



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA94551

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>

2018 Schedule of Courses for Adults

Sixth series of courses start on June 3, 2018

Sundays	08:30 - 09:30 AM	naaraayaNa sooktha ¹
Sundays	09:45 - 10:45 AM	Seeking & Being with Inner Peace ¹
Sundays	11:00 - 12:00 PM	pooja viDhi
Sundays	12:15 - 01:15 PM	puruSha sooktha ^{2,3,4}

1. puruSha sooktha is a pre-requisite for this course. naaraayaNa sooktha is used to perform upaasana by leveraging concepts of puruSha sooktha.
2. pooja viDhi is a pre-requisite for this course.
3. Concurrent enrollment with pooja viDhi course is accepted since puruSha sooktha is used to perform pooja for all male deities.
4. vedhas encourage and allow women to recite puruSha sooktha so that they could perform complete shodaShopachaara pooja to male deities.

Notes:

1. Courses are offered in English, free of tuition charges, for ages 18 and above.
2. Earlier students are always welcome to attend the course/s to make up for missed sessions or to refresh the whole course.
3. Course Instructor: Kumar Padmini

About the Course Instructor:

Inspired by Swami Chinmayananda's upanishadh sessions and geetha gyaana yagnas, Kumar Padmini's journey to acquire and practice vedhaanthic insights started in the early eighties. Later, Kumar strengthened his vedhaanthic convictions under distinguished gurus of Arsha Vidhya Gurukulam. He has created a curriculum of courses that offers tried, tested, and proven vedhaanthic tools for an ardent spiritual seeker's 'Divinity Tool Box'. With missionary zeal and compelling conviction, Kumar promotes the gradual practice of 'yoga jeevana' by using the Divinity Tool Box. yoga jeevana enhances the 'Joy Quotient' of a person for a stress-free life and living in the highly competitive fast-paced Silicon Valley environment. He specializes in relating vedhaanthic principles with modern scientific concepts that include The Big Bang Theory, Neuroplasticity, and Consciousness Studies. This makes his vedhic heritage sessions compelling to even young minds (18 years and older). Kumar Padmini is a resident of Bay Area and technology professional for over 45 years.

Register: Mail your name and course/s of interest to omtat.brahma@gmail.com



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naaraayaNa sooktha aka manthra puShpa

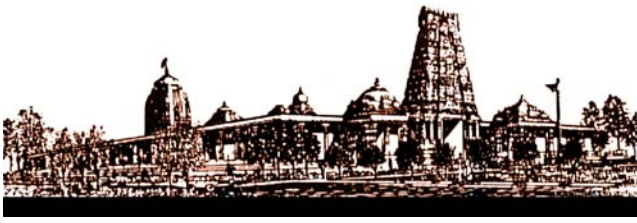
Brief Description	Competence Gained
<ul style="list-style-type: none"> 15 sessions of 60 minutes each vedhic recitation of naaraayaNa sooktha vedhic & metaphorical meaning of verses Divinity is the essence of human being naaraayaNa Dhyaana Pre-requisites: pooja viDhi and puruSha sooktha courses 	<ul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

Seeking & Being with Inner Peace

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

pooja viDhi

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



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purusha sooktha

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

Experience of Spiritual Seekers Who Have Attended Kumar Padmini's Courses

"I have been attending Sri Kumar ji's Vedanta class for the last few weeks. The classes I have attended on Purushasookta, Pooja Vidhi and the Bhagavad Gita, have been exceptional. His knowledge of Sanskrit and Scriptures, and his explanations and discussions, relating to our immediate environment is inspiring. He inspires others to be teachers by pouring out his heart and soul as a teacher."

"In recent times Hinduism has given to this world, Yoga, Bhakti-iskcon, gnana : mathematics and computer science, without external assistance. Yet, we have been attacked by ungrateful, ignorant cultures and religions. It is therefore essential that we promote Sri Kumar ji and others like him, as a teacher's- teacher, to survive as respected Hindus."

"- The course content is aptly designed for attendees to get a strong footing in understanding pure consciousness and connectivity that we can make
- It has highlighted the necessity for us to have 'our own time' in our busy schedules - to compose, reflect and conduct ourselves more meaningful in our lives
- I personally benefited from the 'treasure tools' that our veda has left for us to nourish and seek clarity"

"What did I take away? - Deity is a human formed imagination. The imagination is infinite and has several forms to it and hence there are so many forms of god and religions people created based on the history of years and how it has evolved. Deity may be needed for the mind to focus for some of them. Pooja Vidhi and Purusha sooktha is a mind cleansing exercise. I learnt how to focus while performing these mantras and the steps/ meaning of those while i perform."

For more details, please contact Vandana Bhanoori - Youth & Education Chair @ 510-364-2939
or Temple Office at 925-449-6255