

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

Vedanta and Pooja Vidhi Classes



Saturdays and Sundays

8.30 am to 12.00 Noon

(For Details – See below)

Start Date: January 20th, 2024

Venue: Online

by Sri Kumar Padmini

Suggested Donation: \$51

Donate Now →

Vedanta Classes offered at HCCC Livermore are aimed at educating adults following sanAtana dharma, who want to enhance their spiritual life, and to make it more fruitful and productive.

- puruSha sUkta, shodaShopachAra pooja vidhi, bhagavad gItA, and vedAnta DinDima, and many other classes
- Promotes the practice of ‘yoga jeevana.’
- ‘yoga jeevana’ enhances the ‘Joy Quotient’ of a person for a stress-free life and living in the highly competitive fast-paced environment.
- See Page 2 for Class Schedule for 2024
- See Page 3 onwards for Class/Course Details with description and competencies gained.

Register to join: [Vedanta Classes Registration Form](#)

Event coordinators:

Kumar Padmini (408-813-4603), Srikali Varanasi (510-506-3706)

Questions? Send Email to:

ec_youth_education@livermoretemple.org

Goutam Vedanthi, Youth & Education EC Chair (510-506-3713)



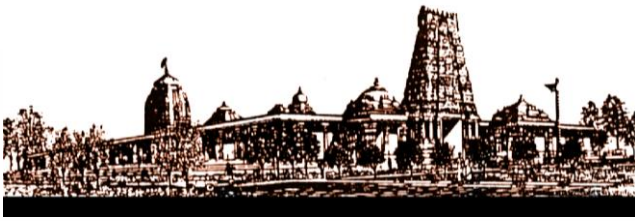
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2024 Schedule of Courses for Adults

13th series of courses start on January 20, 2024

Saturdays	08:30 – 09:30 AM	bhagavad gItA Chapter IV ¹
Saturdays	09:45 – 10:45 AM	vedAnta dindimaH ²
Saturdays	11:00 – 12:00 Noon	bhagavad gItA Chapter III ¹
Sundays	08:30 – 09:30 AM	viShNu sahasranaama ³ - significance of each nAma explained
Sundays	09:45 – 10:45 AM	shodaShopachAra pooja vidhi (16 steps of performing pooja)
Sundays	11:00 – 12:00 Noon	purusha sooktha ^{4,5} – chanting methodology with meaning

1. Select verses only.
2. Select verses of Adi shankara's text. Newcomers are welcome to join since each verse is independent and covers the basics of vedAnta.
3. Continuation course from nAma # 104. Newcomers are also welcome to join since each nAma is independent and provides insight of vedAnta concepts.
4. Prerequisite: Must have completed pooja vidhi; concurrent enrollment with pooja vidhi allowed.
5. Vision of rishis about Atam/brahman. Veda-s encourage and allow women to recite purusha sUkta. This enables women to perform complete shodaShopachAra pooja to male deities.

Notes:

1. Courses are offered in English, free of tuition charges, and 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** omtat.brahma@gmail.com

About the Course Instructor:

Inspired by Swami Chinmayananda's upaniShad sessions and gItA jnana yajnas, Kumar Padmini's journey to acquire and practice vedAntic insights started in the early eighties. Later, Kumar strengthened his vedAntic convictions under distinguished gurus of Arsha Vidya Gurukulam. He has created a curriculum of courses that offers tried, tested, and proven vedAntic 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 vedAntic principles with modern scientific concepts that include The Big Bang Theory, Neuroplasticity, and Consciousness Studies. This makes his vedic heritage sessions compelling to even young minds (18 years and older). Kumar is a retired technical professional and resident of Bay Area.



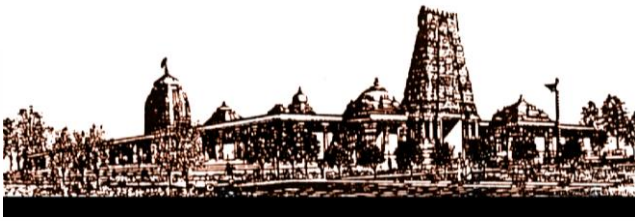
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Course Details

1. 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 concepts Context of pooja, ADD, ADHD, complex and stressful life and living Practical tools to enhance attention and power of thought 	<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 ➤ Recitation of 21 pooja vidhi shloka with meaning ➤ Ability to teach pooja vidhi & shloka to children ➤ First set of practical tools for your 'Divinity Tool Box'

2. viShNu sahasranAma

Brief Description	Competence Gained
<ul style="list-style-type: none"> 15 sessions of 60 minutes each puranic and/or vedAntic meaning of each nAma Spiritual and/or religious concepts where applicable Practical tool to enhance attention and power of thought. 	<ul style="list-style-type: none"> ➤ Skill to recite as a mindful exercise. ➤ Clues about religious and/or spiritual concepts ➤ Conscious competence to connect, communicate, and commune (3C) with god ➤ Enhanced awareness to guru moments ➤ Conviction and practice of positive thinking ➤ Ability to teach viShNu sahasranAma to children ➤ Additional tool for your 'Divinity Tool Box'

3. puruSha sUkta

Brief Description	Competence Gained
<ul style="list-style-type: none"> 15 sessions of 60 minutes each vedic recitation of puruSha sUkta vedic & metaphorical meaning of verses rig vedic theory of consciousness vedic concept about God 	<ul style="list-style-type: none"> ➤ Chanting of one of the most popular vedic mantra-s ➤ vedic visions such as: <ul style="list-style-type: none"> ☞ Knowingness, knower, known, and knowledge. ☞ Consciousness (cognition and awareness) ☞ Time and space ☞ Causation (phenomenon), cosmic evolution ☞ Basic laws of spirituality ☞ yajna in practical life and living. ☞ varNa system ☞ God/Godhead/individual ➤ Ability to perform pooja to male deities leveraging puruSha sUkta ➤ Ability to perform basic contemplation (mindfulness) or upAsana



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4. shri sUkta

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 18 sessions of 60 minutes each • vedic recitation of shri sUkta • vedic & metaphorical meaning of verses • Human being and vrata kalpana • aShTha lakShmi stotra with meaning • Pre-requisites: pooja vidhi and/or puruSha sUkta course; concurrent attendance with puruSha sUkta accepted 	<ul style="list-style-type: none"> ➤ Recitation of one of the most popular vedic mantras ➤ vedic concepts of agni, shri, bhagavAn, and lakShmi ➤ Insight and clarity about creating virtues ➤ Ability to plan acquisition of shreyas ➤ Ability to be a shrImAn or shrImati ➤ Ability to contemplate and identify your purpose of life ➤ Ability to perform pooja to female deities leveraging shri sUkta ➤ Practical tips for leading a contented & virtuous life

5. nArAyaNa sUkta aka mantra puShpa

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

6. vedAnta & Well Being

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 20 sessions of 60 minutes each • Definition of vedAntic Well Being • vedAntic constitution of human being • Personality and Individuality • Process of vichAra, viveka, and vairaagya (3V) • Basic theory of neuro-plasticity • Basic neurological analysis of thoughts • Pre-requisite: purusha sUkta 	<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



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7. Seeking & Being with Inner Peace

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 15 sessions of 60 minutes each • Concept of upAsana • Concept of process of being mindful • pancha kosha model of human constitution (taittirlya upaniShad) • yoga and spiritual concepts of upAsana • guNa, vAsana, & samskAra • Pre-requisite: purusha sUkta and/or vedAnta & Well Being 	<ul style="list-style-type: none"> ➤ Awareness of human pancha kosha ➤ Skill to practice simple discrimination (viveka) ➤ Skill to analyze (vichAra) ➤ Skill to practice dispassion (vairaagya) ➤ Ability to perform six simple daily upAsana ➤ Skill to monitor and change guNa ➤ Skill to align with our inner peace (shAnti) ➤ Intermediate level of mindful meditation ➤ Additional too for our 'Divinity Tool Box'

8. sandhyopAsana

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 18 sessions of 60 minutes each • Theory and practice of yajurveda prArtaH sandhya • Pre-requisite: purusha sUkta, vedAnta and Well Being courses 	<ul style="list-style-type: none"> ➤ Internal and external cognitive cleansing ➤ arghya pradhAna ➤ gAyatri invocation ➤ Goal of japa: dhyAna, dhAraNa, and samAdhi ➤ sandhyopasana ➤ Skill to perform the difficult upAsana ➤ Advanced level of meditation

9. vedAnta DinDimah

Brief Description	Competence Gained
<ul style="list-style-type: none"> • 15 sessions of 60 minutes each • vedAntic meaning of each verse • Commentaries by Adi shankara and other eminent tikAkAraS • Pre-requisite: Completion of at least one of the courses such as puruSha sUkta or other higher-level courses offered at HCCC 	<ul style="list-style-type: none"> ➤ Basic and advanced vedAnta concepts ➤ Firm convictions for practice of vedAnta here and now ➤ Ability to respond to basic questions about sanAtana Dharma that our children pose it.



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