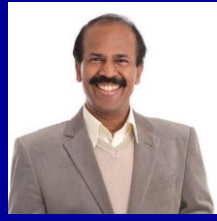




*“You cannot control the mind, but you can tame it with patience. Then it performs wonders.”*

From ‘Petals of the Heart’ book by Srinivas Arka  
Philosopher, Author & Sanskrit Scholar, Pioneer of Arka Dhyana  
Intuitive Meditation system, Founder of Arka Foundation and  
Centre for Conscious Awareness (CCA) worldwide



## Srinivas Arka in U.K.

Event in London – 22 May 2022



On **Sunday 22 May 2022**, UK based followers of **Srinivas Arka** met at **Amrutha Lounge**, a delightful vegan restaurant in South London. **Yogi Arka's** presence was graciously received. He spoke on a variety of philosophical topics, including:

- *the power of silence*
- *navigating our inner consciousness*
- *how to overcome the negative aspects of the mind*
- *a question and answer session at the end*

Attendees then had a chance to relax and enjoy a selection of delicious lunch items and reflect on the talk with **Yogi Arka**. They left feeling inspired and energized to apply greater levels of consciousness and **Dhyana** in their lives.

[www.srinivasarka.org](http://www.srinivasarka.org)

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

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

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



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[SrinivasArka](https://www.youtube.com/SrinivasArka)