

Arka School of Yoga

Kanniyahundi gate, Bogadhi-Gaddige Road, NearMadahalli, Mysore-570026

Syllabus: Level 1 – Arka Dhyana Yoga Theory and Practice

Unit 1.

Philosophy of Arka Dhyana Intuitive Meditation

1.1 Introduction

1. Living body
2. Mind, Subliminal Mind
3. Intelligence
4. Thought
5. Philosophy of the Mind, Birth of the Mind
6. Senses

1.2 Consciousness

1. The State of being Conscious
2. Consciousness and the Brain
3. Consciousness as an Entity, Levels of Consciousness
4. Six Main Levels of Consciousness
5. Awareness
6. Conscious Awareness

1.3 Beginning Arka Dhyana Intuitive Meditation

1. Our Mystical Existence
2. Dhyana and Meditation
3. Effects of this method
4. Stress and Relaxation
5. Living Responsibly

1.4 The Key Components

1. Breath
2. Sound
3. Touch

Unit 2.

Arka Dhyana Intuitive Meditation – core concepts

2.1 The Fundamentals

1. Mind and Preparation
2. Getting Started
3. Key Steps in Preparation
4. Levels of Arka Dhyana Intuitive Meditation (IM)

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2.2 Level 1: Eight-point Arka Dhyana IM

Touch point	Sound
<i>Feet</i>	<i>SAA</i>
<i>Shins</i>	<i>ROO</i>
<i>Knees</i>	<i>GO</i>
<i>Thighs</i>	<i>VAUM</i>
<i>Waist</i>	<i>SAA</i>
<i>Navel</i>	<i>ROO</i>
<i>Abdomen</i>	<i>GO</i>
<i>Chest</i>	<i>VAUM</i>