



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>

Hindu Community and Cultural Center Youth and Education Program

2015 Spring Schedule of New Courses for Adults

First series of courses start on February 7, 2015

Saturdays	10:30 – 11:30 AM	Pooja Vidhi
Saturdays	11:45 – 12:45 PM	Purusha Sooktha

Location: Gangotri room, Building D

Following courses will be offered at the Temple premises

- ❖ **pooja vidhi**
- ❖ **purusha sooktha**
- ❖ **sri sooktha¹**
- ❖ **sandhyopaasana^{1,2}**
- ❖ **vedhaantha & well-being¹**
- ❖ **seeking & being with inner peace¹**

Note:

1. These courses require purusha sooktha as prerequisite.
2. This is an Upaasana; Vedhaantha encourages women also for this course.

The curriculum is designed as progressive Vedhaantha learning.

Students registering for this semester will be eligible for higher level courses during 2015 Summer Semester.

These courses are offered for ages 18 and above.

Register by sending an email to

savithahccc@gmail.com or omtat.brahma@gmail.com



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Course Description

Pooja Vidhi

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 15 sessions of 60 minutes each • Concept of nithya karma or Daily Duty • Practical 16 steps pooja vidhi (shodashopachara) • Theory & scientific meaning of rituals • Learn common pooja shloka • Spiritual and religious concepts • Introduction to basic vedhaantha 	<ul style="list-style-type: none"> • Performance of shodashopachara nithya pooja • Recitation of 21 pooja vidhi shloka with meaning • Skill to perform pooja as a mindful exercise • Formulation of sankalpa or resolution • Conscious competence to connect, communicate, and commune (3C) with God • Awareness to guru moments • Conscious removal of negative thoughts & deeds • Ability to teach pooja & shloka to children

Purusha Sooktha¹

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 16 sessions of 60 minutes each • Recitation of purusha sooktha • Evolution of universe & human kind • Vedhic concept about God • Meaning of purusha and prakruthi • Vedhic & scientific meaning of verses • Pre-requisite: pooja vidhi; concurrent attendance with pooja vidhi recommended 	<ul style="list-style-type: none"> • Recitation of one of the most popular Vedhic manthra • Basic laws of spirituality • Concepts of time, space, and phenomenon • Relationship of Vedhic God and individual • Theories of yagna and karma • Conscious competence to connect, communicate, and commune (3C) with nature (universal phenomenon) • Basic mindful meditation

Note:

1. Vedhaantha recommends women as well to learn purusha sooktha to apply during pooja

Courses are offered in English for ages 18 and above

Course Coordinator: Kumar Padmini

To Register: email your name & course(s) of interest to

savithahccc@gmail.com or omtattat.brahma@gmail.com