

ARKA DHYANA

Intuitive Meditation



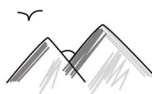
*An enlightening journey into your inner realms,
initiated by your breath, sound and touch*

SRINIVAS ARKA

Arka Dhyana

Intuitive Meditation

Srinivas Arka



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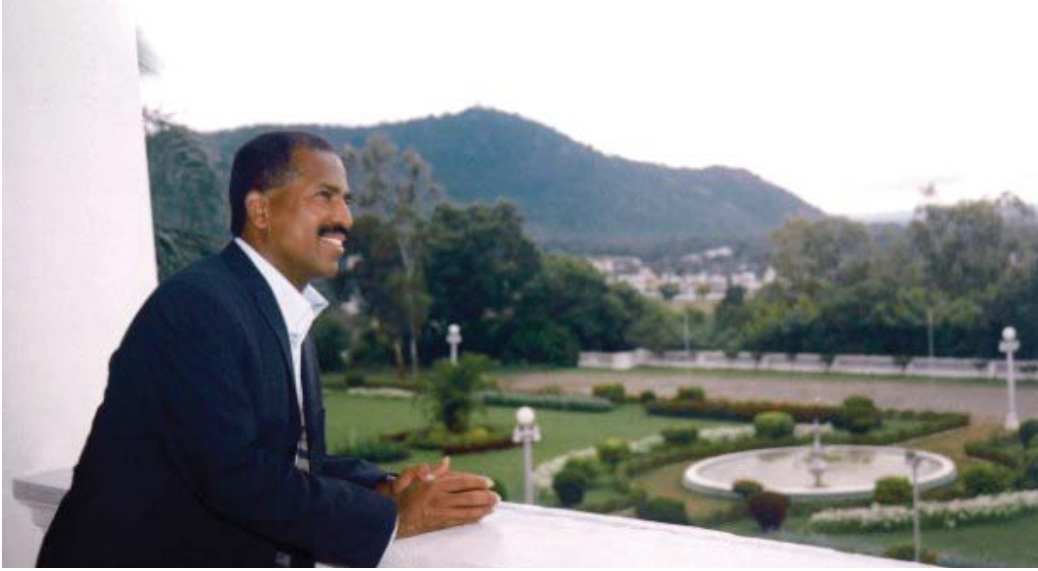
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Author's Foreword

Arka Dhyana, also referred to as Intuitive Meditation (IM), has been used with great benefit for over a quarter of a century by tens of thousands of people all around the world. This method has produced outstanding positive results in my own life and for sometime now, I have wanted to share it further with all of you who are now at last reading this book. Now with the book finally in your hands, I hope and trust that you will obtain a multitude of benefits from the practice of IM.

To expedite the evolution of our consciousness, we must not only develop a questioning mind, but also experience a soulful presence in the body, on the planet and in the Universe. To start with, we need to find answers silently within ourselves about who we really are. What is our true potential? And what can we do to make a positive contribution to the world and to the development of humanity?

You are invited to read and experience these teachings for yourselves, with open minds and receptive hearts. In summary, I would say, that this book is a humble attempt to explain these difficult concepts, theories and practices as simply as possible without compromising the essence of each.

Throughout the book, some words of guidance and encouragement are excerpted from my other published works: Intuitive Intelligence Programme, Petals of the Heart, Becoming Inspired and Adventures of Self-Discovery. They are presented to inspire your intuitive thoughts and promote a more engaged reading experience. If you are touched by these words, I encourage you to refer to the named works for further context and understanding.



*Make the Mind the meditator, the Soul the subject,
the Body the seat, the Universe the meditation centre.*

*Eliminating the distinction between these aspects
is the highest form of meditation.*

*If you sustain this awareness even for a moment, its qualitative
experience lasts longer, leaving you inspired and uplifted.*



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A Note from the Author

The Invitation

With the dawn of this new century, people have started to become more aware of the Earth's health, its wealth, its beauty and its inseparable relationship with all species. We have also begun exploring the possibility of life elsewhere in our galaxy, the Milky Way, with a view to connecting ourselves more fully to it.

We may have the desire to know our true home and origins, in other words how and what we were, before coming into the world. We wish to remain ever youthful with a perfect body, to explore distant galaxies, to be present in many places at the same time, to be perfect in everything we do, and on top of all of that we want also to be recognised by others. These longings are all signs of the truth; we are not limited physical beings but infinite soulful beings with a greater role to play in the life of the Universe.

There is an invitation echoing ever more clearly from the valley of our intuition, one that invites us to explore more fully our mind, body, and soul. Fulfilment and complete answers cannot be found by mere exploration of the physical world. We also need to internalise our conscious awareness to become enlightened.

The Quest (India)

As a young boy, I noticed people who sat quietly with their eyes closed in the streets, parks and spiritual centres. I often wondered, 'What are they really doing? Are they tired, sleeping, dreaming, thinking or just too lazy to work?' On the other hand, I was fascinated and felt that there was something special about them. I was increasingly drawn to watch them and to sit close to them.

The more I associated with these people, the more I noticed that there was a silent power, a grace and a mystique around them. Some spoke with illuminating insight after returning from a meditative silence.

Later I tried to meditate myself, thinking it was easy, and simply a matter of closing my eyes and just sitting still in one place. Yet, when I did it, I found that I had more thoughts, more images and more questions about everything around me. I also found myself asking questions such as, 'Why should we age? Why is youth not forever? Why don't we have wings? Why can't we walk on water? Why can't animals speak like humans? Why don't we have telescopic eyes to see stars? Will we ever make our home on the other side of the Universe? Who lives amidst the stars?' As time passed, my quest continued; the same wondering mind became a questioning mind. I wanted to find answers to more serious questions and, day by day, the intensity of these questions increased significantly. I thought about disease, decrepitude, death, and the mystery of not knowing the past or our destiny. I questioned the meaning of life, the purpose of our existence and the nature and intention of this vast Universe. At this point, these bewildering questions turned into silent, powerful, deeper inquiry.

From that point on, I dedicated myself to learning how to meditate better and to finding what benefits could be gained from meditation. It took me a long time to research, study and experiment before I eventually gained insights, somewhat mystical in nature, and of a clarity which was enlightening for me. This came in the form of experiences which bypassed the mind and led me to my innermost realms of the Self. This is when I discovered the power and potential of the humble heart. I realised that we were losing touch with our hearts and it was becoming difficult to connect with our deeper self. I wanted to find a way to re-establish that connection. Eventually, the sum of these experiences led me to develop Arka Dhyana Intuitive Meditation.



*A humble heart is enough to resolve many
problems concerning human relations.*



“There is a super-sensor, a deep-seated self, beneath everything we feel, think and talk about. This embodies the impenetrable formulas, codes and secrets of nature and the universe, just as genes in the body carry information about our ancestors.”

- Srinivas Arka

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. They include students, academics, business executives, entrepreneurs and professionals as well as spiritual teachers.

Through the practice of Intuitive Meditation many have gained courage, improved their health and come to experience peace and love in new ways. This first book on the subject aims to popularise its practice among a wider national and international audience.

“Intuition awakens when intelligence is exhausted” says the author Srinivas Arka. “By consciously allowing your heart to supersede the mind during the practice of this meditation, the latter will gracefully accept new guidance. The aim is not to control the mind but allow it to flow in the direction you intend.”

An inspirational philosophical author and speaker, and developer of Human Potential programs, Srinivas Arka explains how Intuitive Meditation, which he developed over twenty-five years, can help us find answers silently within ourselves as to who we really are, what is our true potential and what we can do to make a positive difference to the development of humanity.

Through concentration on breath, sound and touch, Arka Dhyana essentially serves as a soothing journey into your own private Universe. 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.