



Arka Foundation India

CENTRE FOR CONSCIOUS AWARENESS (CCA) WORLDWIDE

“Think deep, say less, give more and feel profound.”

Arka Dhama, Kaniyanahundi Gate, Bogadi-Gaddige Road, Mysuru-570026, Karnataka, India.

ENGLISH

“Time affects all that is visible, but not the invisible spirits of our being.”

“When you are happy you spend less energy & when you are unhappy there is more energy loss without your awareness or control.”

Quote from the book ‘Petals of the Heart’ by Srinivas Arka

Srinivas Arka



Philosopher, Author & Sanskrit Scholar, Pioneer of Arka Dhyana Intuitive Meditation system, Founder of Arka Foundation and Centre for Conscious Awareness (CCA) worldwide

Newsletter - May 2022

Sunday 10 April 2022

Programme at Prive Hotel, Kilpauk, Chennai

The programme commenced with a prayer for wellbeing of all. [Yogi Srinivas Arka](#) and the other chief guests were given a warm welcome, and were introduced and honoured by the organisers. The distinguished guests [Sri Ajay Nahar](#) (RYA COSMO Founder-member, ex-president), [Sri Praveen Tatia](#) (Member, State Minorities Commission, Government of Tamilnadu) and [Sri Manish Narwarde](#) (Health Commissioner) each spoke briefly about their work and experience and said that they were happy to be present at the event.



Some excerpts below from [Yogi Arka's](#) inspiring talk:

“The tendency that is deep-seated in all humans to want to really be better, it means we are sparks of Brahman, the cosmic consciousness. We are part of higher nature. Nature is perfect, the universe is perfect, so how can we remain imperfect? Hence there is a tendency to excel, to do better, to perform well, and to really be the source of highest perfection.”



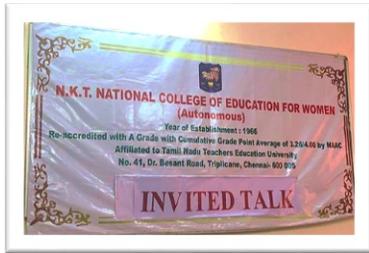
“This is evolution. If evolution progresses to move forward nobody can remain stagnant, because the relation of Vishwa Vikas, Atma Vikas, Jnana Vikas - expansion of the universe, soul and knowledge is very powerful. We become inspired when we are with nature. Something happens to us within our soul. 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 little deeper in your silence. Hence silence is mostly recommended.”



“What is meditation? Let me give a brief explanation. Meditation means you communicate with your mind. We are not just who we are on the outside. We are more than what we think, we are more than what we believe; we are more than what we can imagine; we are more than who we are. When you and your mind are united, things start unfolding. That is unity; that is also called Yoga. "Yogaha chittha vritthi nirodhaha" becoming one with the mind. Hence we seek blessings from rishis, munis, saints, sages, gurus and enlightened masters, asking them to facilitate in nature so that we can unite ourselves with our mind first, then everything starts unfolding. The Arka Geetha song "Bhajamana Bhajamana Ishwara mahima.." is about appealing to our own mind. It is the uniting forces that really make the world move forward.”

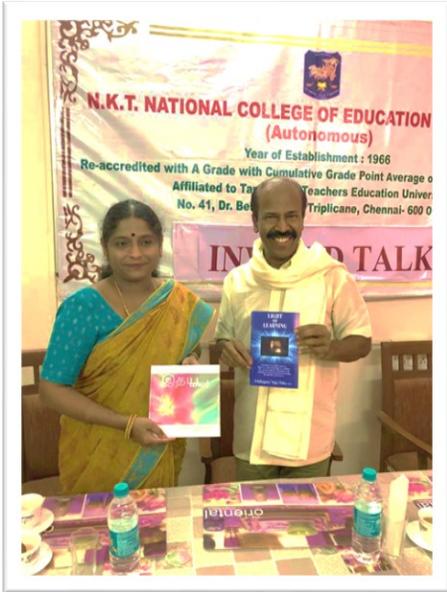
“Meditation is uniting with the mind, and communicating with the mind and inner self. We pay attention to our family members at home and employees at workplace; if we don't pay attention they get upset. Similarly, if we don't pay attention to our organs, our mind, and other components internally, we will not get a good response. So meditation or "Dhyana" is necessary to keep in touch with your inner self.”

The event concluded with a vote of thanks and words of appreciation from the organisers.



Monday 11 April 2022

Srinivas Arka was invited to give a talk
at NKT National College for Women, Triplicane, Chennai
Topic: “Management of Time and Energy”



Srinivas Arka was greeted with a warm welcome by staff members at NKT National College of Education for Women. He was introduced to the Principal Dr S. Chamundeshwari by Mrs Rajamani Assistant Professor of Special Education and Mrs Geethanjali Assistant Professor of Tamil Education.

A charitable organization, SYMA, was instrumental in organizing the lecture event at NKT College. Mr T. J. Ramani, a Committee member and former President of SYMA, and Mr A. V. Kasturirangan, Vice President of SYMA, were also present and greeted Arka.

The Principal spoke a few words about the school explaining the history and main objectives of the college. Arka gave a brief introduction about his philosophy, the human positive potential programmes pioneered by him, and his charitable organizations (CCA) established worldwide.

The lecture programme was organised at Dr Sarojini Varadappan Hall located within the campus. Nearly three hundred students were present in the hall and were seated quietly, eagerly looking forward to Arka’s talk.

The management honoured Srinivas Arka with much gratitude and appreciation. Arka’s books “*Idhaya Malar*” in Tamil (a translation of the “Petals of the Heart”), and “*Light of Learning*” were presented to the Principal for their college library.



After a brief introduction to the students, Yogi Arka began his talk on the “Management of Time and Energy” aided by a visual presentation for students to note down key points.

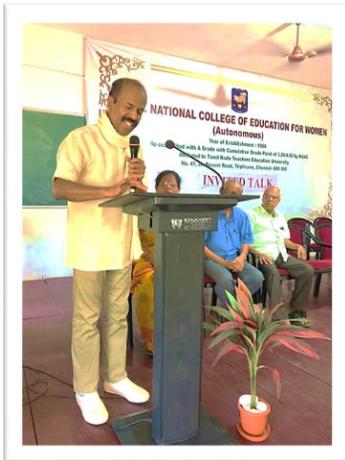
Below are some excerpts from his talk and visual presentation:-

*“What is Time? Subjective time varies from individual to individual; Objective time is universal & is the same for one and all; Biological time is within us first; Psychological time varies in individuals; Cosmological time is huge, which we cannot comprehend. When comparing with our existence, the existence of the world becomes extremely infinitesimal. Our **biological time** can be extremely infinitesimal on the other end.*

Do we have full control of our time? We cannot manage time completely as there are infinite factors knowable & unknowable upon which we depend. However, we can manage time to a small degree.

Our time & existence are not totally ours, but are at the mercy of other people, beings & forces of nature.

If you want to feel the effect of slowing down time, then slow down your breath.”



“What is Energy? Energy is of various forms.

***Body energy** – involuntary - resulting in sweat, heat, etc., - generated by cellular activity and oxygenation.*

***Conscious energy** – voluntary movements such as blinking, moving the body and limbs. It branches out into Mental energy, Emotional energy, and sudden gust of Mystical energy.*

***Positive energy** – generated by those who reside mostly in the heart, with their thoughts of best wishes to others, seeing the best in others, and being constructive.*

***Spiritual energy** - from the spirit when in silence, or when smiling, being kind, compassionate & in a meditative state - which is good for you & the world.*

***Cosmic Energy** - something rarely experienced. It is experienced when being completely in unison with the cosmic consciousness, where you feel part of the universe & feel much for the collective human welfare & wellbeing.”*



Managing Our Energy

“How well we can manage our energy depends on how eager we are to understand and work with our energy at different levels.

By managing our energy, we can achieve great things wisely & prudently.

We have the treasure within us to overcome many potential hurdles with our foresight & intuition, which allows us to then plunge into action.

*Not everything can be achieved merely through action. Achievement greatly depends on your **thoughts, concepts, ideas, and commitment to one major idea, concept or vision.** Action becomes the final part of each process or step.”*



The Importance of Breath

“Controlling one’s breathing means controlling one’s emotion.

Slow breathing gives long-lasting positive results, energy & inspiration; and gives us a clue to the essence of real meditation.

Through breath, you can connect with your inner self. Breathing symbolically reminds you of every moment, of every rhythmic pulse of the life-force.

The moment we become conscious of our breath, it becomes a little deeper. This helps our thoughts to become settled.

If breathing is understood & experienced, you can tune in to the rhythm of the body, with nature & other living beings.

When you become absolutely absorbed in your breath, it becomes very subtle & you acquire spiritual insights & experiences.”

“Soul is timeless; our memory is the product of the past, our body represents the present & our breath is fresh & lives in the moment.

In order to feel safe, sound & spiritually inspired, be close to your breath & close to your heart when desired. That will be a moment of meditation.”



Arka Dhyana - The Intuitive Method

“Intuitive Method through concentration on the sense of breath, sound & touch is essentially a soothingly uplifting experience.

In today’s time-pressured environment & amid increasingly stressful lifestyles, the practice of the intuitive method can help you to more efficiently manage day-to-day challenges by learning how to redistribute your energy, relax in times of stress & thereby transform stress into success.

It also allows for personal growth & self-development.”

Take away message to manage time and energy:-

“Think & plan ahead.

We should not take things for granted.

Figure out what is important to you - assess & evaluate what you really want.

Prioritise tasks.

Let go of activities for which you cannot manage.

Achieving any accolade & rewards at the cost of your health & well-being is not worth it.”



Yogi Arka’s inspiring talk gave the students valuable information and tips on the management of **time** and **energy**.

In the question-answer session following the talk, the staff and students asked questions which were answered with profound explanations by **Yogi Arka**. A few students volunteered to come on stage and spoke a few words on the essential points they had noted down from his talk. They were all happy and showed their appreciation by giving him a big applause.



Saturday 16 April 2022

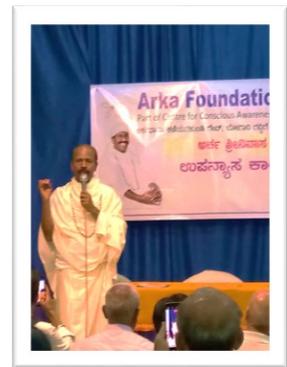
Talk at Gandhi Sahitya Sangha
Malleswaram, Bangalore

Topic: “Arka Dhyana and its benefits”



The programme started with the auspicious ‘*lighting of the lamp*’ by Yogi Srinivas Arka and chief guest Mrs Hemalatha Satish Sheth. Senior Journalist Mr Venkatanarayana welcomed everyone and introduced the distinguished guests.

Chief Guest Mrs Hemalatha gave a brief talk and conveyed that she was happy to be present at the event and looked forward to listening to the spiritual talk.



Srinivas Arka commenced with the *Sanskrit sloka* or prayer: ‘*Maatru devo bhava..Pitru devo bhava..*’ and explained the importance of being grateful to our source – mother and father, teacher and guest, through which we show our gratitude to our root source, the Creator.

He talked about the *shareera* or *body* which needs our attention and care; that the body has its own intelligence and takes in only what it needs. He emphasized on the importance of rest and sleep at regular times. Involuntary actions take place within the body even without our awareness. If we can connect with our *shareera* / *body*, it communicates with each of the *five elements* and assists in our wellbeing.



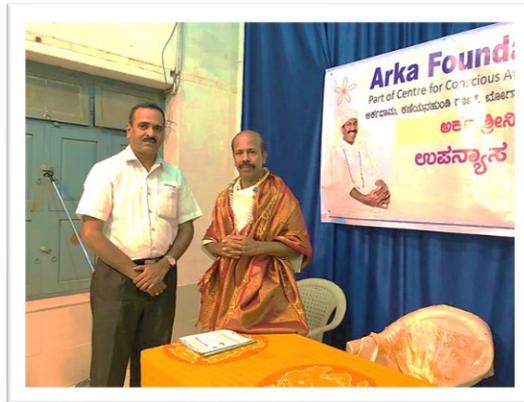
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Next he talked about the *Mind*. “Although it is manifested more in the brain, it is everywhere within us, and that it is difficult to control the mind, but it can be tamed by means of *Dhyana* or meditation. When the *rishis*, *munis*, *sages* and *saints* meditated they were engaged in super action, being very consciously aware. *Dhyana* helps to manage the mind. *Yoga* was compiled and organized by *Patanjali Maharshi* and *Dhyana* is a major constituent of it.”

He then introduced *Arka Dhyana Intuitive Meditation*, the 19 energy centres and the significance of its key components, *Touch*, *Sound* and *Breath*.

Arka gave a practical demonstration of chanting the sounds *Saa-Roo-Go-Vaum*, keeping the fingers in the *Jnana Mudra* position, and teaching the ‘*One-gesture Dhyana*’. Everyone in the audience participated with keen interest.



This was followed by a question-answer session. Many relevant questions were asked by the audience. *Yogi Arka* answered each one of them in detail and in a way that everyone could understand. They were very interested in learning more about *Dhyana* and attending *Arka Dhyana* workshops in the near future.

The programme concluded with felicitations to *Yogi Arka* and *Mrs Hemalatha* by *Mr Venkatanarayana* and team.





Wednesday 20 April 2022

Srinivas Arka invited to give a Special Lecture on “Human Development Programme”

Organised by: Social Work Students’ Forum -2022
Department of Studies in Social Work, University of Mysore

Yogi Srinivas Arka was invited to give a special lecture on “Human Development Programme” at the Department of Studies in Social Work, University of Mysore. Dr Jyothi H.P., Chairperson of the department and Dr Chandramouli, Associate Professor were present at the event.

Yogi Arka highlighted key points on how to develop intuition and raise conscious awareness for becoming more focused and effective in studies and work. He gave guidelines on achieving this through *Dhyana*, a unique heart-level Intuitive Meditation system.

Many questions asked by students were answered brilliantly by Arka in a way that they could understand and clarify their doubts to their satisfaction.

The organisers appreciated and expressed their gratitude to him.





Thursday 21 April 2022

Srinivas Arka invited as a 'Guest of Honour' at
the Inaugural Celebration of
World Health Day - Swasthya - 2022
at Vignyana Bhavana, IOE, Mysore, Karnataka

The programme was inaugurated by Prof. G. Hemantha Kumar, Vice Chancellor of Mysore University, and presided by Prof. B.N. Yashodha, Principal of Yuvaraja College Mysore. The Chief Guest Dr. A.S. Chandrashekhar, Ayurveda Doctor and Rajyotsava Award winner addressed the audience present.

Srinivas Arka was the Guest of Honour and was felicitated at the programme. He gave a brief talk on health and the importance of taking care of ourselves in order to have a healthy life.

The organisers of the programme, namely the Govt. of Karnataka, Ayush Department, Govt. of Karnataka, Govt. Ayurveda Research Centre Mysore, Food & Nutrition Department, Yuvaraja College, Mysore, University of Mysore, and Arogya Bharathi Mysore, conveyed their appreciation and thanks to everyone present.





Saturday 23 April 2022

Srinivas Arka addressed the students
of Masters in Social Work, University of Mysore
at Arka Dhama, Mysore, Karnataka

The students of first year of Masters in Social Work, from the Department of Studies in Social Work, Mysore University, visited Arka Dhama with their Professor, to listen to the words of Srinivas Arka.

They had a look around the premises of Arka Dhama and visited Sree Arka Mahaganapathy temple and sought His blessings. They were given a brief introduction on the key concepts of Arka Dhyana Intuitive Meditation system, with a practical demonstration of 'One-gesture Dhyana'.

Yogi Arka gave a talk with insightful tips and guidelines on how they can be successful in their studies and work. It was an interactive session, where he answered all their questions with much patience and simplicity, as he explained with examples and made it very interesting for them.

The students and their teacher conveyed their appreciation and gratitude to Yogi Arka.



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