

FOURTH EDITION 2023

# SRINIVAS ARKA

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

## **PHILOSOPHER**

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

**CREATOR  
OF HUMAN  
POSITIVE  
POTENTIAL  
PROGRAMMES**

**INTERNATIONAL SPEAKER**

FOUNDER  
OF ARKA  
FOUNDATION  
INDIA

**AUTHOR OF:**

**INTUITIVE  
INTELLIGENCE  
PROGRAMME**

**ARKA DHYANA  
INTUITIVE  
MEDITATION**



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

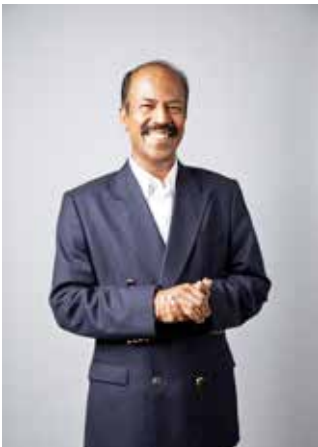
Srinivas Arka



## CONTENTS

ABOUT SRINIVAS ARKA	4
PHILOSOPHY AND BELIEFS	5
CENTRE FOR CONSCIOUS AWARENESS (CCA)	6
INTUITIVE INTELLIGENCE PROGRAMME (IIP)	8
ARKA DHYANA INTUITIVE MEDITATION	11
EVENTS & PUBLIC TALKS	13
INSTITUTIONS	38
MEDIA	57
GALLERY	60
PUBLICATIONS	67
ARKA DHAMA	71
ARKA DHAMA AYURVEDA	73
CONTACT US	74

# ABOUT SRINIVAS ARKA



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

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

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

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

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

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

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

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

# PHILOSOPHY AND BELIEFS

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

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

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

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

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

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

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





# **CENTRE FOR CONSCIOUS AWARENESS (CCA)**

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

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

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

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

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

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

K Subramani Principal, Labasa  
Sangam College, Fiji



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

Helene Pollard, Senior Teacher  
Christchurch, New Zealand



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

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

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

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



# **INTUITIVE INTELLIGENCE PROGRAMME (IIP)**

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



## HEALTH

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

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

## COMMUNICATION

***“Often clarity lies in fewer words.”***

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



## SELF-AWARENESS

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

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

## LOVE AND RELATIONSHIPS

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

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

## WEALTH

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

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



### Intuitive Intelligence Programme (IIP) workshop

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

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

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### Intuitive Intelligence Programme (IIP) workshop

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

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







# **ARKA DHYANA INTUITIVE MEDITATION (IM)**

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



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

Srinivas Arka

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

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

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

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

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

**Benefits include:**

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

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



**[www.arkadhyana.net](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.



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

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

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

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

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



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



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

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

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

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

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

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



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

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

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

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



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





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



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

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



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

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

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

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

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



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

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





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

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



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

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



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

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

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

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





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

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



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

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

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



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

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

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

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

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

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

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



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

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

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

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

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



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

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



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

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

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

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

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

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



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



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

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

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

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

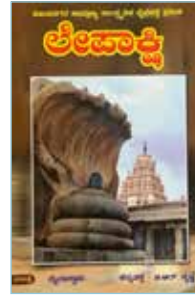


***“Wherever you walk, the whole Universe walks with you. It will work with you better, if you become consciously aware of it.”***



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





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

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

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



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

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

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



### Spiritual Health

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







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

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



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

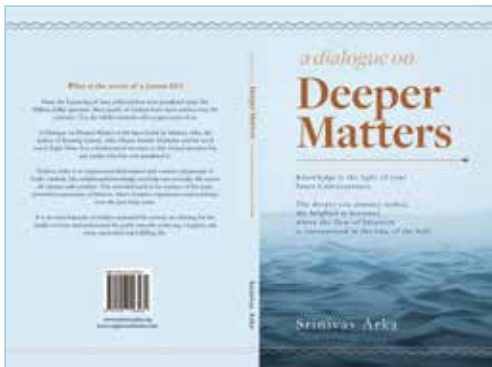
**Veda Vijnana Gurukulam  
Bengaluru  
November 5, 2022**

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

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



***“Realisation makes us feel resourceful.”***



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

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



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

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







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

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

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

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



“

*“If we drop our ego, the whole world will belong to us.”*

”



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

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

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

**Berlin, Germany  
July 10, 2022**







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

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

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

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

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

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



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

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



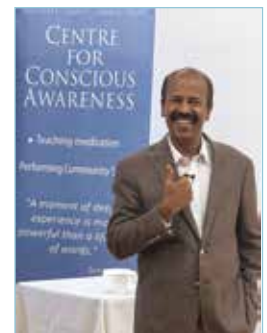


The event started with a demonstration and explanation of Arka Dhyana Intuitive Meditation. Then Arka spoke about consciousness and how Dhyana can awaken latent talents in you. He shared the spiritual sound of Saaroogovaum with everyone. The atmosphere changed with this vibrational effect. He went on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

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

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

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



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

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



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

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





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

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



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



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

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



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

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





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

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



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

**Crowne Plaza  
Solihull, UK  
May 15, 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.”***

”



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**

“

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

”



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. Niranjana 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**



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

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

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

“

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

”



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



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



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

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

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

Dialogo 2021.

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

**(Online)  
May 28, 2021**



# INSTITUTIONS

## ACADEMIC AND BUSINESS



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

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





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

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



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

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



“

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

”



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

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

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

“

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

”





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

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

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



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

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





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



**Anand Agriculture University**  
**Anand, Gujarat**  
**February 22, 2023**



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

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





**Jenish Rana:**

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



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

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



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

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



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



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



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

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





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

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



***"We must acquire the ability to read nature. It has its own beats."***



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

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

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







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

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

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

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

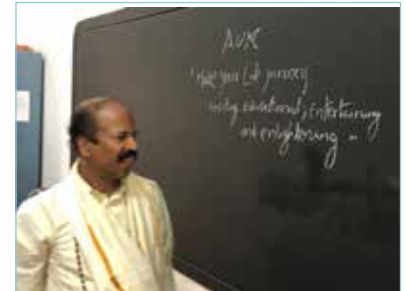


**GDC Engineering College**  
**Navsari, Gujarat**  
**February 14, 2023**



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

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



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

**Sri Saraswati Shishu  
Mandir High School  
Hyderabad  
February 1, 2023**



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



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

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





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

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

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

### **Concept of Diabetes & Food Principles in Management According to Ayurveda**

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

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



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



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

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



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

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



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**

Talk on Developing Mental Faculties

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





Importance of Exploring your Inner Self

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



Intuitive Intelligence Programme (IIP): Understanding and  
Managing Children

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

Examination and Stress Management

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



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

***“Those who are successful never run after success but  
pursue their cause and vision.”***

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



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

Talk on 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

**Toronto Metropolitan University,  
Toronto, Canada  
July 18, 2013**



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

Andrew Willis, Honours BA, MA,  
MBA Candidate

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

Yao Zhou, MBA/MMSc



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

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

## 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 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.



Certificate of Appreciation  
Gujarat 2023



# MEDIA

TELEVISION  
RADIO  
NEWSPAPER  
MAGAZINE



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

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



# GALLERY



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

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



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

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

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

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

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

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

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



Dealing with stress in modern times.

**Preston, UK  
February 2, 2020**



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



How to be happy in modern times.

**Birmingham, UK  
February 1, 2020**



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

**Toronto, Canada  
January 26, 2020**



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



Managing Stress and Time

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

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

**Toronto, Canada  
January 1, 2020**



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



Launch of the Russian translation of the Arka Dhyana book

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**



Understanding Consciousness: Wellbeing,  
Emotions and Conflict

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



CICA INTERNATIONAL AND CCA GLOBAL JOINT CONFERENCE

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





Talk on Gratitude

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

Seminar on Mental  
Health and Well-being  
**Markham, Ontario, Canada  
July 16, 2017**



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

How meditation can help you to  
understand your path and actions

**Birmingham, UK  
July 5, 2017**



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

**London, UK  
July 2, 2017**



The Expansion of Consciousness through  
the Heart

**Madrid, Spain  
March 27, 2017**



# GALLERY



Yoga Session

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

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

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



Arka Dhyana Intuitive  
Meditation

**Tumkur, India  
June 26, 2016**

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

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

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



Mind Body Interaction

**Brisbane, Australia  
2015**

# PUBLICATIONS

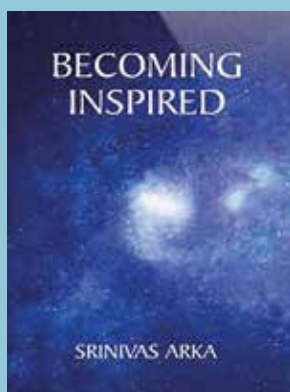
## BOOKS

[www.coppersunbooks.com](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)

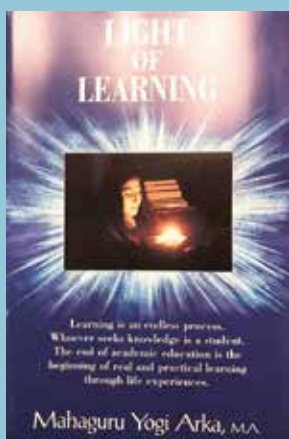
#### EXCERPTS

***“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



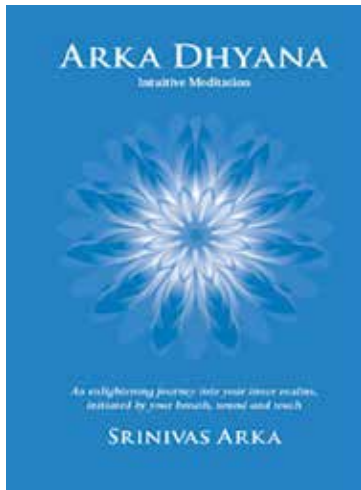
### LIGHT OF LEARNING

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.

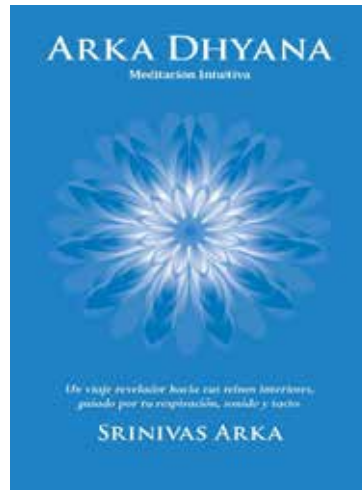
# BOOKS

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

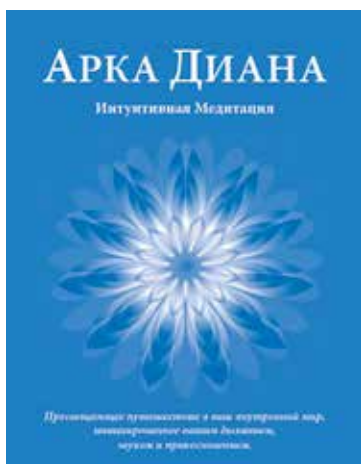
Arka Dhyana or Intuitive Meditation is a yoga-based discipline already being practised with beneficial results by tens of thousands of people in many countries. It brings the ancient techniques of yoga fully and meaningfully into the 21st century and its intuitive base allows everybody to progress and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



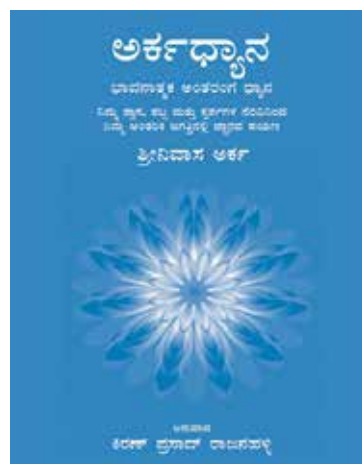
English



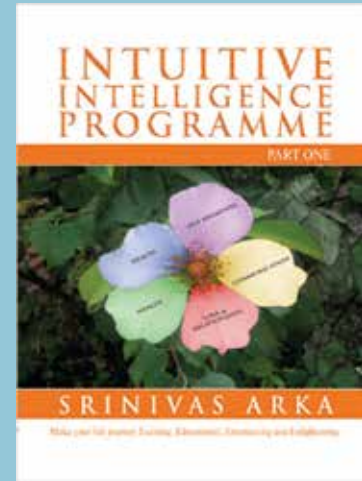
Spanish



Russian

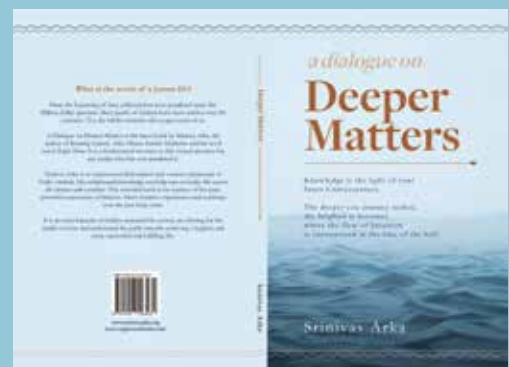


Kannada



INTUITIVE  
INTELLIGENCE  
PROGRAMME: Part 1  
(English and Kannada)

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



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



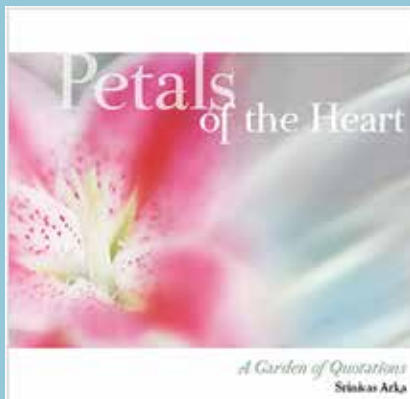


## PETALS OF THE HEART

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

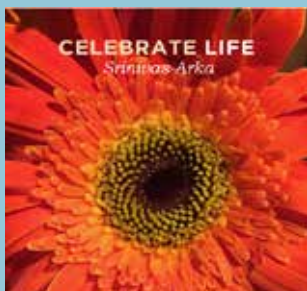
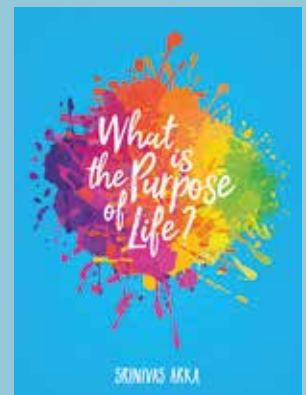
Readers who reflect in peaceful solitude on the pictures and writings in this book, no matter what stage they have reached in their own spiritual development, will undoubtedly find the petals of their own conscious heart unfurling to new ways of being and understanding.

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



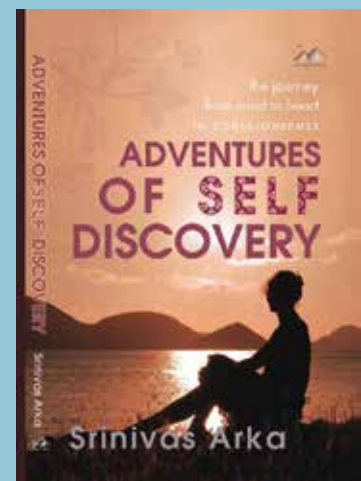
## WHAT IS THE PURPOSE OF LIFE?

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



## CELEBRATE LIFE

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



## ADVENTURES OF SELF DISCOVERY

(English and Spanish)

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

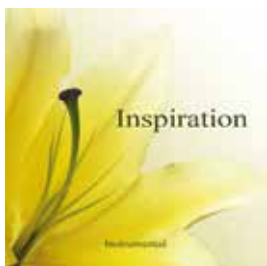


## AATMAANVESHANEYA SAADHANEGALU

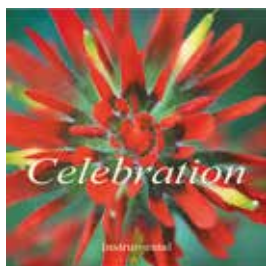
### ADVENTURES OF SELF DISCOVERY

(Kannada)

# MUSIC INSTRUMENTAL



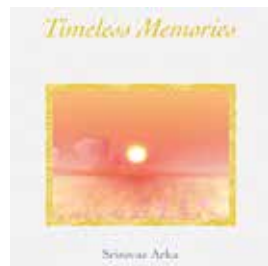
Inspiration



Celebration



Saarogovaum



Timeless  
Memories



Raga Series:  
Volume 1



Raga Series:  
Volume 2

# AUDIO- VISUAL

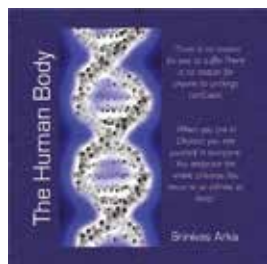
Arka Dhyana  
Intuitive  
Meditation  
(DVD)



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



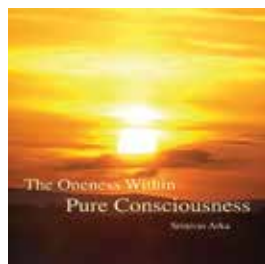
# TALKS LIVE RECORDINGS OF SELECTED TALKS



The Human Body



Discipline of  
Nature



The Oneness Within  
Pure Consciousness

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



Mother



The Mind a Thinking  
Entity



Connecting with the  
Inner Self through  
Sound Energy



# ARKA DHAMA

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



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

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

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





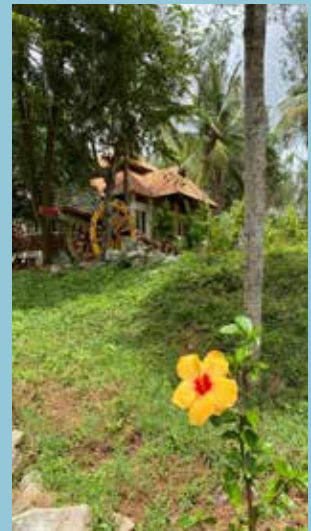
birds and butterflies.

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

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



# ARKA DHAMA AYURVEDA



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

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

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

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

***"Your health and well-being comes first.***

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

Srinivas Arka

# CONTACT US

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*Website: [www.centreforconsciousawareness.org](http://www.centreforconsciousawareness.org)*

*Centre for Conscious Awareness - Sydney*

*Email: Contact form on website*

*Website: <https://www.sydneyaustrialiacca.com.au/>*

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*Website: [www.canadacca.ca](http://www.canadacca.ca)*

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*Website: [www.newzealandcca.nz](http://www.newzealandcca.nz)*

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*Website: [www.ccaspain.org](http://www.ccaspain.org)*

*Centre for Conscious Awareness - United States*

*Email: [admin@ccaus.org](mailto:admin@ccaus.org)*

*Website: [www.ccaus.org](http://www.ccaus.org)*

*Arka Foundation India - India*

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*Website: [www.arkafoundationindia.org](http://www.arkafoundationindia.org)*

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*Mysore 570026*

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Tel: +44 203 903 5883

### **Arka Dhama Ayurveda**

Tel: (+91) 9148582699 / 9148582899

### **Arka Maha Vidyalaya**

Tel: (+91) 9606954533

### **Arka Videos**

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

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