



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

Seventh series of courses start on October 7, 2018

| | | |
|---------|------------------|--|
| Sundays | 09:30 – 10:30 AM | bhagavadh geetha Chapter III Part 1 ¹ |
| Sundays | 10:45 – 11:45 AM | pooja viDhi |
| Sundays | 12:00 – 01:00 PM | puruSha sooktha ^{2,3} |

1. puruSha sooktha is a pre-requisite for this course.
2. Concurrent enrollment with pooja viDhi course is accepted since puruSha sooktha is used to perform pooja for all male deities.
3. 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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pooja viDhi

| Brief Description | Competence Gained |
|---|---|
| <ul style="list-style-type: none"> 7 sessions of 60 minutes each 16 steps pooja viDhi (shodaShopachara) | <ul style="list-style-type: none"> Performance of shodaShopachara pooja as a ritual Recitation of 21 pooja viDhi shloka with meaning Ability to teach pooja viDhi & shloka to children |

puruSha sooktha

| Brief Description | Competence Gained |
|---|--|
| <ul style="list-style-type: none"> 7 sessions of 60 minutes each vedhic recitation of puruSha sooktha | <ul style="list-style-type: none"> Recitation of one of the most popular vedhic mantra Ability to perform pooja to male deities leveraging puruSha sooktha |

sri sooktha

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

naaraayaNa sooktha aka mantra 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 mantra 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) |



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vedhaantha & Well Being

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

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 (shaanathi) • Intermediate level of mindful meditation |

sandhyopaasana

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



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Concepts From bhagavadh geetha Chapter III Part 1

| Brief Description | Competence Gained |
|---|--|
| <ul style="list-style-type: none"> • 30 sessions of 60 minutes • Non-traditional approach of geetha study (not a pravachana)¹ • Clarity of verse 47 of Chapter II (karmaNyeva aDhikaarasthe ...) • Compare & contrast of karma and jnaana or saankhya yoga • Practical tips for spiritual living here and now <p>1. Not a verse by verse lecture; no interaction; not a time pass spiritual entertainment</p> | <ul style="list-style-type: none"> • Correct application of karma, akarma, naishkarma, and karthavya • Conscious competence to adopt yoga jeevana here and now • Conviction to perform nishkaama yagna in our lives and living • Conscious competence to facilitate shareera yathra, not detour • Reduction in pitting our will against eeshvara krpa • Skill to apply concepts of Chapter 3 as a Play Book or Practical Manual for our life and living here and now not later • Reduced epigenetic creation • Conviction that karma yoga is the best choice for us • Additional tools to our 'Divinity Tool Box' |

Concepts From bhagavadh geetha Chapter III Part 2

| Brief Description | Competence Gained |
|---|---|
| <ul style="list-style-type: none"> • 30 sessions of 60 minutes each • Analysis of aadhi shankara's concept of avidhya – kaama – karma¹ • Analysis of vaasana, desire, thought, and action cycle • Why is a human being born with bondage? • Inheritance of 'Veiling Ignorance' • Understanding svadharma and svabhaava • How does a human being accrue paapa? • What is 'Living Under Influence' (LUI) (Righteous and Unrighteous)? • 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 <p>1. Not a verse by verse lecture; no interaction; not a time pass spiritual entertainment</p> | <ul style="list-style-type: none"> • Clarity about the iterative nature of action and actor • Conscious competence to reconcile and align with our svadharma and svabhaava • Conviction for Living Under Influence Righteously • Enhanced competence in forming sankalpa (goals) for life and living • Conscious competence to reduce or eliminate paapa • Enhanced ability to leverage Chapter 3 as a practical manual for our life and living • An addition to our 'Divinity Tool Box' |

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