



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

2020 Fall Schedule of *Vedhaantha* Courses for Adults

[Click here to Register for classes](#)

Classes are free
(donations welcome to help temple during Covid Lockdown)
[Click here to Donate](#)

Online Courses start from October 4, 2020

Saturdays	10:00 AM – 11:00 AM	vedhaantha & Well Being ¹
Saturdays	11:15 AM – 12:15 PM	pooja viDhi
Sundays	09:00 AM – 10:00 AM	puruSha sooktha ^{2,4,5}
Sundays	10:30 AM – 11:30 AM	Bhagavadh geetha Ch III ³

[Click here for Course Details](#)

1. puruSha sooktha is a pre-requisite for vedhaantha & Well Being; concurrent registration is welcome.
2. pooja viDhi is a pre-requisite course for puruSha sooktha; concurrent registration for pooja viDhi and puruSha sooktha is welcome.
3. This is a continuation of 2019 Fall Session series; it is not meant for beginners. Pre-requisite courses are vedhaantha & Well Being, sri sooktha, naaraayaNa sooktha, Seeking & Being With Inner Peace, and sandhyopaasana.
4. vedhaantha recommends women also to learn puruSha sooktha.
5. puruSha sooktha is the main sooktha used to perform shodaShopachaara pooja for all male deities
6. The above courses progressively introduces vedhaantha concepts of sanaathana Dharma

Notes:

1. Courses are offered free of registration and tuition charges.
2. Nevertheless, you may donate generously after the course work to help mitigate the organizational expenses incurred during the temple lockdown due to the pandemic.
3. All courses are meant for adults aged 18 years and above.
4. The instruction of course work is in English.
5. Please commit to attend the entire course work for maximum benefit.
6. Please register at temple website or by email to omtat.brahma@gmail.com

Course Work Coordinator: Kumar Padmini (408) 813-4603

Youth & Education Chair: Manohar Mahavadi (510) 565-5618

Questions? Send email to: omtat.brahma@gmail.com Or ec_youth_education@livermoretemple.org



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Details of Courses

Pooja viDhi

Brief Description	Competence Gained
<ul style="list-style-type: none"> 15 sessions of 60 minutes each Practical 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 Introduction to basic vedhaantha Context of pooja, ADD, ADHD, complex and stressful life and living Conviction in power of thought 	<ul style="list-style-type: none"> Performance of shodaShopachara pooja Recitation of 21 pooja viDhi shloka with meaning Skill to perform pooja as a mindful exercise Formulation of sankalpa 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 Practical tools for your 'Divinity Tool Box' Ability to teach pooja viDhi & shloka to children Provide practical tools to enhance attention and reduce stress in kids

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 manthra 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 using puruSha sooktha Ability to perform basic contemplation (Dhyaana, mindfulness)

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 negative incessant behavior Enhanced alertness to reduce or eliminate our incessant negative 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 Conscious competence to affect your DNA Tool box to troubleshoot and/or tune our behavior



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