



"Gratitude is a very noble quality. It enables you to develop empathy, reach heights of self-awareness, growth, well-being and fulfilment."

3rd July 2023

**Talk on Gratitude
Guru Poornima Celebrations
Toronto, Canada**



To celebrate Guru Poornima with your Guru is one of the special blessings in life and this year, Canada won the lottery. With a few days to spare, Yogi Arka arrived and the whole set up began. Within a few days, the Canadian team pulled it off.

The stage was set, the devotees around the world sat expectantly on this most auspicious day. In their own ways, they had already expressed their own gratitude, love and devotion internally, but also wanted to be part of the global

expression of their dedication and devotion to their Guru. Yogi Arka arrived looking as bright as the full moon Guru Poornima is celebrated under. Over the 20 years or so people have known him, he has not aged and retains the same youthful vigour with an enigmatic smile.

The theme for this auspicious occasion was gratitude or in Sanskrit, 'Kuthajñatha'. It began with a beautiful sloka:

***"Sarve Janaaha Sukhinah Bhavantu"
"May all beings be happy."***

He said such concepts dawned in the eastern horizon and this was reflected in the Sanskrit language where the first person is 'he', 'she', 'they' whereas in other languages, like in English for instance, the first person is 'I'.

Ancient Yogis, Rishis and Gurus would spend a long time in Tapasya (meditation). People would wonder why they were meditating and they used to say I am wishing well to my mother, my neighbour or even people they had never met. They did this because they knew this person could go on to do great work for humanity. When participating in seva or serving your Guru, you are serving the world.

Yogi Arka wished everyone a Happy Guru Purnima. He said but in the middle of the day it cannot be Purnima which means full moon. He said this gathering should ideally occur under the full moon.

If you wish others well only, what happens to your well-being? He explained your welfare would be taken care of with the welfare of others. Your success is included in their success. Although the results belong to everyone, everything begins with the thoughts of one person. This is the reason our thoughts are so important. The results of one ill-judged decision can have many repercussions for thousands of people.



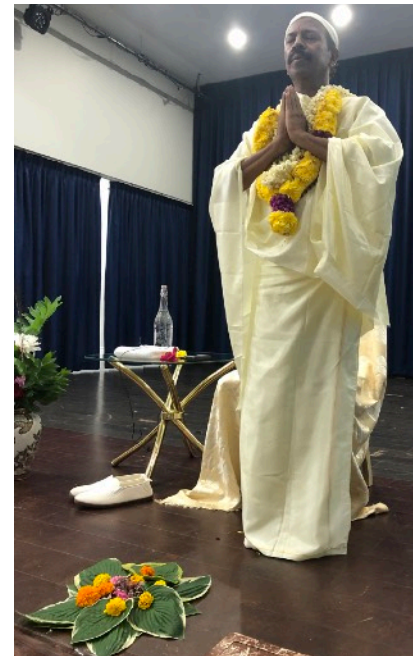


He gave the example of politicians where their decisions can have huge effects on the finances or social welfare of millions of people. We should act responsibly and he gave the example of mothers; they live for their children. Although others may not include you in their success, you still wish them well.

For instance, if someone wins an Olympic gold medal for tennis, you are sending them pulses or waves of your good thoughts thus you feel part of their personal success. Equally, if they suffer some failure, you feel part of that, whether you know the person or you have spent any time with them or not. He emphasised that we all have the power to affect the world. Wishing well for others has the power to change the world. This is made more profound when it is done with devotion and affection resulting in others feeling this effect.

He underlined a key theme of his talks from the past, people should never undermine their presence. Your presence has something to add to the beauty, truth and well-being of the world. If you do not recognise your good qualities then who else can, he asked. Honouring yourself means that you are honouring the wisdom, service and time of others.

Touching on another key theme he explained everything is interconnected. This was why ancient Rishis and Munis based their wishes on that fundamental truth. They knew this as a fact even though there was no physical evidence. You cannot connect to everything physically through touch, for instance, but this limitation was already catered for by higher nature. It gave us the almost magical ability to connect with others, animals, and elements in nature through the conscious mind. This allows us to overcome the physical limitations and extend our presence at will. This was one of the reasons why this facility is well echoed in Arka Dhyana Intuitive meditation where the physical touch is a coded signal for the mind to follow.



We can purify our consciousness not by some detoxification process but by thinking special thoughts. Yogi Arka explained

Expressions:

Launch of testimonials book:
Expressions of Gratitude
www.coppersunbooks.com



*Musical performances by Neel
 Dani and Yogi Arka*



sometimes when you feel confused, you cannot see the way ahead clearly and you cannot decide what to do next. After some time, you feel greater clarity and you know the path to take. What has changed in the interim? Someone may have been wishing you well and a ray of inspiration entered your being and clarity dawned.

He said how many people around the world, ask him to think of them before they face some serious situation, for example before their exams. They ask him to remember them at that moment and he explained that connection happens. We can purify our mind by thinking noble thoughts, such as expressions of gratitude.

He went on to say how you have the feeling of something constructive first. Feeling first, thinking second. Those who recognise their feelings become more empathetic. These amazing abilities are there within us like internal diamonds.

Guru Poornima begins with our mothers, fathers and ancient Rishis like Vyasa Maharishi, whose brilliant 'moon like' mind organised and divided the Vedas into the form they exist today. This was transmitted orally over the generations so it was preserved immaculately. He went on to say these people could have been our very own ancestors.

He mentioned in his book, 'Adventures of Self Discovery,' there is a chapter on gratitude that says, 'You make your story inspiring and fascinating when you express noble qualities, such as gratitude.' He suggested gratitude might be diminishing but it will dawn again.

He highlighted that we should never add to problems with our thoughts. Good things can start with you and if you do not do something, nobody will ever do it. He said how change was waiting for you to enter the realm of transformation. This begins with your thoughts. These can then be multiplied and passed on to others. This was the main teaching of Gurus.



One minute of silence can affect you positively, like recharging you. Now multiply this by a million or a billion and think how great the effect. That's what the ancient Rishis did. They greatly magnified their tapasya. That's how they discovered geometry and many

other things, including how to think. Not only critical thinking but brilliant intuitive thinking.

Guru Poornima celebrations were to honour all such special souls. The inspiring talk concluded with Arka's unique sound Saa Roo Go Vaum. Yogi Arka then opened the floor to any expressions or questions. One person asked a question, about how to be positive. Arka explained that we should face the negative situations, but not in a fearful manner. He said it is good to have zero expectations, calculate the worst, put in maximum effort and then trust.

The celebrations included live expressions of gratitude and a surprise book launch of a testimonials book dedicated to Yogi Arka, entitled "Expressions of Gratitude" now available on coppersunbooks.com. There was also live music including beautiful guitar compositions by Neel Dani, accompanied by Yogi Arka singing. Attendees were then treated to a warm, hearty vegetarian meal, and so ended a beautiful Guru Poornima.

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