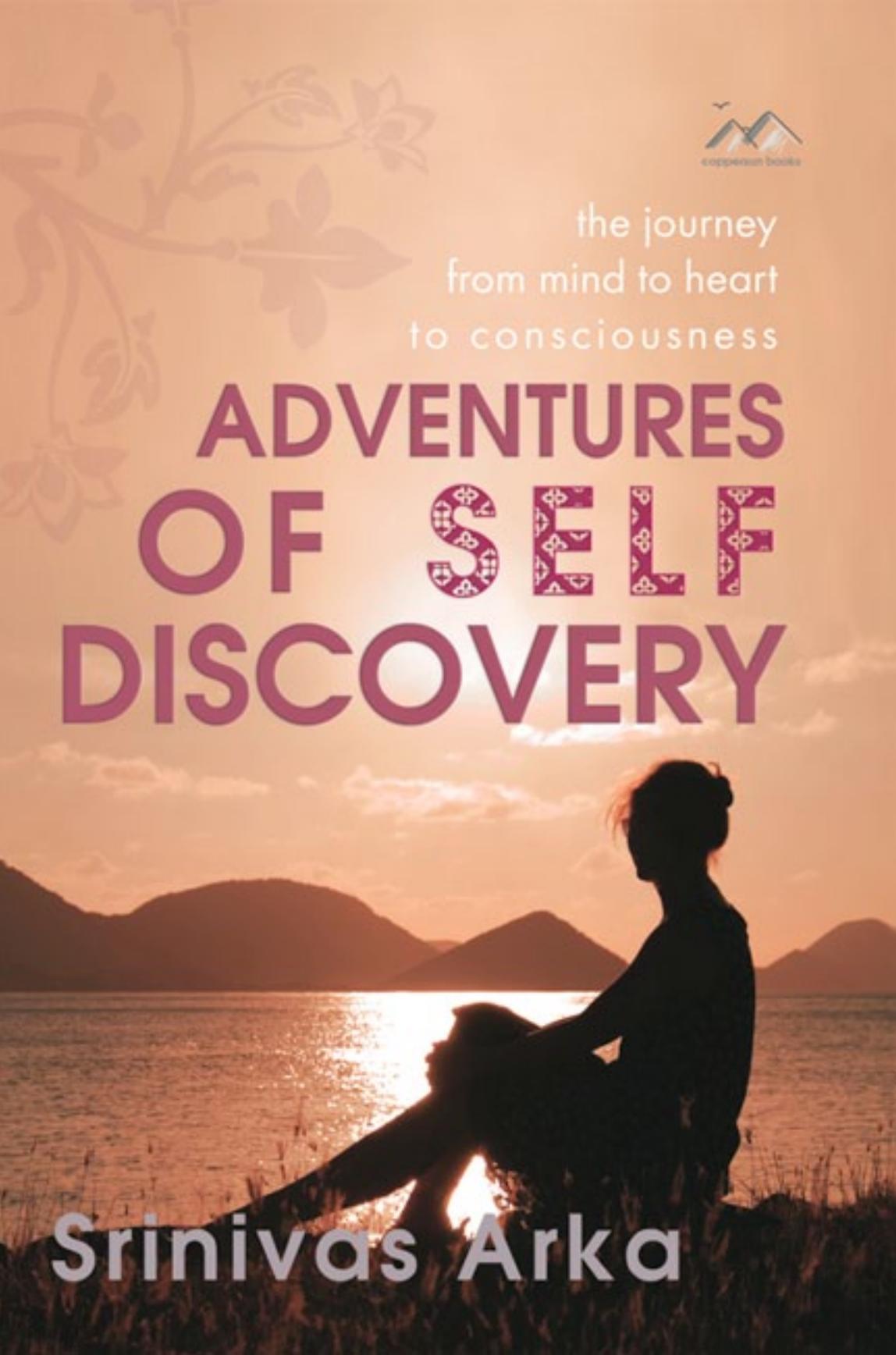




the journey
from mind to heart
to consciousness

ADVENTURES OF SELF DISCOVERY



Srinivas Arka

Srinivas Arka

Srinivas Arka was born and brought up in the south of India. His ancestors included a number of yogis and at an early age his intense curiosity led him to begin studying the nature of human consciousness. He focused particularly on the concept of a timeless mind in the time-bound body, as well as on wider belief-systems and scepticism. The enlightened clarity and fulfilment he experienced at an early age prompted him immediately to begin travelling the world to share the truths that had transformed him. Since then, through his talks and books - his inspirational influence has been spreading in Britain, Canada, Australia, the United States, Spain, India, New Zealand and many other countries. Today he still explores and discusses both timeless and the major current issues with intensity and enthusiasm. His writings in this republished volume and two later books, *Becoming Inspired* and *Petals of the Heart* set out simply and compellingly the truths that have transformed his own life.



Quotations by Srinivas Arka

From *Petals of the Heart* (2005)

"Wherever you walk, the whole universe walks with you. It will work better with you when you become consciously aware of it."

"Whenever you smile, you make your stay on earth a celebration."

From *Becoming Inspired* (2003)

"Whether one is a child or an adult, innocence is the underlying, consistent nature at the core of all beings."

"Unless one's inner space is deeply felt and embraced, one cannot intuit the holiness of the universe and of every being."

From *Adventures in Self-Discovery* (2000)

"Inner consciousness can bloom only when love is realised spiritually."

"You can reach anywhere and feel any object or species with your conscious-power because the body is representative of the whole cosmos."

Adventures of Self Discovery

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Glossary

PART ONE

The Physical Self

Emerging from the inner Self like a lotus in the lake of our deeper consciousness, the heart brings us the experience that 'I' means not just the body and mind, but the true, original Self that embraces all in oneness.

Chapter 1

SELF-REALISATION

LIFE BEYOND THE PHYSICAL SENSES

Self-realisation means attaining total awareness of one's life. We expend tremendous energy and time in making a living, in making our physical life more comfortable and in learning more about the behaviour and properties of matter. Constant engagement in such activities causes us to lose the precious moments of our spiritual life. Eventually, the mind withers, the body shrinks, and the realisation dawns that we have wasted our valuable life. We have no freedom, energy or time left to alter or regain the quality and fulfilment of life. It is too late, and we are left with regrets rather than realisation.

We need to wake up and spend more time on devoting ourselves to realising who we are, where we are going and why we are progressing in this manner.

If you want to understand the overall structure and dimension of your premises, you must climb to a certain vantage point to get an overview. Similarly, if you want to understand the total dimension of life, you have to escalate to a certain height. Life is very complex if it is not understood and experienced. Yet it is simple to those who comprehend it. It cannot be studied or understood by ordinary means. The five senses are merely instruments with which to experience the fullness of life. The senses do not have their own individual, conscious existence

Take eyeglasses, for example. You wear them. You see through them, yet they have no individual conscious existence. They assist you, but you remain the operator and owner. And you see through the lens. You are superior to the eyeglasses and add meaning to them. You create eyeglasses by giving them a certain shape. You use them and wear them, but it is far from the truth to believe that your eyeglasses are your eyes. You can take them off at any time. There are people who may believe that eyeglasses are part of their physical existence, like one of their bodily limbs. You can see this in people who have worn glasses for some time. In the beginning, when they first wore glasses, they could not turn their heads naturally, as though the glasses controlled their movements. It took time to become accustomed to the glasses and soon they felt no difference between their glasses and their eyes.

Similarly, the senses are everything to those who are not realised. The eyes help you to see, but they cannot see on their own. They are like naturally fixed glasses that remain with you throughout your life. The eyes have many limitations. For instance, you can see up only to a certain distance; your tears can blur your vision; you can see in only one direction at any one time; and you cannot look at a very bright light with ease. Your eyes are very helpful, but they are merely intrinsic optical instruments for you to see through.

When you are deeply absorbed in thoughts, you cannot see what is happening in front of you, even though your eyes are open. This means that you, as the seer, are otherwise occupied and are not using your eyes at that moment. At such times, the eyes are useless. There is no difference between you and a person who is blind or blindfolded. Similarly, when you listen to something very intently, you cannot see clearly. Even if you see, you cannot remember what you have seen, because the mind has shifted from the eyes to the ears.

While watching television, the mind alternates between the auditory and the visual senses, and the brain weaves two different kinds of sensory information into one single idea. You don't even notice this because these shifts happen so quickly. There are many limitations to our senses because they are just instruments. We cannot manage our lives without using the senses consciously. Yet we need to look into the deeper layers of consciousness in order to solve the riddles of the senses, intellect, mind, body and the spirit.

Those who are born blind see the world differently, with their inner eye, perhaps even better than a sighted person. Others may not believe this, but a person who is blind can confirm this truth. Some people may be deaf, but they still experience music by combining their inner sight with the sounds sensed through their bodies. They experience an inner melody. They understand different patterns of music by directing their consciousness to follow and understand sound vibrations. The senses have limitations. One cannot understand the profundity of life when wholly depending on them.

The past, present and future, along with various other facets of our existence, can be surveyed through spiritual ascension. This cannot be achieved while living only at a sensory level. It happens when one's level of comprehension rises above the senses, and one's energies are synchronised with the projection of consciousness to a higher level. Only then is it possible to reach the peak of life and understand its wholeness.

Take a cone-shaped object, for example, and pour oil on its apex. The oil will circle down and eventually cover the whole area. It may take some time, but it will surely cover the total surface of the cone. When you reach the height required to see the full dimension of life, the achieved experience is equally distributed over all areas of life. Energy is distributed. Knowledge is dispersed. Consciousness spreads throughout the cone of your being. If one can understand and realise this, everything in the universe can be clearly visualised. Nothing will remain enigmatic.

For example, imagine meeting someone who comes from another city. If you analyse the person's speech, style, and mannerisms, you can draw conclusions about what that city looks like, its level of civilisation, customs, culture, and so on. If you are a keen observer, you will see all these things. So also, when you realise the very meaning and significance of life, there is nothing left in the cosmos to be understood. That is complete realisation. You become a being of light. No shadow of doubt, or hue of negativity, can be seen thereafter. You extend and grow in many directions and forms, even though you are confined to your physical body. Joy becomes the testimony of your attainment. Such a way of living establishes spiritual realisation, or realisation of the Self.

Whether people accept you or not, you are a realised atma, a realised conscious entity. Nothing distracts you from experiencing joy within. Now and then, just for a change, you may come to the surface to peer out and see what is happening in the world. Sometimes you may be disturbed if there is a materialistic storm or mental chaos. Then, you descend and touch your being to reconfirm, 'Yes, I am pure consciousness.' You take this message deep into your heart and never forget it, because this memory, impression, and self-reminder shields you from negative influences. You will not lack anything required to make your life complete and successful. Internally you are rich and comfortable. Circumstances will come and go like clouds, but you are not affected or influenced by them. You shine like the sun. Although there is a screen of clouds in front of you, you remain silent and steadfast until the clouds of circumstances pass. After a few moments you are back to yourself and shine through.

Those who are unrealised and unspiritual are mostly manipulated by circumstances. Their individuality is very much affected. They live as if they are only the senses, without conscious projection. They become victims of their own circumstances, which is worse than being a puppet. At least a puppet is handled by human hands, but here external circumstances are in full control. A realised atma, on the other hand, achieves an overall vision of his or her life.

Realisation of the Self is not the same in everyone, because the dimension of each life differs. It also depends on one's personal evolution of consciousness. Some people are physically old, but spiritually young. Others are spiritually old, but look physically young. It is of vital importance to understand, as well as experience, the depth of our being, and there is no justifiable excuse for delaying this noble task. Until you have understood your own life, at least to some degree, you are not qualified to understand, empathise with, or communicate with others at a deeper level. Allow yourself to experience your life's fullness. It is a process that does not happen overnight. It requires immense patience. You will know when it flashes within you. Once you have embarked upon this inner journey, it is certain that at some time, self-realisation will dawn on you.

ADVENTURES OF SELFDISCOVERY

Srinivas Arka

Srinivas Arka is a philosopher and, for many, a mystic. He was born and brought up in southern India. At a very early age, he began serious enquiries into the timeless Self in the time-bound body, scepticism, belief-systems and the nature of human consciousness. After experiencing fulfilment and enlightened clarity, he started travelling the world sharing illuminating insights and philosophies. In his presence, people are opened up to direct and previously unrealised experiences of spirituality, awakened consciousness and personal potential.

From the polarities of life to miracles, mysticism and meditation, Arka explores and discusses the most ignored yet very vital zones of life and consciousness.

Arka emphasises that meditation should not become another physical exercise but a spontaneous inspirational experience of one's inner realms of consciousness. The body can be treated mechanically, but the mind or the deeper self-consciousness cannot. The Self beneath our own consciousness is an inexplicable phenomenon, therefore requiring a natural, graceful, artistic and mystical approach. Only then will we be able to discover and experience our own inner treasures.

The contents of *Adventures In 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.

