



**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  
2016 Fall Schedule of Courses for Adults**

*Pooja Vidhi and Purusha Sookta*



**Course Starts on**

**Sunday, September 11, 2016**

**Day: Sundays**

**Number of Classes – 15 - 18**

<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</b>	<b>12.00 pm – 1.00 pm</b>

**Conducted by  
Sri. Kumar Padmini**



**Venue: Gangotri**

**Limited Seats - Maximum 25**

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

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

[Click here to Donate](#)

**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 Sri Sookta and other advanced courses like “Vedanta and Wellbeing”
4. Purusha Sookta and Sri Sookta are used for performing shodaShopachAra poojas.

**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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Sundays	09:30 – 10:30 AM	pooja viDhi
Sundays	10:45 – 11:45 AM	puruSha sooktha <sup>1,2,3</sup>
Sundays	12:00 – 1:00 PM	sri sooktha <sup>4,5</sup>

1. pooja viDhi course is pre-requisite for this course. Concurrent registration for pooja viDhi and puruSha sookta courses are welcome
2. puruSha sookta is used to perform shodaShopachAra pooja to all male deities
3. vedAnta recommends women as well to learn puruSha sookta for performing pooja to male deities
4. puruSha sookta course is a pre-requisite for this course. Concurrent registration for puruSha sookta and sri sookta courses are welcome
5. sri sookta is used to perform shodaShopachAra pooja to all female deities

#### NOTES:

1. All courses are offered free of registration and tuition charges
2. The curriculum encourages each student (aka spiritual seeker) to offer any nishkAmya seva (mindful service with no expectation) of choice at the temple
3. Each course requires a commitment to attend 15 to 18 classes of one hour each
4. The curriculum provides 'tools' progressively for practicing vedantic life and living here and now
5. All courses are meant for adults 18 years of age and above
6. Courses are taught in English
7. Please enroll ASAP since registration is limited to 25 seats



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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>Practical 16 steps pooja viDhi (shodaShopachAra)</li> <li>Theory &amp; scientific meaning of rituals</li> <li>Common shlokas for practical daily use</li> <li>Choice of appropriate deity for pooja</li> <li>Spiritual and religious concepts</li> <li>Introduction to basic vedanta</li> <li>Context of pooja, ADD, ADHD, complex and stressful life and living</li> <li>Conviction in power of thought</li> </ul>	<ul style="list-style-type: none"> <li>Performance of shodaShopachAra 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 personal sankalpa (goals) for life and living</li> <li>Conscious competence to connect, communicate, and commune (3C) with god</li> <li>Enhanced awareness to guru moments</li> <li>Conscious elimination of negative thoughts &amp; deeds</li> <li>Practical tools for your 'Divinity Tool Box'</li> <li>Ability to teach pooja viDhi &amp; shloka to children</li> <li>Provide practical tools to enhance attention and reduce stress in kids</li> </ul>

#### PuruSha Sookta<sup>1</sup>

Brief Description	Competence Gained
<ul style="list-style-type: none"> <li>15 sessions of 60 minutes each</li> <li>vedic recitation of puruSha sooktha</li> <li>vedic &amp; metaphorical meaning of verses</li> <li>Evolution of universe &amp; human kind</li> <li>rig vedic theory of consciousness</li> <li>vedic concept about God</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>vedic concepts of time, space, causation, and yagna</li> <li>Relationship of vedic God and individual</li> <li>Conscious competence to connect, communicate, and commune (3C) with the universal phenomenon</li> <li>Ability to perform pooja to male deities leveraging puruSha sookta</li> <li>Basic mindful meditation</li> </ul>

#### Sri Sookta

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



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