



*“Knowledge is light, especially knowledge of the Self.”*

From the book *A Dialogue on Deeper Matters*  
released in London, UK, August 2022

## Light of Learning Programme

Saturday 17th December 2022

Chinmaya Vidyalaya

Banashankari, Bangalore



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.

**Question:** We are worried about the exam because we are running out of time, the exam is a few days away.

**Answer:** *“Excessive concern will make things worse, bring back your balance by taking a walk, or do nothing for a couple of minutes. Whatever we do now will be the future. The clue to the future is in the present moment. We should do what we can now.”*



Arka described a yogic technique of how our thoughts can make things happen virtually by reminding the students that the exam was not happening in the next hour, or

tomorrow morning, so there was plenty of time. Arka described how we can affect particles internally. That is how we operate our consciousness.

He taught the students a 'mantra' that they should say under these circumstances:

**'Om I have plenty of time namaha' ;)**

He explained to the students that they need to apply techniques to remove the grip off the mind. *"We should know the nature of the mind. Mind always exaggerates. Calm down, stay in the spirit, stay with your breath. Take one step at a time, one breath at a time. Almost everything can be possible. Let's see what happens. Keep your mind open until the last moment. How many times you have proven yourself? Don't undermine what you have already done. Create space between topics and ideas. When you are relaxed, you can learn great things."*

Arka then shared his four 'E' formula - *"Make your life journey enlightening, educational, entertaining and exciting."*

He continued, *"Breathe. Om. I have nothing to do namaha."* :)

He explained that if you are asking yourself what you should do, then it is a waste of precious time. Instead we should say, *"I should do this. Let me try what I can, still there is time. Let me see what happens. I am with the task. I am addressing the problem lovingly, naturally, gracefully and there is nothing to panic about. With a positive attitude. We are not worried about the outcome. Honour the present. Now what can I do? Be prepared for anything in life. Study to grasp knowledge, not just to pass exam."*

He touched on the mind body problem and went further into how to deal with the mind, *"Never suppress or undermine yourself. Do things in your own way, your own style and without comparing with others."*

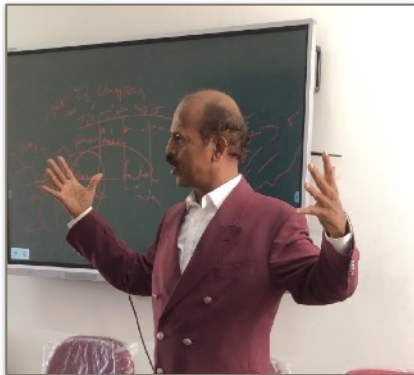
**Question:** How do we prepare for the exam as there are so many chapters to cover?

**Answer:** *"Make yourself comfortable. Create lots of space, make the area clutter-free and meditate. Write more, use colourful pens in your writing and make key notes in bold letters. Compose your own tune for chapters that you need to memorise.*



*Ask questions when you do not*

*understand. Doubts are like bacteria, clear them up, before they multiply. Treat your mind as a friend, your buddy. Put up notes on the wall. Avoid competition. Only when you recognise and appreciate others' progress, without envy, you also can go through that progress."*



**Question by teacher:** We see potential in students, what are some tips for them to revive what they learn?

**Answer:** *"Don't study competitively. Study for knowledge, to know. Have a thirst for knowledge. Stretch your body. Add a few drops of water on head, if brain is heating up with too much pressure. Have a shower to calm down or relax and be refreshed. Listen to birds, watch the sky, sunrise and sunset."*



**Question:** How can we keep our self esteem high?



**Answer:** *"Self esteem means a feeling of self worth, holding respect for one's*

*self. You can build self esteem by educating yourself to drawing in inspiration from people and this in turn raises your self esteem. Be yourself, do the best and leave the rest. Developing noble qualities 'Sthitha*

*prajna'.*

*This means be with time - a meditative state. You then begin to experience the dilation of time. This also happens when you are deeply relaxed. The key is in drawing a deep graceful conscious breath when needed."*

Many students expressed interest in knowing more by making notes throughout the session and seeking Arka's website and contact information after the session, to continue to be in touch.

# Spiritual Health

Sunday 18th December 2022  
Global Yoga Summit  
Resort & Convention Centre, Allalasanra, Bangalore



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. Through the Dhyana process like Arka Dhyana (Intuitive meditational system) one can achieve this.



People give priority to their worldly success, more than their health and well-being. From now put more effort into developing your spiritual strength.

Chant 'Shanathi' mantra when you are out of tune.



*From left: Smt. Sapna Priyadarshi, Dr. Srinivas Arka, Dr. Raghavendra Pai, Yogi Devraj, Dr. Vishwanath.*

**PHOTO GALLERY**



From left: Dr. Lakshmi Narayan Shenoy, Director Ayush Department, interaction with Arka



Yoga demonstration



From left: Dr. Srinivas Arka and Dr. Yogi Devraj, Founder of Swamy Vivekananda Yoga Research and Holistic Health Trust



Arka interviewed by the Global Yoga Summit



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