



## Details of Courses

### pooja viDhi

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 nithya karma or Daily Duty</li><li>• Practical 16 steps pooja viDhi (shodashopachara)</li><li>• Theory &amp; scientific meaning of rituals</li><li>• Learn common puja shlokas</li><li>• Spiritual and religious concepts</li><li>• Introduction to basic vedhaantha</li></ul>	<ul style="list-style-type: none"><li>• Performance of shodashopachara nithya 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 sankalpa or resolution</li><li>• Conscious competence to connect, communicate, and commune (3C) with nature (universal phenomenon)</li><li>• Awareness to guru moments</li><li>• Conscious removal of negative thoughts &amp; deeds</li><li>• Ability to teach pooja &amp; shloka to children</li></ul>

### purusha sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• Week ends</li><li>• 16 sessions of 60 minutes each</li><li>• Recitation of purusha sooktha</li><li>• Evolution of universe &amp; human kind</li><li>• vedhic concept about God</li><li>• Meaning of purusha and prakrthi</li><li>• vedhic &amp; scientific meaning of verses</li><li>• Pre-requisite: pooja viDhi</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>• Concepts of time, space, and phenomenon</li><li>• Relationship of vedhic god and individual</li><li>• Theories of yagna and karma</li><li>• Conscious competence to connect, communicate, and commune (3C) with nature (universal phenomenon)</li><li>• Basic mindful meditation</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 (shaanthy)</li><li>• Intermediate level of mindful meditation</li></ul>

## sri sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none"><li>• Week ends</li><li>• 18 sessions of 60 minutes each</li><li>• Recitation of sri sooktha</li><li>• vedhic &amp; metaphorical meaning of verses</li><li>• sri sooktha usage in pooja viDhi</li><li>• vedhic definitions of agni, sri, &amp; lakshmi</li><li>• Human being and ratha kalpana</li><li>• ashTTa lakshmi sthOthra with meaning</li><li>• Pre-requisites: purusha sooktha &amp; vedhaantha and Well Being Courses</li></ul>	<ul style="list-style-type: none"><li>• Recitation of one of the most popular vedhic mantra</li><li>• Ability to plan acquisition of shreyas</li><li>• Understanding bhagavaan</li><li>• Insight and clarity about creating virtues</li><li>• Ability to be a shreemaan or shreemathi</li><li>• Ability to contemplate about purpose of life</li><li>• Practical tips for leading a contented &amp; virtuous life</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>