



“Only some talents are gifts at birth, the rest must be developed by one’s individual cultivation.”

From the book *Light of Learning* by Srinivas Arka

Srinivas Arka in Rajkot, Gujarat

RK University School of Engineering & School of Diploma Studies
16 March 2023



The auditorium was filled with eager faces who were unsure of what to expect from a modern day yogi. The hall was quiet when Yogi Arka opened his talk with a Ganesha mantra.

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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 explained that everyone is a student in the university of the world. Anyone who is open minded and receptive is a student and can receive knowledge.

In ancient times, the concept of learning mainly occurred between a guru and his sishya or student. This imparting of knowledge and absorption of knowledge was a sacred and meaningful process.

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.

Yogi Arka employs empathetic communication which means he puts himself in the place of those with whom he is communicating. Emotions give us power, so using emotions in our



communications gives us happiness, power and flow. This is where we develop intuition.

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

We must develop our intuition. Intuition is an amazing compelling feeling that emerges from within our deeper consciousness. In order to develop it, we must do Dhyana and become highly sensitive to the internal messages surfacing from our deeper selves.

The rishis had developed their intuition powerfully in ancient times which allowed them to become highly sensitive and aware. Nowadays we can use the same format or methods to explore intuition that we use in studying science and other academic subjects.

Why should we develop intuition? Because doubts become dispelled, answers become revealed and we can gain essential knowledge. Our minds and brains hold memories, but our hearts also store memory.

Words are important and when you say a phrase repeatedly, it becomes like a mantra and whatever you repeat can actually happen. For example, if we keep repeating in our minds that we are getting sick, then we will in fact fall sick. That means the mind is so powerful. If we can't tame or manage the mind then it will go out of control. Yogi Arka added that we can change tomorrow by changing how we think and act today.

Yogi Arka concluded his talk by stating that we are so resourceful internally although we don't realise this. In the end, we should do what makes us feel happy, settled and resourceful. Everything we do has to have meaning, purpose and joy.



Q and A

Q: What is the meaning of spirituality?

Spirituality means something that deals with the spirit of your being, something that deals with consciousness. It is something that is invisible but is real and related to internal matters. Spirituality has to do with something that is beyond the body that you can feel but you can't see.

Q: You spoke about intuition, but what is it? Is it only the feeling that you know something is going to happen?

Intuition is a faculty like intelligence, but it is deeper and emanates from the heart. You need to develop it through internal contemplation or Dhyana. When we rely totally on intelligence we fail, but we never fail when we rely on our intuition.

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



Srinivas Arka meeting with the Management Board of the University

Rajkot, Gujarat

BK Mody Government Pharmacy College, Polytechnic Campus
16 March 2023



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

The students introduced themselves and started asking some questions to Yogi Arka. Then he asked whether they wanted to know anything about him first. The students then asked 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. Yogi Arka was asked about his educational background. He stated that he is essentially a Sanskrit scholar but also completed a Masters degree in English literature and later a Ph.D. in a comparison of eastern and western philosophical aspects. He noted that Sanskrit is the mother language of almost all languages. So many languages have borrowed many words from it. Sanskrit is a Devanagari language. When you dig deep and study it, you realise that the grammar and structure is brilliant and precise.

Yogi Arka commented that it's much more satisfying to be a student than a teacher and that learning is so interesting.

Q and A**Q: What is spirituality?**

Spirituality is a subject that deals with the spirit of being, the soulfulness of your existence, of your consciousness, of your mind, your emotions and your energies. It is not theory based, but experience based. It's not about the physical or tangible body but about the intangible something that operates the whole body.

Q: How to meditate?

Meditation - Where to start? This question had intrigued Yogi Arka a lot in his teenage years. He used to go to ashrams wondering what the swamis were doing with their eyes closed. It took 25 years of study and investigation and also of experiencing what it is. He wondered about the ingredients of meditation.

The mind has intellect and intelligence. Then there is intuition, the senses, and the body. So who or what within you is meditating or having the experience? In order to meditate effectively you should not try to control your mind. The mind's nature is rebellious or repulsive so it will not cooperate. So don't try to control it. Instead, handle it gently and make it your friend and invite it to join you and assist you. The mind is a helmet you cannot remove, but you give it instructions and signals, and can send it to different regions in the body. On this basis, Yogi Arka developed a meditation system using one's own touch, sound and breath. It is called Arka Dhyana - an Intuitive, heart based meditation.

**Q: How does spirituality help in studies?**

Spirituality is like a silent best friend who does not demand anything. Spiritual awareness allows you to handle problems or stress with calm, strength and additional internal resources. It will make you aware that you are eternal and nothing will happen to you deeply. You will appreciate that you have a beautiful existence in the body and life so you will want to experience and explore it.

What are failures? Failures will happen, but they are like stairs that take us higher. We tend to highlight only success, but actually, failure is your best friend. Failure compels you to go inside your self and it will teach you great lessons, inspire you and make you a deeper person; a profound person. If you ask those who are successful about their road to success, they will tell you that they failed miserably many times before they woke up and achieved success.

Q: Whenever a motivational speaker comes we find ourselves uplifted for 1 or 2 hrs then things return to normal. Why is that?

Motivation is like a kick to the mind. There is excitement but it's temporary. Yogi Arka suggested that students seek inspiration instead, as it is more long lasting.

Q: How can we be inspired for achievements?

Maintaining good health is in itself an achievement, there are so many challenges to maintaining good health. Secondly, having a positive attitude and maintaining soundness of mind. In order to achieve something you have to practice and be consistent.

“
Consistency is the mother of success.
”

For example, is the body consistent? Does it ensure you are breathing and sleeping and that all bodily functions are occurring without conscious involvement? Yes it is. We don't carry the burden of these functions in our minds.

So, the secret is follow nature and observe its patterns. It is so consistent. And be like nature and keep a big heart and big mind. However, the mind has more fear and tends to exaggerate. It assumes the worst is about to happen. So try to stay with your spirit and breath, and stay tuned with the time, and things will change. This is Dhyana.

Q: How to stay focussed in our work?

Putting too much pressure on yourself will not allow you to get things done. Be reasonable with yourself and forgive yourself if you don't accomplish something. Try to do it another day. Set reasonable expectations and targets. Try to remain consistent in meeting your own guidelines for getting things done.

Q: How to control over thinking?

Yogi Arka clarified that the question was about over analysing or too much critical thinking. He noted that some people do have that tendency. He suggested that lying down, taking some rest, drinking water and even doing the gesture of namaskar (hands folded and touching the chest) might be helpful. As it relaxes you and the mind is transported from the head to the heart region.

Rajkot, Gujarat

Saurashtra University, Department of Pharmaceutical Sciences
17 March 2023

There were over 200 students of pharmaceutical sciences assembled for this talk. Yogi Arka was again 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 this country 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. They questioned how the world works. How is there such perfection in the planets' orbit, the stars' positions, the

earth's spin? How does everything stay in position and work so well? The rishis did direct, tangible experiments. They employed deeper, powerful emotions and turned them into a lens to look at distant stars, then wrote down what they discovered. They could see the planets and many other things without telescopes.

Yogi Arka explained that Dhyana means becoming aware of our presence in full consciousness. This is an enlightened state. In order to help people discover who they are, Yogi Arka developed an intuitive heart based meditation called Arka Dhyana. Yogi Arka gives talks worldwide about conscious awareness and he founded Centres for Conscious Awareness all over the world. So awareness is important, which is Dhyana. That means we need to ask questions, run after knowledge and make it an exciting journey.

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

Q and A

Q: What is your source of knowledge?

What is knowledge and where does it come from? What is the extent of knowing? Some think that they can get knowledge through experiments and merely by studying. But true knowledge is intuitive without any prior knowledge.

So the original source of knowledge comes from within you. If you think of the planets and the five elements of which it is composed, does your body not also represent these elements? In that case, that knowledge must also emanate from within you, meaning we have some knowledge within us, but we need to access it through the Dhyana process - which is internal research.

Patanjali Maharishi developed the system to access this internal knowledge. He created the Yoga Shastra named Ashtanga Yoga, which describes how to do Dhyana. Most

people are interested in the yoga asanas and the physical part of yoga but there is less interest in Dhyana. After years of research, Yogi Arka finally created the book Arka Dhyana. This book has been translated into many languages including Spanish, Russian, Kannada, etc. This book provides his unique meditational system also called 'Intuitive Meditation'.

Q: What is awareness?

Awareness is not only about being present. It can also be about the past, your future, about everything. Awareness is Jagruti.

“ *Consciousness is like a flower and awareness is its fragrance.* ”

Q: Observing ourselves we also come across self-doubt. How to deal with this?

Yogi Arka talked about Descartes who was a French philosopher who became interested in doubt. He decided to see how far doubt would take him and then started doubting everything. But the entity within, who was doubting, could not be doubted.



Most of our doubts are assumptions. If we don't clarify or clean up our doubts, they will grow, like bacteria. If you have too much expectation then you have doubts. Certain doubts are good for you because they can motivate you, make you cautious and protected. But if the doubts expand, they can engulf us. Therefore, clear up doubts and do some meditation to help clear up doubts. And each time you overcome a doubt, make sure you register them, thereby doubts will not return.

Q: Negative aspects of the capitalistic mindsets of youngsters.

You can say it has both effects. But, we should believe in creation and not just follow protocols, we should question things more. See what is your contribution. Think deeply and make some changes where possible. Always remember you are in this world to contribute something. Discover your own special qualities. Your role and presence is very important. If you are sincere to yourself, definitely it will take you to the heights of conscious awareness and you will be a great asset to the world.



Q: We want to do something good for society but we face obstacles.

Who is the first blocker? Our mind itself can be our first enemy. We don't take a break from our brains. That is the reason we have the heart organ which is more than just an organ. It also has presence and

consciousness. If we can shift our presence from our minds to our hearts, it would be so beneficial. That is a Dhyana process. Arkaji highlighted a quote which has been heard by many around the world:

“
Say less, do more, give more and feel profound.
 ”

If you believe in something, don't consult your mind. So first overcome your own mind. Sometimes you think about doing something, then you yourself start doubting what you want to do.

Secondly, don't worry about the results or you will be stuck. You should also not have any expectations. Just do what you want to do with not much expectations of people praising you. Generally, the more hindrances you face is an indication that you are doing the right thing. There are more chances for you to become disappointed when you work merely on targets. Focus on what you should be doing and see how far you get.

Great tasks can be achieved by making Sankalpa. Sankalpa means you make your wish not just thoughtfully but emotionally. You make a deep impression in your mind with that wish.

Q: How to overcome negative thoughts?

Negative thoughts are like the crest and trough of a wave; ascending and descending; night and day. Negativity is part of our journey; it creates thrust for us to move forward.

Although negativity is part of our journey, it is possible to convert negativity into positivity. We can do this by interpreting that negative action of someone in a positive sense and think that they've brought something to our attention. Or we can think of it as a lesson. Perhaps now you avoid that person. Either way it brings awareness. So if you feel negative, express yourself and allow your mind to have some freedom. It could be

that you are not paying enough attention to your own mind, so pay some attention to your mind. The negative thoughts that plague us are fear, unrealistic expectation and self doubt. But remember you cannot be positive all the time. Just stay tuned in with your breath and that negativity will pass.

Q: What is the meaning of a healthy and happy life?

For a break Yogi Arka and the students sang a song he composed.

Yog mane siddhi nahi re, yog mane yad nahi re.

Karo baat tum pyar se, sukh meh aur dukh meh, peeda meh.

Samabhav ka thum palan karo apni sadhana yehi banana.

Health has so many facets, mental health, physical health, emotional health, spiritual health, etc. That is the reason health is so tricky and no one can really hold it.

Some technocrats or big corporations are trying to control health, but they cannot. Health is in our hands and in the hands of nature. For mental and emotional wellbeing, you have to connect to nature, which adds to your overall health and happiness. But you have to stay tuned and balanced.



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