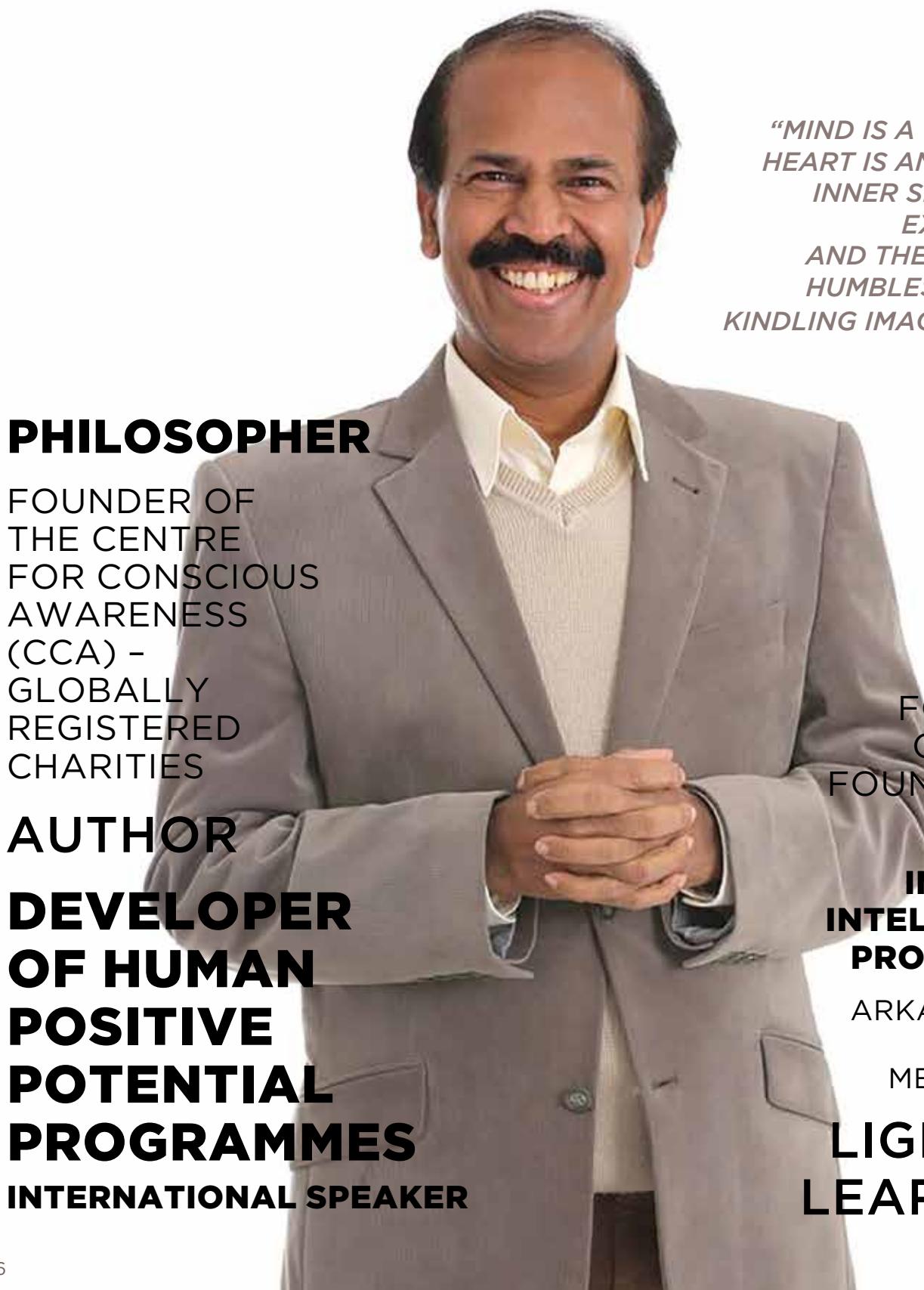


SECOND EDITION 2022

# 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

FOUNDER  
OF ARKA  
FOUNDATION  
INDIA

**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 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, 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

**“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

**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

**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.



## 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.

## 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.

## 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.

## 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.



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.





# 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 key points 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](http://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.



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**



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.

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

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

***"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."*



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



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

**District Kannada Sahitya Parishat  
Mysuru, 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.

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



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**



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.

**Hotel Capitol  
Bangalore, India  
November 13, 2021**

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

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.

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

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

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



**"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  
Doddalballapura, 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.

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.

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."***

  
***“Consistency is the mother of success.”***

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.

Success

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



### 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



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.



***“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.”***



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

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 Karnataka State Open University, Mysuru 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 Parivartha 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

## World Leaders and Certificate Presentations



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



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

### AMBASSADOR FOR PEACE



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

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.



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



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



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

# 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 Yashtel TV Mysore Udaya TV  NEWSPAPER / MAGAZINE Janatha Vani Prajaprgathi Kannada Prabha Sanjevani Star of Mysore Vijaya Karnataka
MEXICO	Sanjevani  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 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."***

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

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

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.



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

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.

**Moldova**  
**December 12, 2019**

“

**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**

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.



Talk on Gratitude

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

Seminar on Mental  
Health and Well-being

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



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.



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**

# 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 Boolky (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

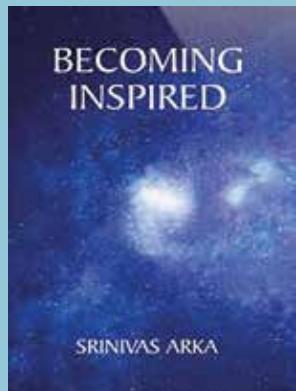
## BOOKS

[www.coppersunbooks.com](http://www.coppersunbooks.com)



### BRIGHT MOON

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



### BECOMING INSPIRED

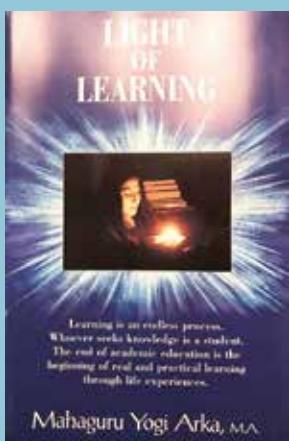
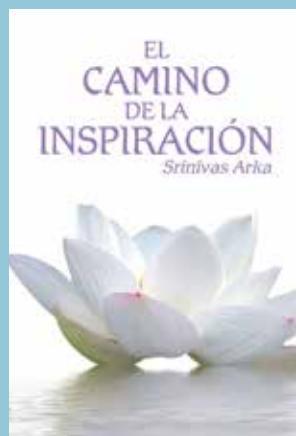
At the start of the twenty-first century, the material age of the mind is fading and the more advanced age of consciousness is dawning. Each of us has an important role in expanding our consciousness to help create a new evolutionary phase in the life of the universe.

### 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



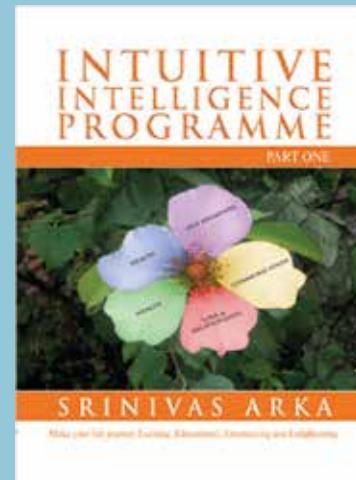
### LIGHT OF LEARNING

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.

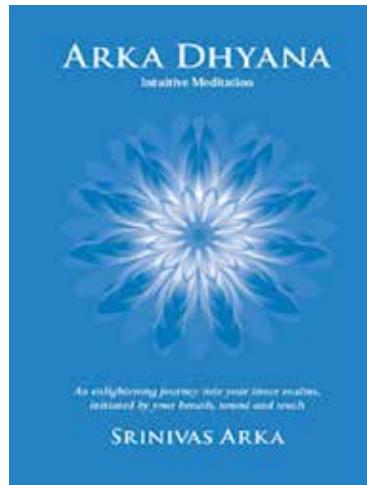
# BOOKS

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

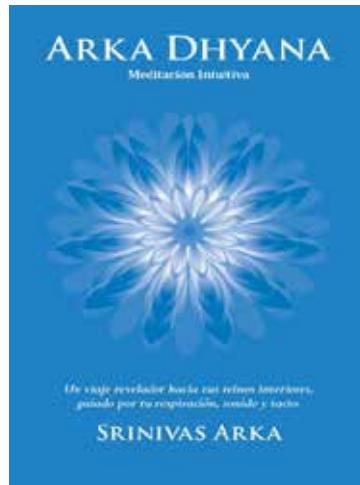
Arka Dhyana or Intuitive Meditation is a yoga-based discipline already being practised with beneficial results by tens of thousands of people in many countries. It brings the ancient techniques of yoga fully and meaningfully into the 21st century and its intuitive base allows everybody to progress and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



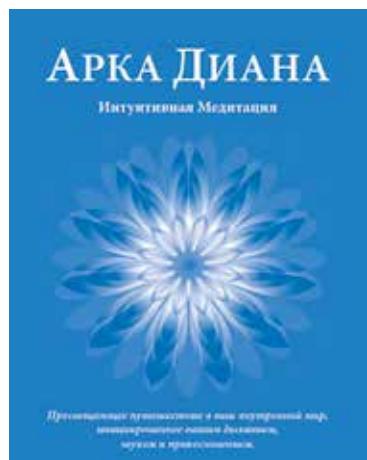
INTUITIVE  
INTELLIGENCE  
PROGRAMME: Part 1  
(English and Kannada)



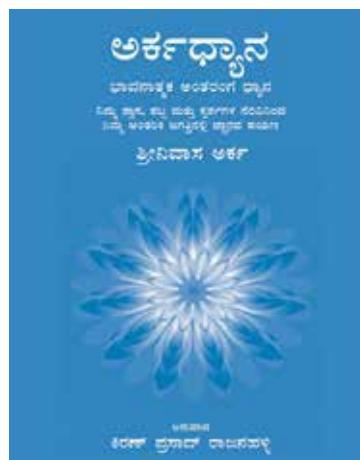
English



Spanish



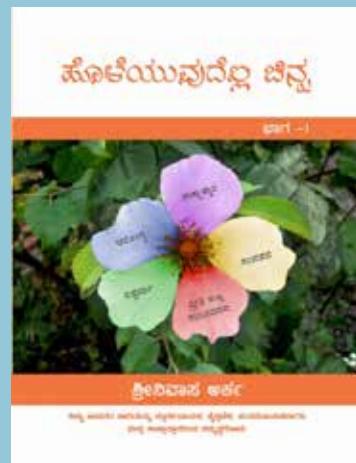
Russian

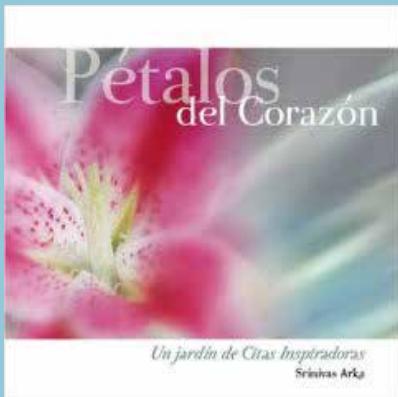


Kannada

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.



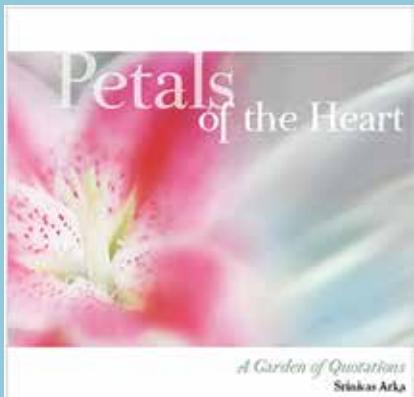


## PETALS OF THE HEART

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.

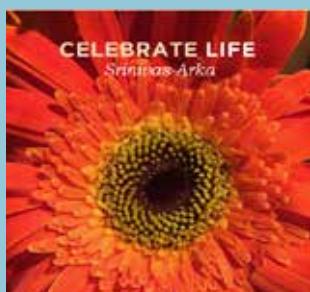
Readers who reflect in peaceful solitude on the pictures and writings in this book, no matter what stage they have reached in their own spiritual development, will undoubtedly find the petals of their own conscious heart unfurling to new ways of being and understanding.

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



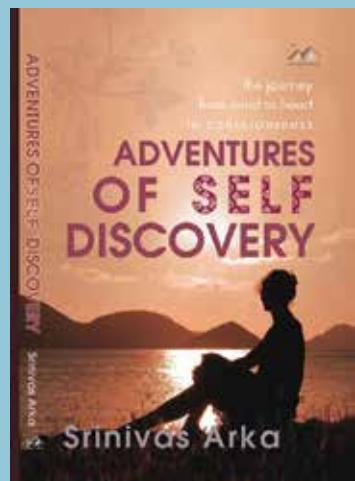
## WHAT IS THE PURPOSE OF LIFE?

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

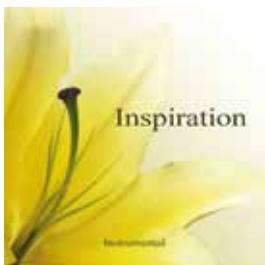
(English and Spanish)

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.

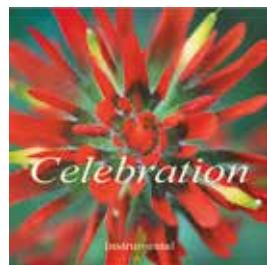


**AATMAANVESHANEYA SAADHANE GALU  
ADVENTURES OF SELF DISCOVERY**  
(Kannada)

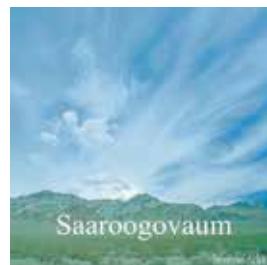
# MUSIC INSTRUMENTAL



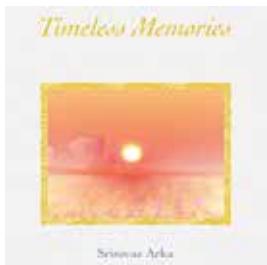
Inspiration



Celebration



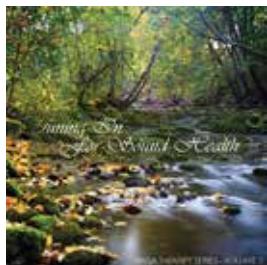
Saaroogoyaum



Timeless  
Memories

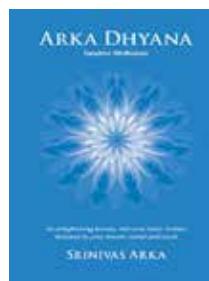


Raga Series:  
Volume 1

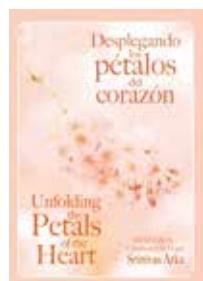


Raga Series:  
Volume 2

# AUDIO- VISUAL

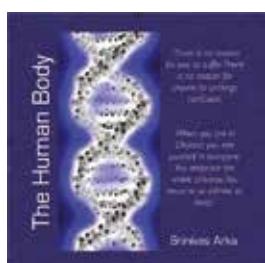


Arka Dhyana  
Intuitive  
Meditation  
(DVD)

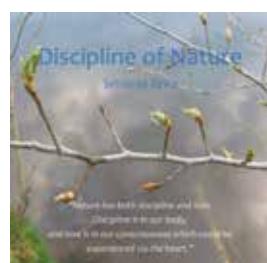


Unfolding  
the Petals of  
the Heart/  
Desplegandolos  
Petalos del  
Corazon (DVD)

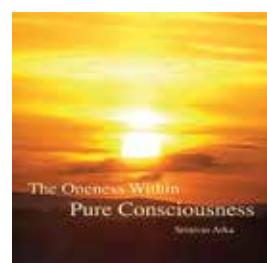
# TALKS LIVE RECORDINGS OF TALKS



The Human Body



Discipline of  
Nature



The Oneness Within  
Pure Consciousness

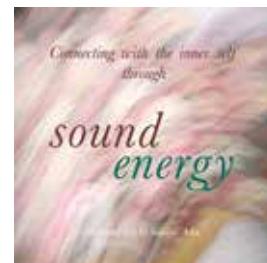
- Coming out of the Prison of Mind
- Desires and Triangle of Life
- Gesture of Unity
- Question & Inquiry
- Walk of Life



Mother



The Mind a Thinking  
Entity



Connecting with the  
Inner Self through  
Sound Energy

# ARKA DHAMA

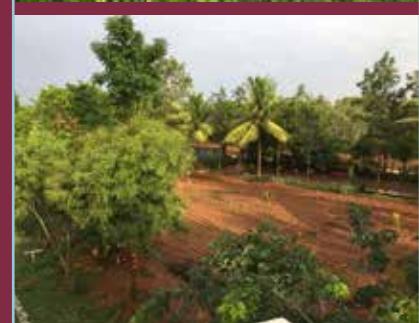
Bogadi Gaddige Main Road, Madahalli  
Mysuru 570026, Karnataka, India  
(+91) 9148582699 / 9148582899



Arka Dhama 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 Dhama.

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 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.

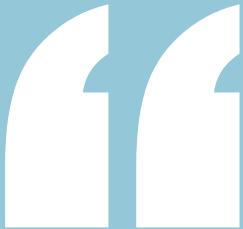
The Ayurvedic treatments are individualized according to the needs of each guest and the initial packages are designed to accommodate them in Arka Dhama during the healing programme where their habits can be managed and healthy diet offered. At Arka Dhama Ayurveda, one can experience many benefits such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



***Only a few people out of millions would wake up from the slumber of materialism and seek long lasting happiness, which is spiritual in nature.***

***Sometimes by changing the patterns of internal thinking, we can alter the patterns of external circumstances too.***

***Each human being must be looked upon as an inspiration to the world. The underlying principle of the universe is that goodness in us inspires goodness in others.***

***To taste the eternity of your soul, deepen your awareness in the present moment with your breath. You can think about the future and make plans, but dwelling too much on the future will mean skipping precious moments in the present.***

***The outer universe is physical, whereas our individual inner universes are mystical. We all choose whether we progress in reaching the outer universe or in exploring the inner universe.***

***Let us aspire to raise our consciousness and intuitive abilities to blossom so we can make a difference in the world with our positive thoughts, words and actions transforming the world from poverty to realised wealth, from illness to wellness, from ignorance to enlightenment, from pessimism to optimism, from division to oneness.***

# CONTACT US

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*Website: www.coppersunbooks.com*

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*Website: www.newzealandcca.nz*

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Tel: (+91) 9606954533

## **Arka Videos**

[www.atharvavani.com](http://www.atharvavani.com)

## **Arka Search Engine**

[www.yajurvani.com](http://www.yajurvani.com)



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