



## Details of Courses

### pooja viDhi

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• 15 sessions of 60 minutes each</li><li>• Practical 16 steps pooja viDhi (shodaShopachara)</li><li>• Theory &amp; scientific meaning of rituals</li><li>• Common shlokas for practical daily use</li><li>• Choice of appropriate deity for pooja</li><li>• Spiritual and religious concepts</li><li>• Introduction to basic vedhaantha</li><li>• Context of pooja, ADD, ADHD, complex and stressful life and living</li><li>• Conviction in power of thought</li></ul>	<ul style="list-style-type: none"><li>• Performance of shodaShopachara pooja</li><li>• Recitation of 21 pooja viDhi shloka with meaning</li><li>• Skill to perform pooja as a mindful exercise</li><li>• Formulation of personal sankalpa (goals) for life and living</li><li>• Conscious competence to connect, communicate, and commune (3C) with god</li><li>• Enhanced awareness to guru moments</li><li>• Conscious elimination of negative thoughts &amp; deeds</li><li>• Practical tools for your 'Divinity Tool Box'</li><li>• Ability to teach pooja viDhi &amp; shloka to children</li><li>• Provide practical tools to enhance attention and reduce stress in kids</li></ul>

### puruSha sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• 15 sessions of 60 minutes each</li><li>• vedhic recitation of puruSha sooktha</li><li>• vedhic &amp; metaphorical meaning of verses</li><li>• Evolution of universe &amp; human kind</li><li>• rig vedhic theory of consciousness</li><li>• vedhic concept about God</li><li>• Pre-requisite: pooja viDhi; concurrent enrollment with pooja viDhi accepted</li></ul>	<ul style="list-style-type: none"><li>• Recitation of one of the most popular vedhic manthra</li><li>• Basic laws of spirituality</li><li>• vedhic concepts of time, space, causation, and yagna</li><li>• Relationship of vedhic God and individual</li><li>• Conscious competence to connect, communicate, and commune (3C) with the universal phenomenon</li><li>• Ability to perform pooja to male deities leveraging puruSha sooktha</li><li>• Ability to perform basic contemplation (mindfulness)</li></ul>

### sri sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• 18 sessions of 60 minutes each</li><li>• vedhic recitation of sri sooktha</li><li>• vedhic &amp; metaphorical meaning of verses</li><li>• Human being and raTha kalpana</li><li>• ashTTHa lakshmi sthothra with meaning</li><li>• Pre-requisites: pooja viDhi and puruSha sooktha Courses; concurrent attendance with puruSha sooktha recommended</li></ul>	<ul style="list-style-type: none"><li>• Recitation of one of the most popular vedhic manthra</li><li>• vedhic concepts of agni, sri, bhagavan, and lakshmi</li><li>• Insight and clarity about creating virtues</li><li>• Ability to plan acquisition of shreyas</li><li>• Ability to be a shreemaan or shreemathi</li><li>• Ability to contemplate about purpose of life</li><li>• Ability to perform pooja to female deities leveraging sri sooktha</li><li>• Practical tips for leading a contented &amp; virtuous life</li></ul>



## naaraayaNa sooktha aka manthra puShpa

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• 15 sessions of 60 minutes each</li><li>• vedhic recitation of naaraayaNa sooktha</li><li>• vedhic &amp; metaphorical meaning of verses</li><li>• Divinity is the essence of human being</li><li>• naaraayaNa Dhyaana</li><li>• Pre-requisites: pooja viDhi and puruSha sooktha Courses; concurrent attendance with puruSha sooktha recommended</li></ul>	<ul style="list-style-type: none"><li>• Recitation of the third most popular vedhic manthra</li><li>• vedhic concepts of nara, naaraayaNa, jyothi, and vishva</li><li>• Ability to seek clarity of understanding</li><li>• Ability to cognitively traverse the loci of aathman</li><li>• Ability to perform naaraayaNa Dhyaana (Contemplation)</li><li>• Divinity Tool for enhancing mindfulness (attention)</li></ul>

## vedhaantha & Well Being

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• Week ends</li><li>• 20 sessions of 60 minutes each</li><li>• Definition of vedhanthic Well Being</li><li>• vedhaantic constitution of human being</li><li>• Personality and Individuality</li><li>• Process of vichaara, viveka, and vairaagya (3V)</li><li>• Basic theory of neuro-plasticity</li><li>• Basic neurological analysis of thoughts</li><li>• Pre-requisite: purusha sooktha</li></ul>	<ul style="list-style-type: none"><li>• Insight to observe our incessant behavior</li><li>• Enhanced alertness to reduce or eliminate incessant behavior</li><li>• Insight to our Knowledge and Action Data Bases</li><li>• Enhanced conscious competence to analyze, discriminate, and grow</li><li>• Ability to train mind to effect neural structure of brain</li><li>• Creating 'Soul Memory' or Spiritual Life Scripts</li><li>• Ability to consciously and competently affect your DNA</li><li>• Tool box to troubleshoot and/or tune our behavior</li></ul>

## Seeking & Being With Inner Peace

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• Week ends</li><li>• 15 sessions of 60 minutes each</li><li>• Concept of upaasana</li><li>• Concept of vedhaanthic journey</li><li>• pancha kosha model of human constitution</li><li>• yoga and spiritual concepts of upaasana</li><li>• guNa, vaasana, &amp; samskaara</li><li>• Pre-requisite: purusha sooktha</li></ul>	<ul style="list-style-type: none"><li>• Awareness of human constitution (pancha kosha)</li><li>• Simple discrimination techniques (viveka)</li><li>• Method of analysis (vichara)</li><li>• Basic insight and practice of dispassion (vairaagya)</li><li>• Ability to perform six simple upaasana daily</li><li>• Insight and skill to change your guNa</li><li>• Ability to align with your inner peace (shaanthi)</li><li>• Intermediate level of mindful meditation</li></ul>

## sandhyopaasana



Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• Week ends</li><li>• 18 sessions of 60 minutes each</li><li>• Theory and practice of yajurvedha praathaH sandhya</li><li>• Pre-requisite: purusha sooktha, vedhaantha and Well Being Courses</li></ul>	<ul style="list-style-type: none"><li>• Internal and external cognitive cleansing</li><li>• arghya pradhaana</li><li>• gaayathri invocation</li><li>• Goal of japa: Dhyaana, DhaaraNa, and samaaDhi</li><li>• sandhyopasthaana</li><li>• Skill to perform the difficult upaasana</li><li>• Advanced level of meditation</li></ul>

### bhagavadh geetha Chapter 3

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• 15 sessions of 60 minutes each</li><li>• vedhaanthic theory of Action</li><li>• Analysis of vaasana, desire, thought, and action cycle</li><li>• Why is a human being born with bondage?</li><li>• Inheritance of 'Veiling Ignorance'</li><li>• Understanding svadharma and svabhaava</li><li>• How does a human being accrue paapa?</li><li>• What is 'Living Under Influence' (LUI) (Righteous and Unrighteous)?</li><li>• Pre-requisite: purusha sooktha and any one or more of higher level courses such as vedhaantha and Well Being, sri sooktha, naarayaNa sooktha, or sandhyopaasana</li></ul>	<ul style="list-style-type: none"><li>• Clarity about the iterative nature of action and actor</li><li>• Conscious competence to reconcile and align with our svadharma and svabhaava</li><li>• Conviction for Living Under Influence Righteously</li><li>• Enhanced competence in forming sankalpa (goals) for life and living</li><li>• Conscious competence to reduce or eliminate paapa</li><li>• Enhanced ability to leverage Chapter 3 as a practical manual for your life and living</li><li>• An addition to your 'Divinity Tool Box'</li></ul>