

SRINIVAS ARKA

*"MIND IS A QUESTION,
HEART IS AN ANSWER,
INNER SPIRIT IS AN
EXPERIENCE
AND THE UNIVERSE
HUMBLES THE EGO,
KINDLING IMAGINATION."*

PHILOSOPHER

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

AUTHOR

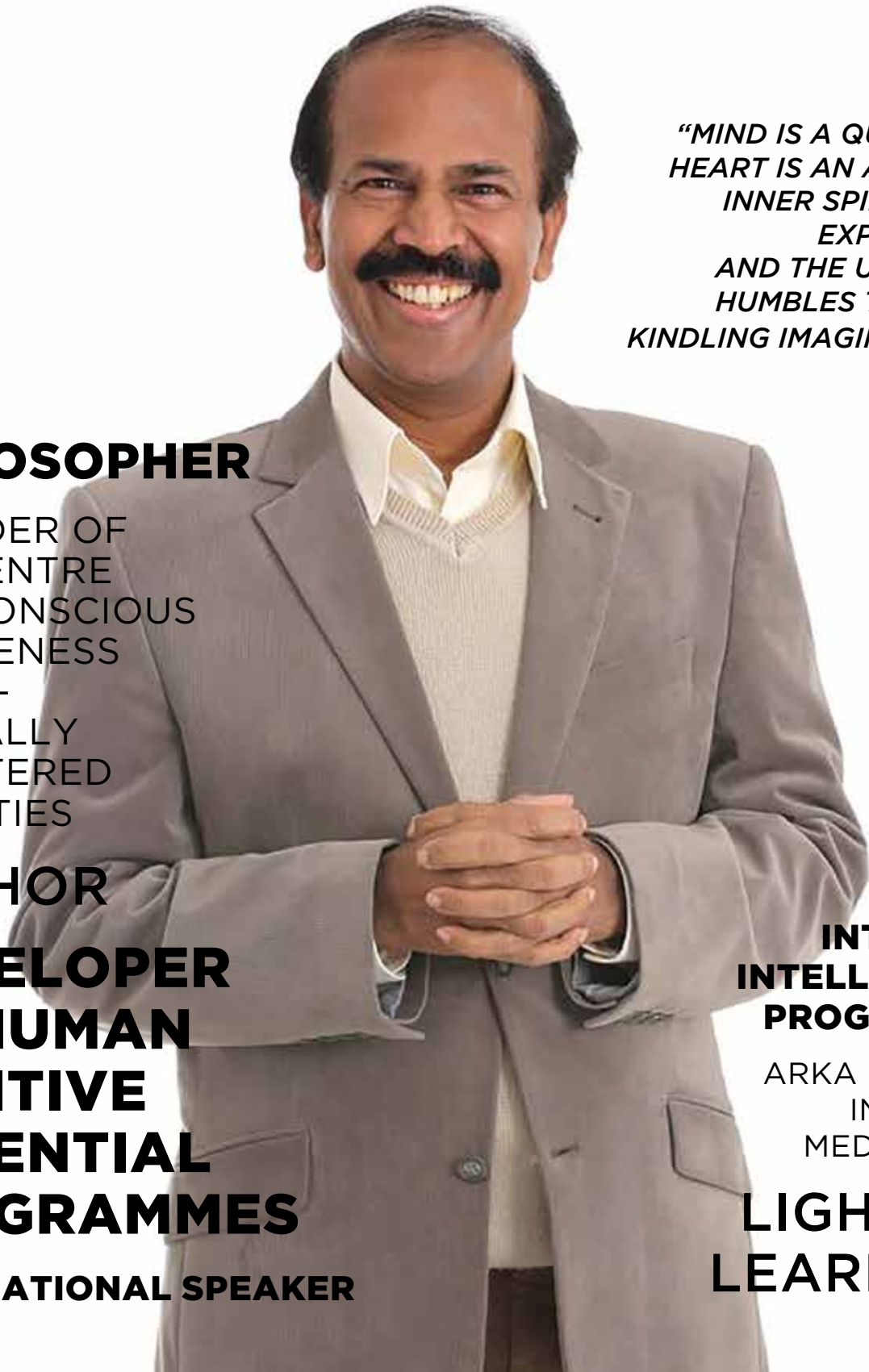
**DEVELOPER
OF HUMAN
POSITIVE
POTENTIAL
PROGRAMMES**

INTERNATIONAL SPEAKER

**INTUITIVE
INTELLIGENCE
PROGRAMME**

ARKA DHYANA
INTUITIVE
MEDITATION

**LIGHT OF
LEARNING**





*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 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 was a businessman who ran his own company, but he also had a deep interest in society and social service. Despite his busy life, he still found the time to help individuals and 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.

He currently lives in the UK.

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 has founded Centre for Conscious Awareness (CCA) Registered Charitable organisations globally. 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, New Zealand, Canada, 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 on conscious awareness generate 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 relationship 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 RELATIONSHIP

“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) workshop
Christchurch, New Zealand
May 25, 2019**

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.



**Intuitive Intelligence Programme (IIP)
workshop
Arka Dhama, Mysuru, India
September 7, 2019**

Over 40 participants from the Innovative Forum of HR Associates (IFHA) and Mindmass in association with Arka Foundation 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.



EVENTS

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.
He specifically addresses how each of us can learn to integrate our intuitive and intellectual faculties so as 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. Srinivas 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.

Over the decades, Arka has addressed many audiences across the globe and to all ages including primary school children. College and University students find his seminars on dealing with stress, particularly exam stress, extremely helpful in dealing with their personal situations. Below are details of just some of his many talks, seminars and workshops.



CICA INTERNATIONAL AND CCA GLOBAL JOINT CONFERENCE

**Mysuru, India
January 9-10, 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.

**Together for Peace:
Development and Sustainability for
All at the United Peace Federation
on the International day of Peace**

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

Srinivas Arka attended an event held by the Universal Peace Federation, in Commemoration of United Nations International Day of Peace - Together For Peace: Development and Sustainability for All, held in New York, USA on September 20, 2017.

At this event Srinivas Arka was a Main Panelist and Recipient of the Ambassador For Peace Award.



AMBASSADOR FOR PEACE



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

Ryerson 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



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.



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**



**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.

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

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.

How meditation can help you to understand your path and actions

Birmingham, UK
July 5, 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.



“Consistency is the mother of success.”

Success

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

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.



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 to 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".

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".

PUBLIC TALKS

Over the last three decades, public talks have been the primary focus of Srinivas Arka's engagements.

Books such as 'Becoming Inspired' and 'Adventures in Self-Discovery' and some of his audio CD's have been produced from a compilation of these talks. These recorded talks cover Philosophical subjects that include:

Questions and Inquiry
Oneness: The Gesture of Humanity
Consciousness between Science, Philosophy and Spirituality
Body Truth
Discipline of Nature
The Human Body
Gesture of Unity
The Mind a Thinking Entity
Desires and Triangle of Life

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.

COUNTRY	INSTITUTION
AUSTRALIA	Australian Catholic University James Cook University
CANADA	McMaster University Ryerson University University of Toronto Waterloo University
FIJI	Labasa Sangam College University of the South Pacific, Suva
INDIA	Alva's Institute of Engineering and Technology Bapuji College, Davanagere, Karnataka B.K Mody Government College, Rajkot Davanagere University, Davanagere, Karnataka Chaitra Pre-University College, Mysuru Central Sericulture Research and Training Institute, Mysuru College of Hospitality and Tourism, Lucknow Deepa School, Mysuru Government First Grade College, Doddaballapur Government First Grade College, Madikeri Government First Grade College for Women, Madikeri Institute of Hotel Management, Lucknow Kautilya Vidyalaya, Mysuru Kegalli Government Middle School, Mysuru Maharashtra Institute of Technology Mangalore University, Field Marshal K.M Cariappa College MIT, Pune ONGC Oil and Natural Gas Corporation Parivarthana School, Shringapatana Rotary High School, Mysuru Sri Chaitanya Techno School, Bengaluru Sri Dharmastala Manjunatha College of Ayurveda SRS PU College, Chitradurga SS Institute of Medical Sciences & Research Centre S-Vyasa Deemed to be University, Bengaluru University of Mysuru University of Mumbai Vasavi PU College, Tumkur
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

COUNTRY	INSTITUTION
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

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 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) Chandana TV Jaya Jaya Shankara Udaya TV NEWSPAPER / MAGAZINE Janatha Vani Prajaprgathi Kannada Prabha Sanjevani Star of Mysore Vijaya Karnataka
MEXICO	RADIO / TELEVISION Canal 40 Gina Serrano TV TV Azteca
NEW ZEALAND	RADIO / TELEVISION Apna Radio National Radio Radio India Radio Tarana Radio Wellington SKY Network TV Ltd. Triangle TV

COUNTRY	MEDIA
NEW ZEALAND	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 Radio XL Spectrum Radio Radio WM NEWSPAPER / MAGAZINE Birmingham Evening Mail West Midlands 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



Yoga Session

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

**Intuitive Intelligence
Programme (IIP): Understanding
and Managing Children**

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



**Talk on Developing Mental
Faculties**

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



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

**Watford, UK
July 2, 2017**



**Seminar on Mental
Health and Well-being**

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



**Intuitive Intelligence Programme -
Kannada Book Launch**

**Mysore, Karnataka, India
August 18, 2018**



GALLERY

**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**



Examination and Stress Management

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



Talk on Gratitude

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





Normal and Motivated Mind

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



Arka Dhyana Intuitive Meditation

**Tumkur, India
June 26, 2016**

GALLERY



Importance of Exploring your Inner Self

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



The Expansion of Consciousness through the Heart

**Madrid, Spain
March 27, 2017**



Discover the skills and methods to become employable and an Entrepreneur

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



Conversations on 'Gratitude from within and service to humanity'

**Queensland, Australia
April 17, 2019**

GALLERY

Guest speaker in World Wellness Health and Medical Clinic

**Brisbane Australia
May 1, 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 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 was interviewed by Cath Vincent for Season 4 of the Cath Vincent Show on Sky TV.

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



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

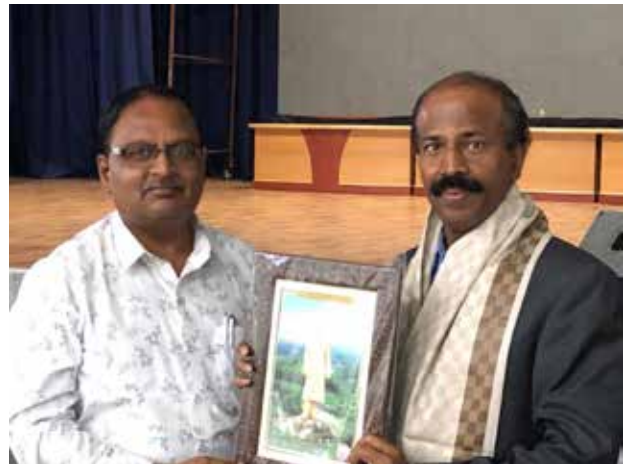
**Bengaluru, India
August 24, 2019**



GALLERY

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**



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 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.”



Managing Stress and Time

**Washington, D.C, USA
January 18, 2020**



GALLERY

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.”

How to be happy in modern times.

**Birmingham, UK
February 1, 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.”

PUBLICATIONS

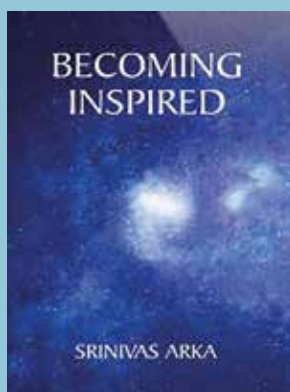
BOOKS

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)

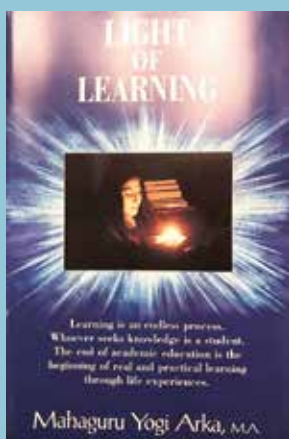
EXCERPTS

"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

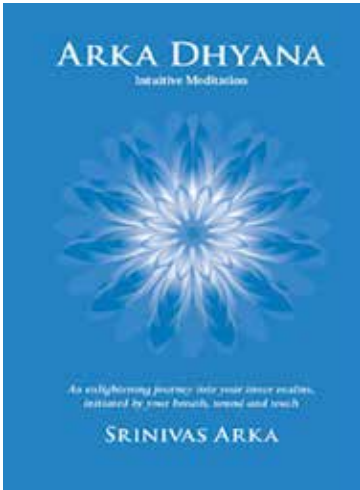


LIGHT OF LEARNING

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.

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

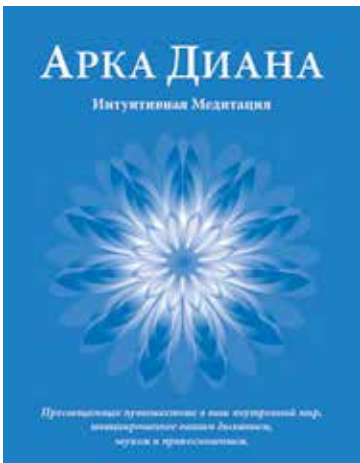
Arka Dhyana or Intuitive Meditation is a yoga-based discipline already being practised with beneficial results by tens of thousands of people in many countries. It brings the ancient techniques of yoga fully and meaningfully into the 21st century and its intuitive base allows everybody to progress and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



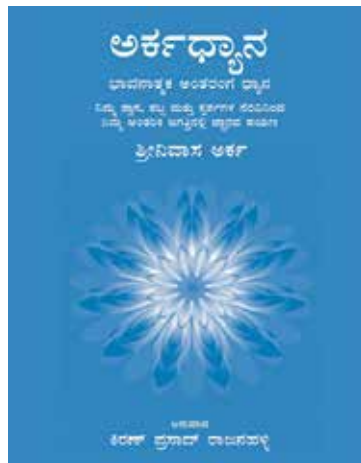
English



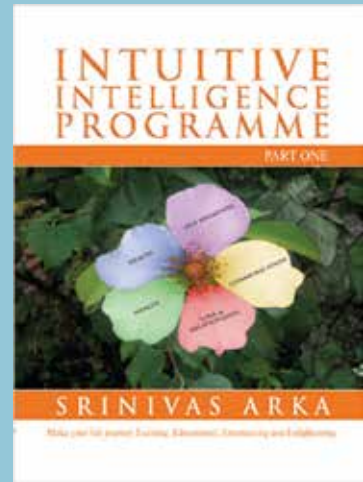
Spanish



Russian



Kannada

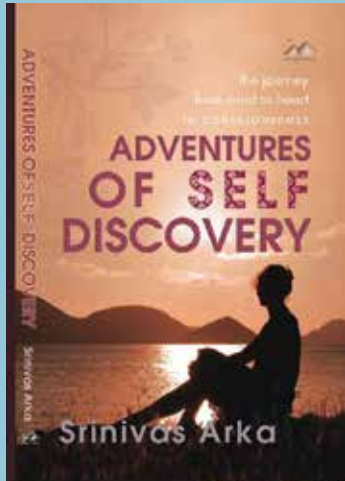


INTUITIVE
INTELLIGENCE
PROGRAMME: Part 1
(English and Kannada)

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.





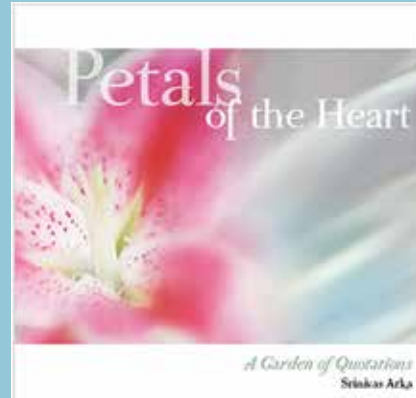
ADVENTURES OF SELF DISCOVERY (English and Spanish)

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.



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.



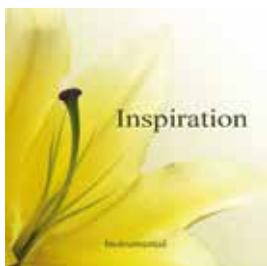
PETALS OF THE HEART

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.

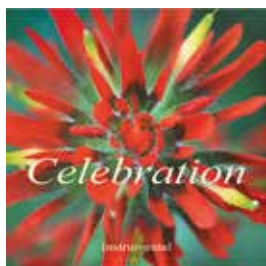
- Petalos del Corazon (Spanish)
- Hrudaya Kamala (Kannada)
- Idhaya Malar (Tamil)



MUSIC INSTRUMENTAL



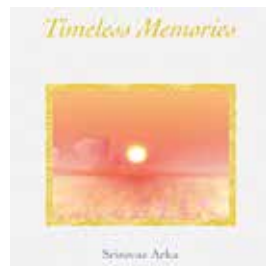
Inspiration



Celebration



Saarogovaum



Timeless
Memories



Raga Series:
Volume 1



Raga Series:
Volume 2

AUDIO- VISUAL

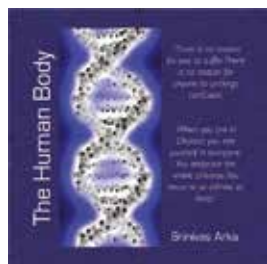
Arka Dhyana
Intuitive
Meditation
(DVD)



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



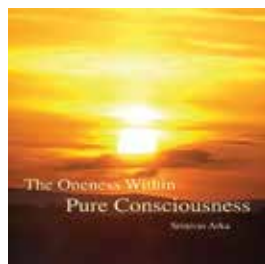
TALKS LIVE RECORDINGS OF TALKS



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

