



### Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

### Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

Tax ID# 94-2427126; Inc# D0821589

Tel: 925-449-6255; Fax: 925-455-0404

Web: <http://www.livermoretemple.org>

## HCCC Youth & Education Presents 2017 Spring Schedule of Courses for Adults

# Pooja Vidhi and Purusha Sookta



Course Starts on

**Sunday, April 16, 2017**

Day: **Sundays**

**Number of Classes - 15**

<b>Pooja Vidhi</b>	<b>9.30 am – 10.30 am</b>
<b>Purusha Sookta</b>	<b>10.45 am – 11.45 am</b>
<b>Sri Sookta and Vedanta/Well Being</b>	<b>TBD</b>

Conducted by  
**Sri. Kumar Padmini**



**Venue: Palani**

**Limited Seats - Maximum 30**

**Courses are offered in English - Ages 18 and above**

**\*\* This Event is Free \*\***

#### Note:

1. Vedanta recommends women as well to learn Purusha Sookta to apply during pooja
2. Curriculum is designed as progressive “Vedanta” learning
3. Purusha Sookta is pre-requisite for taking advance courses like “Vedanta and Wellbeing”

**Register Early using the form - Click the link below**

**[Poojavidhi and Purusha Sookta](#)**

**\*\* Registrations will be closed as soon as all available slots are filled \*\***

Questions? Send Email to: [HCCC.YandE@gmail.com](mailto:HCCC.YandE@gmail.com)

Event coordinator: Goutam ( 510-506-3713 after 6 PM)



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### Details of Courses

#### Pooja Vidhi

Brief Description	Competence Gained
<ul style="list-style-type: none"> <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 pooja shloka</li> <li>Spiritual and religious concepts</li> <li>Introduction to basic vedanta</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 god</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<sup>1</sup>

Brief Description	Competence Gained
<ul style="list-style-type: none"> <li>16 sessions of 60 minutes each</li> <li>Recitation of purusha sooktha</li> <li>Evolution of universe &amp; human kind</li> <li>Vedic concept about God</li> <li>Meaning of purusha and prakrthi</li> <li>Vedic &amp; scientific meaning of verses</li> <li>Pre-requisite: pooja vidhi; concurrent attendance with pooja vidhi recommended</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 vedic 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>

#### Vedanta & Well Being (Purusha Sookta is Pre-requisite)

Brief Description	Competence Gained
<ul style="list-style-type: none"> <li>20 sessions of 60 minutes each</li> <li>Definition of current and vedantic Well Being</li> <li>Vedanta 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>Conviction of Well Being at higher levels of human life</li> <li>Awareness of our common incessant negative behavior</li> <li>Enhanced alertness to reduce or eliminate our incessant negative behavior</li> <li>Insight to our Knowledge and Action Data Bases</li> <li>Enhanced conscious competence to analyze, discriminate, and be rooted in Well Being</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 our DNA</li> <li>Tool box to troubleshoot and/or tune our negative incessant behavior</li> </ul>



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