Ganeshbhai Patel Institute
of Technology (RNGPIT)
Surat, Gujarat
February 20, 2023**



Srinivas Arka gave a talk on 'Spirituality & Stress Management in Life through Yoga & Dhyana'. He stressed to the students that learning should be four things: educational, enlightening, exciting, and entertaining. With discipline and purpose, each human has a unique part to play in the life of the cosmos.



**Naran Lala College
Navsari, Gujarat
February 17, 2023**

Srinivas Arka gave a talk on 'Science and Spirituality'.



**Podar International High School
Navsari, Gujarat
February 17, 2023**

Srinivas Arka gave a talk on the topic ‘How to Focus Better & Create Stress-Free Learning’. He urged students not to stress about grades because doing so would prevent them from remembering what they had learned. He explained that we must approach learning as though it were something that will last forever and further, we can only remember when we are relaxed.



“

“We must acquire the ability to read nature. It has its own beats.”

”

**J P Shroff Arts College
Valsad, Gujarat
February 15, 2023**



Srinivas Arka gave a talk on the topic ‘Stress Management through Yoga & Arka Dhyana Intuitive Meditation’.

He said that we have to strive for knowledge and share it with others. We should occupy ourselves with this and practise Dhyana.



**N. M. Agricultural University (NAU)
Navsari, Gujarat
February 14, 2023**

Srinivas Arka gave a talk on the topic 'Holistic Personality Development: Road Ahead'. He began his address with Sanskrit slokas and described how thoughts generated by the brain are extremely powerful and in colours and shapes.

He spoke of layers of consciousness and micro and macrocosms and how we have to learn to connect with nature with our heart-based consciousness. We have to collectively come together setting our differences aside to have a vision about our future.



**GDC Engineering College
Navsari, Gujarat
February 14, 2023**

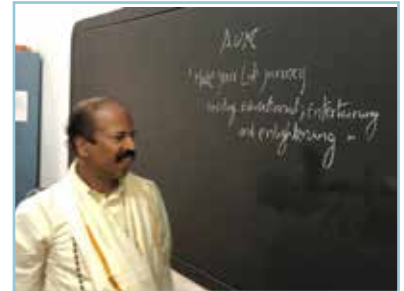
Srinivas Arka was invited to give a talk on 'How to find inspiration in learning & contribute meaningfully to Society'. Students asked a variety of questions including why India has forgotten its rich Vedic culture with a viewpoint only through a Western lens. Students were inspired and impressed by Arka's admiration for the Sanskrit language.



Srinivas Arka was invited to Shri Saraswati Shishu Mandir High School, a private school registered as ICBSE. The event was held outdoor on the school's assembly grounds. Mr Raghu, a member of the Arka Foundation started the programme with a brief introduction of Srinivas Arka and Arka Foundation.

Srinivas Arka then began his talk in the local Telugu language. He spoke to students and addressed their questions about stress management, studying for knowledge not just for exams, the light of learning programme and he ended the session with Vedic mantras.

Arka then addressed a smaller group of students who required guidance on how to express their academic knowledge as they have the knowledge, but cannot express on paper. Arka shared insights including the essence of IIP of making their journey entertaining, exciting, educational and enlightening. The teachers and the vice chairman Dr. Purshotaum Rao were very appreciative of Arka's visit.



**Sri Saraswati Shishu Mandir High School
Hyderabad**



**Lotus Lap High School
Hyderabad
February 1, 2023**

At Lotus Lap High School, Yogi Arka spoke in Telugu and encouraged the students to develop their focusing abilities. He provided specific techniques to reduce stress and anxiety. He demonstrated various methods to improve how they studied. He also explained that they should be aware of and interested in the state of the world and to think deeply about how they could improve it.

One student asked how to be happy and Yogi Arka explained that in order to be happy, one must endeavour to make those around them happy. The students loved this response and heartily applauded it.



More than 300 students and staff as well as special guests attended this informative event. The focus of the event was the concept of diabetes and food principles in management according to Ayurveda, but the students requested Arka to speak on how to focus better. Yogi Arka spoke about how to develop the ability to focus and touched on the main elements in his Intuitive Intelligence Program. He said the 4 E's were education, exercise, entertainment and experience.

Srinivas Arka explained that there was a difference between the energies of the mind and heart and to demonstrate this he asked students to touch their foreheads for a few seconds, then to touch their hearts. He asked if they felt a difference in connection and sensation.

Concept of Diabetes & Food Principles in Management According to Ayurveda

**Sree Nataraja School of Nursing
T.S. Chandrashekaraiah Institute of Paramedical Sciences
Vathsalya College of Education, Mysore
January 27, 2023**



"We don't need to do many things, one thing is enough."

Srinivas Arka was invited as a guest speaker to share insights from his book 'Light of Learning' with students who are preparing for their upcoming examinations. He began his talk with the Chandogyopanishad 'yadeva vidyaya karoti shraddhaya, tadeva veeryavattaram bhavati' which means any action performed with knowledge 'jnana', and with effort becomes virtuous. The rest of the session was in a question and answer format. Students started asking questions and as Arka's answers shed more and more light, the momentum grew so much, that even after the session had ended, the students surrounded Arka, inspired to increase their knowledge and understand more.



**Light of Learning Programme
Chinmaya Vidyalaya
Banashankari, Bangalore
December 17, 2022**

Srinivas Arka was invited as a guest of honour at the inaugural celebration of World Health Day - Swasthya -2022. He gave a talk on health and the importance of taking care of ourselves in order to have a healthy life.

**Vignyana Bhavana, IOE
Mysuru, India
April 21, 2022**



Srinivas Arka was invited to give a special lecture on the Human Development Programme. He highlighted points on how to develop intuition and raise conscious awareness for becoming focused and effective in studies and work.



**Department of Studies in Social Work, University of Mysore,
Mysuru, India
April 20, 2022**



**NKT National College for Women
Triplicane, Chennai
April 11, 2022**

Srinivas Arka was invited to give a talk on the Management of Time and Energy. He provided definitions of various forms of energy and spoke on the importance of breath and the Arka Dhyana Intuitive meditation method.

Talk on Developing Mental Faculties

**Alva's Institute of
Engineering and Technology College,
Mangalore, India
April 3, 2018**



Importance of Exploring your Inner Self

**Shri Dharmastala Manjunatha College
of Ayurveda Mysuru, India
April 2, 2018**



Intuitive Intelligence Programme (IIP):
Understanding and Managing Children

**Kautilya Vidyalaya School, India
March 9, 2018**



Examination and Stress Management

**Sri Chaitanya Techno School
Karnataka, India
February 21, 2018**



In his talk, Arka explained that we are unique individuals with treasures. Students should feel the topic that they belong to and then flow with it.

"Those who are successful never run after success but pursue their cause and vision."

When asked about money and success, Arka described that to know we have failed, we need to know where we have failed. We become more successful when we think of others' wellbeing. He said there is so much for you to contribute in the world. Be consistent and develop your resources and try to do something you love alongside what you currently do.

Talk on Success

**Universidad YMCA, Mexico City, Mexico
August 2, 2017**

"Consistency is the mother of success."

Arka Dhyana Intuitive Meditation Book Launch

Nebrija University, Madrid, Spain
July 28, 2016

The Spanish translation of the Arka Dhyana Intuitive Meditation book was launched.

Srinivas Arka spoke on the topic of the mind and explained that if we could understand the nature of mind then part of the difficulty of meditating would be resolved.

Nieves Abad, a well known author of inspirational books for children and expectant mothers, spoke on how she found the book very inspirational.



Seminar on Communication and Personality Development

B.K. Mody Government Pharmacy College,
Rajkot, Gujarat, India
July 7, 2016

“

“Everyone has a purpose. As soon as you are born, you have a purpose. You need to contemplate and be sure of what you want. If you don’t understand your own nature and your own mind, no-one else can understand it for you. Therefore, contemplation and deep thinking in silence is needed and you need to take time to feel your presence deeply.”



Srinivas Arka opened his address to over 150 students with the above message. He shared ancient wisdom on breathing techniques highlighting the essence of tuning into your life.

This seminar proved to be helpful in providing tools to MBA students for managing stress.

Intuitive Intelligence Programme (IIP) Seminar
on Stress and Time Management

Toronto Metropolitan University,
Toronto, Canada
July 18, 2013

“

“The positive premises and ideas brought to the presentation were enlightening. It would be great to have this kind of experience more often!”

Andrew Willis, Honours BA, MA,
MBA Candidate



“Very good session! Good points to address stress! Good arrangement of this meeting!”

Yao Zhou, MBA/MMSc

COUNTRY	INSTITUTION
AUSTRALIA	Australian Catholic University James Cook University
CANADA	Guelph University McMaster University Toronto Metropolitan University University of Toronto Waterloo University York University
FIJI	Labasa Sangam College University of the South Pacific, Suva
INDIA	Anand Agricultural University, Gujarat Alva's Institute of Engineering and Technology Bapuji College, Davanagere, Karnataka B.K Mody Government College, Gujarat Davanagere University, Davanagere, Karnataka Central Sericulture Research and Training Institute, Mysuru Chaitra Pre-University College, Mysuru Chinmaya Vidyalaya, Bengaluru CVM University, G. J. Patel Institute of Ayurvedic Studies & Research, Gujarat Hospitality and Tourism, Lucknow Deepa School, Mysuru GDC Engineering College, Navsari, Gujarat G H Patel College of Engineering & Technology, Gujarat Government Ayurveda Research Centre, Mysuru Government First Grade College, Doddaballapur Government First Grade College, Madikeri Government First Grade College for Women, Madikeri Institute of Hotel Management, Lucknow J P Shroff Arts College Valsad, Gujarat Karnataka State Open University, Mysuru Kautilya Vidyalaya, Mysuru Kegalli Government Middle School, Mysuru Lotus Lap High School, Hyderabad M B Patel Science College, Gujarat Maharashtra Institute of Technology Mangalore University, Field Marshal K.M Cariappa College MIT, Pune Naran Lala Science College, Navsari, Gujarat N M Agricultural University, Navsari, Gujarat ONGC Oil and Natural Gas Corporation Parimal Vidhyalay Primary School, Gujarat Parivarthana School, Shrirangapatana

COUNTRY	INSTITUTION
INDIA	Podar International High School, Navsari, Gujarat R.N.G. Patel Institute of Technology, Surat, Gujarat Rotary High School, Mysuru RK University School of Engineering, Rajkot, Gujarat Saurashtra University Sree Nataraja School of Nursing, Mysuru Sri Chaitanya Techno School, Bengaluru Sri Dharmastala Manjunatha College of Ayurveda Sri Saraswati Shishu Mandir High School, Hyderabad SRS PU College, Chitradurga SS Institute of Medical Sciences & Research Centre S-Vyasa Deemed to be University, Bengaluru T.S. Chandrashekaraiah Institute of Paramedical Sciences University of Mysuru University of Mumbai Vasavi PU College, Tumkur Vathsalya College of Education
MEXICO	University of Ibero Americana Universidad YMCA
NEW ZEALAND	Abacus Institute of Business Management, Christchurch Avonhead School, Christchurch Auckland University Auckland University of Technology Hagley Community College, Christchurch Marist Sisters College, Auckland
SPAIN	Medical College, Madrid Miguel Hernandez University, Elche Nebrija University, Madrid
UNITED KINGDOM	Kings College, London London College of Naturopathic Medicine Moss Hall Regents College, London St Alphege College University of Central England University of Warwick
U S A	New Jersey College

World Leaders and Certificate Presentations



On August 2, 2017, Arka was presented as the Guest Speaker of the Universidad YMCA in Mexico City, Mexico.

AMBASSADOR FOR PEACE



Maria Vargas, Executive Director, Office of Latin Affairs, UPF-USA (left), Ricardo de Sena, President, UPF-USA (center) and Srinivas Arka.

Arka was a recipient of the Ambassador for Peace Award at the Universal Peace Federation, in Commemoration of the United Nations International Day of Peace, New York, NY, USA on September 20, 2017.



Together for Peace: Development and Sustainability for All United Peace Federation International day of Peace

**New York, USA
September 20, 2017**



Left: Srinivas Arka with the former Prime Minister of Canada, Jean Chrétien.



Srinivas Arka with the former Prime Minister of the United Kingdom, John Major.



Srinivas Arka met with Deputy leader of the Australian Greens Senator for Queensland, Larissa Waters on May 9, 2019 in Brisbane.



Certificate of Appreciation
Gujarat 2023

MEDIA

TELEVISION
RADIO
NEWSPAPER
MAGAZINE



COUNTRY	MEDIA
AUSTRALIA	RADIO / TELEVISION Radio 4EB Radio Brisvani
CANADA	RADIO / TELEVISION Asian Television Network (ATN) Tamil-Asian Television Network (ATN) CBC Chronicle Television Geethavani – Kathirkoli Tamil FM Radio MorningRaaga 101.3 Telugu FM Radio Omni 2 NEWSPAPER / MAGAZINE Eye for the Future Magazine Vitality Magazine
FIJI	RADIO / TELEVISION Fiji Broadcasting Commission (FBC) Mai TV NEWSPAPER / MAGAZINE Fiji Times National News
INDIA	RADIO / TELEVISION All India Radio (AIR/ Akashvani) Chitradurga All India Radio (Live in Kannada) Aastha TV Bhakti One TV Chandana TV HD9 TV Jaya Jaya Shankara NRI TV N7 Navsari PMC (Pyramid Meditation Centre) TV Udaya TV Yashtel TV Mysore NEWSPAPER / MAGAZINE Janatha Vani Prajapragathi Kannada Prabha Sanjevani Star of Mysore Vijaya Karnataka
MEXICO	RADIO / TELEVISION Canal 40 Gina Serrano TV TV Azteca

COUNTRY	MEDIA
NEW ZEALAND	RADIO / TELEVISION Apna Radio National Radio Radio India Radio Tarana Radio Wellington SKY Network TV Ltd. Triangle TV NEWSPAPER / MAGAZINE Rainbow Magazine New Plymouth Newspaper
SPAIN	RADIO / TELEVISION Libertad FM Radio Exterior de Espana
UNITED ARAB EMIRATES	NEWSPAPER / MAGAZINE Times of Oman Gulf News Tabloid Emirates Woman
UNITED KINGDOM	RADIO / TELEVISION BBC Radio BBC Asian Network Crystal Radio Luton Radio Lycra Radio Radio XL Sabras Radio Spectrum Radio Radio WM NEWSPAPER / MAGAZINE Birmingham Mail Metro Newspaper Leicester Mercury India Link
USA	RADIO / TELEVISION Creative Television Network Channel 67 Heart of Mind Radio New Realities TV New York Radio
ZIMBABWE	RADIO / TELEVISION Zimbabwe TV Bulawayo Radio

GALLERY

Srinivas Arka was the Chief guest and Inaugural speaker at the Aacharya Vidyaranya Rajyothsava Prashasthi Pradhana

**Rotary Hall, Mysuru, India
November 28, 2020**



Srinivas Arka was invited as the guest of honour to present teachers with awards for the Corona Warriors and Statewise Best Teachers Award Programs.



**Mangalya Sangama Kalyana Mantapa, Dattagalli, Mysuru, India
November 27, 2020**

"It's time to wake up with an intuition-vision."

"Each person must be looked upon like a star in the milky way of humanity. Each of us is truly an incarnation of higher nature and being. We all truly have something unique to offer."

Srinivas Arka was invited as a guest speaker at this conference which was organised by the Centre for Conscious Awareness New Zealand, CICA and the World Academy of Art and Science. During his first virtual talk during the pandemic, he spoke about Incorporating Intuition into the Corporate World.

52nd CICA Conference
Topic: Consciousness, The Corporate World and Conflict

**New Zealand (Online)
April 7, 2020**

Dealing with stress in modern times.

**Preston, UK
February 2, 2020**



"Do something that really pleases you, something that you feel connected with, that brings you inspiration and satisfaction, and relieves your stress."

How to be happy in modern times.

**Birmingham, UK
February 1, 2020**



Srinivas Arka gave a talk as part of his Positive Living Series on Depression - a serious growing concern in modern times, how to recognize and respond with a more constructive positive approach.

Toronto, Canada
January 26, 2020



“We can see in our atmosphere that there are different seasons, including dark winters, heavy storms, but nature has placed everything so well. We will overcome, but we need to develop patience and meaningful hope. We need to be positive and even try to see something good in it. If we can develop that constructive positive attitude that under any circumstance there must be something meaningful here. When we go with that positive tunefulness, we see the meaning emerging, the constructive meaning emerging, then we feel elated because there is something to look forward to.”

Managing Stress and Time

Washington, D.C, USA
January 18, 2020



Srinivas Arka gave a talk on: How to cope with the fast changing world and maintain intuitive strength.

Toronto, Canada
January 1, 2020



“Today has the power to project for the future. If today is not acknowledged and well received, we cannot have a good future. Today we can sow the seeds for tomorrow. If we don’t do it now, it won’t happen.”

Launch of the Russian translation of the Arka Dhyana book

Moldova
December 12, 2019



This was Srinivas Arka’s first visit to Moldova where he launched the Russian translation of the Arka Dhyana Intuitive Meditation book. He also led a brief Arka Dhyana demonstration for the audience.



Tara Lyudmila Skarzescu,
President of the Association of Transpersonal Development in Moldova:

“I express my deep gratitude to Srinivas Arka for his visit to our country, for the amazing opportunity to publish his book “Arka Dhyana” in Russian, and touch on high intuitive knowledge directly from the teacher.

Dear Arka, we thank you a lot for the inspiration that goes through both of you and gives us the blessing to walk the path of the heart, and we will be very happy to seeing you again and again in our country”.

I GALLERY



Vera Kovalchuk translator of the book “Arka Dhyana” into Russian, shares her impressions of Srinivas Arka’s presentation in Moldova:

“I am very glad that we all had a unique opportunity to personally meet with Srinivas Arka and take parting words from the author himself for further practice of the effective method of Intuitive Meditation. For me, the visit of Srinivas Arka became a Blessing and his personal presence helped me more fully feel the nature of the energy of the method of Intuitive meditation and get wonderful inspiration from direct communication with the author. I hope that Srinivas Arka will visit us again”.



On Christmas Day, Srinivas Arka provided a rare insight into some of his own personal experiences and upbringing, sharing what he discovered and providing guidance as to how one can begin to fulfil their purpose and potential for a better way of life.

**Birmingham, United Kingdom
December 25, 2019**



Srinivas Arka gave an Introductory talk on Arka Dhyana Intuitive Meditation to receptive yoga students.

**S-Vyasa, Deemed to be University
Bengaluru, India
September 3, 2019**



The Arka Dhyana Intuitive Meditation book, Kannada translation, was launched.

**Bengaluru, India
August 24, 2019**

Srinivas Arka delivered a seminar on Conflict Management at the Police Academy.

All officers responded enthusiastically and were intrigued to embrace the knowledge imparted to them by Srinivas Arka.



Karnataka, India
August 7, 2019

Srinivas Arka was interviewed by Cath Vincent for Season 4 of the Cath Vincent Show on Sky TV.

**Auckland,
New Zealand.**
July 1, 2019



Srinivas Arka was interviewed by Stanley Simpson, one of Fiji's most renowned journalists and the General Secretary of the Fijian Media Association, on the TV interview show Simpson@8 on Mai TV.

Fiji
June 21, 2019



Srinivas Arka at the Fiji Broadcasting Corporation (FBC) Studios with Shammi Lochan, Program Manager (Left) and Vinay Kumar, Fijian businessman. Srinivas Arka was featured on the Aaina program, the most popular radio and TV talk back show on FBC.

Suva, Fiji
June 18, 2019



Srinivas Arka with Larissa Waters, Senator for Queens, Greens Leader in the Senate.

Queensland, Australia
May 9, 2019



Conversations on 'Gratitude from within and service to humanity'

Queensland, Australia
April 17, 2019



Guest speaker in World Wellness Health and Medical Clinic.

Brisbane Australia
May 1, 2019

GALLERY

Discover the skills and methods to become employable and an Entrepreneur

**Government First Grade College,
Doddaballapur, Karnataka, India
March 18, 2019**



Intuitive Intelligence Programme - Kannada Book Launch

**Mysuru, Karnataka, India
August 18, 2018**



Normal and Motivated Mind

**Tumkur, Karnataka, India
July 30, 2018**



Understanding Consciousness: Wellbeing, Emotions and Conflict.

Presenters from various backgrounds came together to share their perspectives and research within the field of consciousness studies during this two-day conference. Participants from around the world, including representatives of CCA Australia, Canada, Spain and the UK, were invited to join with CICA International to explore the conference topic further.



CICA INTERNATIONAL AND CCA GLOBAL JOINT CONFERENCE

**Mysuru, India
January 9-10, 2018**

Talk on Gratitude

**Museo Felipe,
Toluca, Mexico
August 4, 2017**



Seminar on Mental
Health and Well-being

**Markham, Ontario, Canada
July 16, 2017**



Arka explained that meditation helps in synchronising the twin hemispheres in your brain that can lead to a profound experience of your consciousness. It can help you to connect with the universal forces, which can guide you. That is why the head is positioned at the top of the body to act as an antenna. When you meditate your biomagnetic field extends around you and other people can sense this.



How meditation can help you to understand your path and actions

**Birmingham, UK
July 5, 2017**

Talk on How the Ancient Wisdom of the 'Bhagavad Gita' could be reinterpreted for modern life.

**London, UK
July 2, 2017**



The Expansion of Consciousness through
the Heart

**Madrid, Spain
March 27, 2017**



I GALLERY

Yoga Session

**Miguel Hernandez University,
Elche, Spain
August 2, 2016**



Invited as a Chief Guest at the
Sports and Cultural meet
'Nirantara 16'

**S.S. Institute of Medical
Sciences & Research,
Davanagere, India
October 6, 2016**



Arka Dhyana Intuitive
Meditation

**Tumkur, India
June 26, 2016**



Srinivas Arka was the keynote speaker at this Symposium, providing an opportunity to further understand the latest insights into research developments concerning the mind-body interaction.

Arka presented the topic, "Is it the mind or the body which influences or plays a major role in helping to optimise wellbeing?"

The other speakers at the symposium, Dr. Pran K Boolaky (Griffith University), Dr. Venkat Pulla (Australian Catholic University) and Professor Sarva-Daman Singh (Formerly of University of Queensland), also looked at the nature of human consciousness and its involvement in our ability to achieve well-being, presenting viewpoints from their own backgrounds.



**Mind Body Interaction
Brisbane, Australia
2015**

PUBLICATIONS

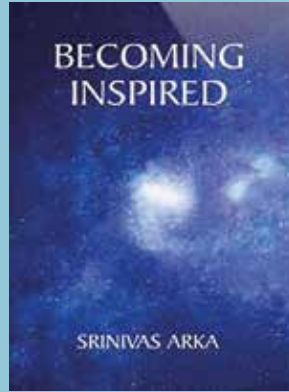
BOOKS

www.coppersunbooks.com



BRIGHT MOON

A sci-fi novel about a young boy on a quest to seek out his true identity.



BECOMING INSPIRED

At the start of the twenty-first century, the material age of the mind is fading and the more advanced age of consciousness is dawning. Each of us has an important role in expanding our consciousness to help create a new evolutionary phase in the life of the universe.

EL CAMINO A LA INSPIRACION (Becoming Inspired, Spanish)

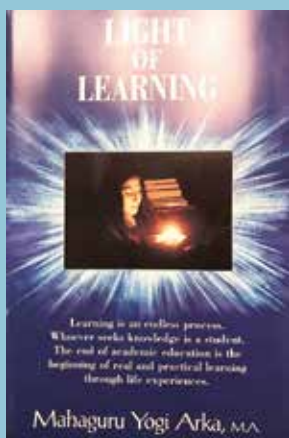
EXCERPTS

“Mind is an extended entity of the deeper consciousness within us. As the tail is to the comet, so is the mind to deeper consciousness in the sky of our spirit.”

“Whenever you smile, you make your stay on earth a celebration.”

“Our mind is a question, our heart is an answer, and our spirit is an experience.”

Srinivas Arka



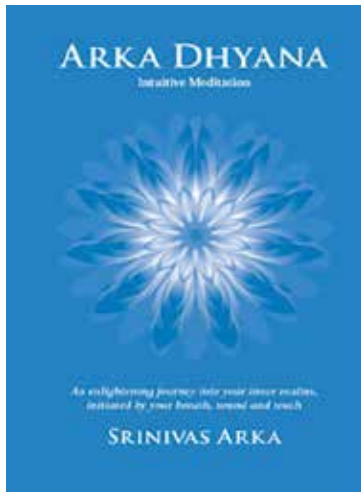
LIGHT OF LEARNING

Arka sheds light on unexplored areas of learning, putting the focus on not only a student's academic career but also his or her daily life. While this handbook is of particular interest to students, it is valuable to everyone who has a desire to learn.

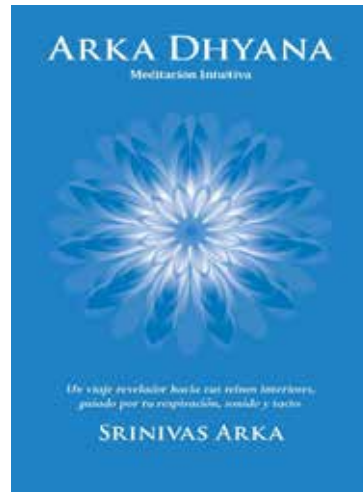
BOOKS

ARKA DHYANA
INTUITIVE MEDITATION
(English, Spanish,
Kannada, Russian)

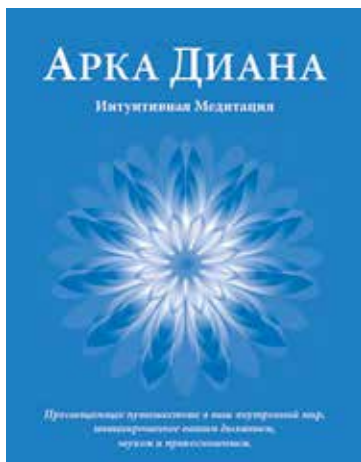
Arka Dhyana or Intuitive Meditation is a yoga-based discipline already being practised with beneficial results by tens of thousands of people in many countries. It brings the ancient techniques of yoga fully and meaningfully into the 21st century and its intuitive base allows everybody to progress and evolve in their own distinctive way.



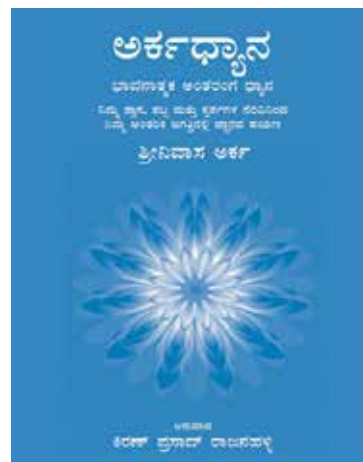
English



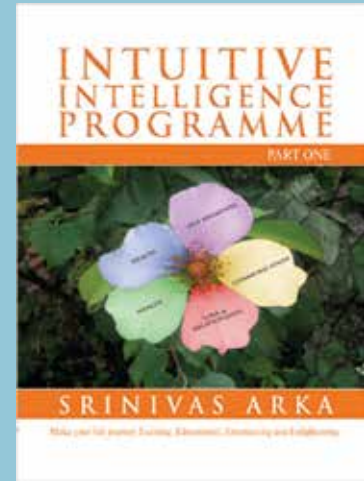
Spanish



Russian

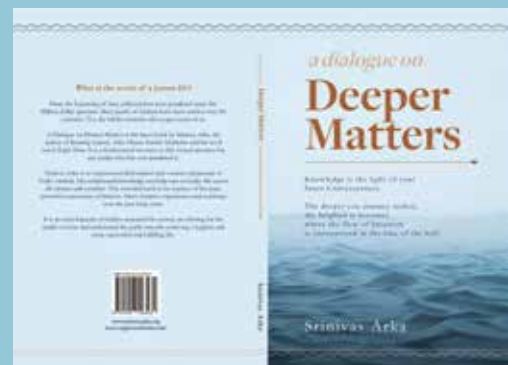


Kannada



INTUITIVE
INTELLIGENCE
PROGRAMME: Part 1
(English and Kannada)

Intuitive-Intelligence is at the core of Srinivas Arka's philosophy; bringing a balance between the intelligent mind and intuitive heart. This is part one in a series of three, inviting us to explore and experiment in educational and enlightening training programmes.



A dialogue on Deeper Matters is the latest book by Srinivas Arka written in a question and answer format enlightening the reader on the secret of a joyous life.

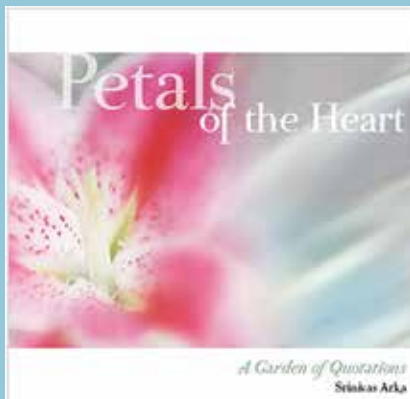


PETALS OF THE HEART

Petals of the Heart features breathtaking colour photographs of flowers with delicately honed inspirational truths. Touching simply and briefly on all the deepest and most vital themes of life, Srinivas Arka deftly combines insights of great profundity with highly practical everyday advice.

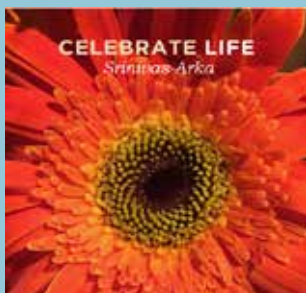
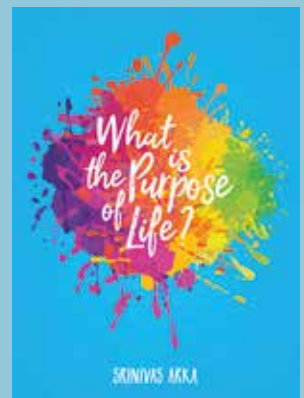
Readers who reflect in peaceful solitude on the pictures and writings in this book, no matter what stage they have reached in their own spiritual development, will undoubtedly find the petals of their own conscious heart unfurling to new ways of being and understanding.

- Petalos del Corazon (Spanish)
- Hrudaya Kamala (Kannada)
- Idhaya Malar (Tamil)



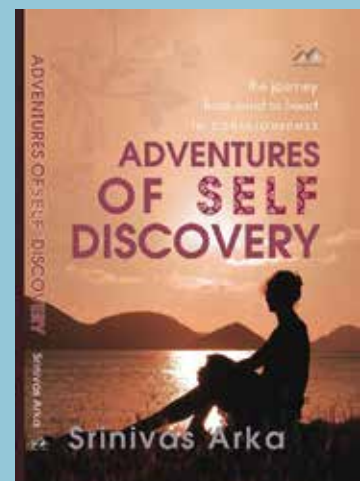
WHAT IS THE PURPOSE OF LIFE?

How many times have you asked yourself “Why am I doing this? Is there a purpose to this life?” So we invite you to take the first exciting step in uncovering the answer by reading on. This eBook is available in PDF format to download instantly and start reading.



CELEBRATE LIFE

Through short, inspiring, digestible quotes, Srinivas Arka deftly fuses insights of great profundity with highly practical everyday advice and direction, reminding us to celebrate our presence and purpose in life. This eBook is available in PDF format to download instantly and start reading.



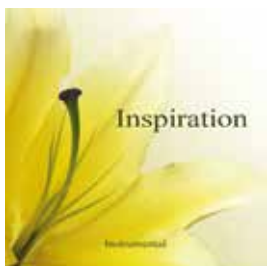
ADVENTURES OF SELF DISCOVERY (English and Spanish)

The contents of Adventures of Self Discovery are the expressions of Srinivas Arka's thoughts that flowed spontaneously at his public talks. Rich in rational thought, poetry, metaphysics and practical wisdom, this book offers a rare blend of scientific understanding and spirituality, nourishing both the heart and mind.

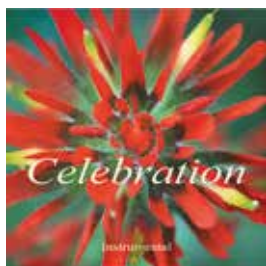


AATMAANVESHANEYA SAADHANEGALU ADVENTURES OF SELF DISCOVERY (Kannada)

MUSIC INSTRUMENTAL



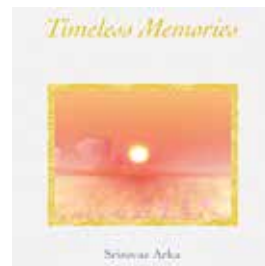
Inspiration



Celebration



Saarogovaum



Timeless
Memories



Raga Series:
Volume 1



Raga Series:
Volume 2

AUDIO- VISUAL

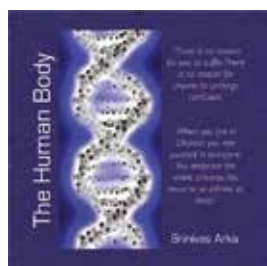
Arka Dhyana
Intuitive
Meditation
(DVD)



Unfolding
the Petals of
the Heart/
Desplegando
los Petalos del
Corazon (DVD)



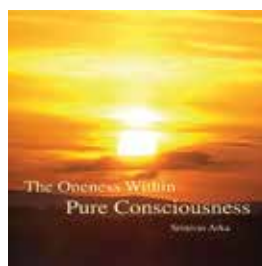
TALKS LIVE RECORDINGS OF SELECTED TALKS



The Human Body

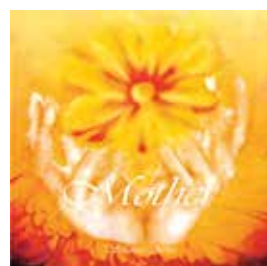


Discipline of
Nature



The Oneness Within
Pure Consciousness

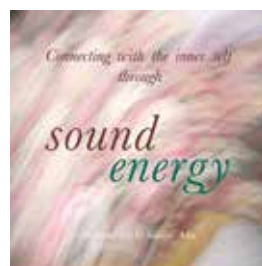
- Coming out of the Prison of Mind
- Desires and Triangle of Life
- Gesture of Unity
- Question & Inquiry
- Walk of Life



Mother



The Mind a Thinking
Entity



Connecting with the
Inner Self through
Sound Energy

ARKA DHAMA

**Bogadi Gaddige Main Road, Madahalli
Mysuru 570026, Karnataka, India
(+91) 9148582699 / 9148582899**



Arka Dharma is a magical place in Mysore in the heart of South India, where you can experience peace and serenity in an environment of lush green plants and trees amidst the harmonious sounds of birds and animals. It has beautiful outdoor areas for people to sit, with open and covered walkways.

It comprises of a Yoga and Dhyana centre for physical, mental and spiritual wellbeing, Ayurveda centre for health, Sports facility for exercise and recreation, Accommodation facility to cater towards a pleasant stay, Kitchen and Dining areas providing natural, healthy, vegetarian sattvik food, sourced by Organic farming, Natural Oil extraction, Goshala for nurturing indigenous cows, Arka Mahavidyalaya school for educating young students with knowledge, culture and human values, Facility for learning languages such as Kannada, English, Sanskrit and Spanish, and the unique Arka Mahaganapathy (AMG) Temple for experiencing the cosmic reality and magnetic healing energy of AMG at Arka Dharma.

Its modest accommodation facility is simple, comfortable, functional and light, from where one can enjoy beautiful views of sunrise and sunset, surrounded by different kinds of plants, flowers, shrubs and trees along with



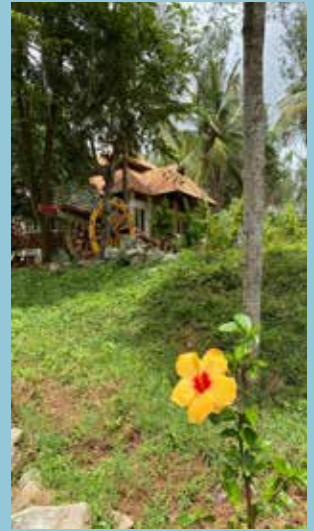
birds and butterflies.

At Arka Dhama a healthier conscious approach is encouraged for a positive way of living with greater awareness.

Community work such as medical camps, traditional sports competitions, personality development workshops in the neighbouring villages and schools are all part of the activities of Arka Dhama through the charitable organization Arka Foundation India founded by Srinivas Arka. At the same time, Intuitive Intelligence Programme and Arka Dhyana Intuitive Meditation workshops, seminars and research conferences are conducted to impart knowledge on the philosophy of Arka through the human positive potential programmes developed by him, for the benefit of students, academics, professionals and individuals in their respective fields and everyday life.



ARKA DHAMA AYURVEDA



The Ayurveda Centre was established by Srinivas Arka in 2006 at Arka Dhama to reflect his philosophy.

Ayurveda views human beings as a body – mind – spirit unit. The way in which physiological processes, originating from thoughts and emotions, affect the organism are considered fundamental in Ayurveda.

The Ayurvedic treatments are individualized according to the needs of each guest and the initial packages are designed to accommodate them in Arka Dhama during the healing programme where their habits can be managed and healthy diet offered. At Arka Dhama Ayurveda, one can experience many benefits such as:

- Discovering a unique environment where one can stay
- Experiencing traditional and holistic healing
- Enjoying authentic treatments with Ayurvedic herbal medicine
- Finding inner peace and discovering one's true essence
- Learning about the classical concepts of Ayurveda

"Your health and well-being comes first.

Look after yourself the best you can; bring out the best in yourself; that is your contribution to the development of human existence."

Srinivas Arka

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Website: www.canadacca.ca

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Website: www.newzealandcca.nz

Centre for Conscious Awareness - Spain
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Website: www.ccaspain.org

Arka Dhyana Intuitive Meditation
Website: www.arkadhyana.net

Arka Foundation India - India
Email: admin@arkfoundationindia.org
Website: www.arkafoundationindia.org

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Shree Arka Mahaganapathy
Website: www.shreearkamahaganapathy.org

Arka Videos
www.atharvavani.com

Arka Search Engine
www.yajurvani.com



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