

## Experience of Spiritual Seekers Who Have Attended Kumar Padmini's Courses

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# 2017

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Hello Mr. Kumar.

Here is a feedback from my side after attending the course.

At first, I want to thank you for taking your personal time being away from your family to coach us.

### **Feedback:**

At first I walked into to the class thinking it is a typical slogam recital class and how to narrate the mantras etc. But i was blown away by the first class itself on the approach you took to explain the concepts, the entire background, the history etc before jumping to the mantras.

I felt you being the cause (causation) - taking your time to teach us , the effect of which is we, the people who attended the course now has a reasonable understanding of what is Purusha and the related Pooja Vidhi on how to perform a pooja. Further cause could be that we planting this knowledge to others to have a rippling effect.

All along I was wondering what is this meditation and how people perform?. I have heard people just say the 'OM' and close the eyes .. but coaching on the entire evolution of the space and planets and evolution process makes it very clear the purpose of life, who we are , what it means to living, material things, pillar to post chasing etc etc.

I feel the classic of your training is the real life examples. Every one of those was awesome and i could relate to my life scenarios and they matched 100%. Thanks for providing those as otherwise it would have been hard to digest the content and get to an abstract thinking on what is purusha.

**What did I take away? - Deity is a human formed imagination. The imagination is infinite and has several forms to it and hence there are so many forms of god and religions people created based on the history of years and how it has evolved. Deity may be needed for the mind to focus for some of them. Pooja Vidhi and Purusha shooktha is a mind cleansing exercise. I learnt how to focus while performing these mantras and the steps/ meaning of those while i perform.**

**Some additional thoughts which may enhance the training in my opinion:**

- Little more additional time to practice the mantra

- Given our minds struggle to focus without a saguna / or deity , it may be worth to use some video model of cosmic evolution etc.. while chanting the mantra. That helps to get away from the deity mindset .. just a thought

Shan Gopalakrishnan (July)

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Namaskarams Sri Kumar

I am summarizing the benefits I reaped from attending this course conducted by you.

- The course content is aptly designed for attendees to get a strong footing in understanding pure consciousness and connectivity that we can make
- It has highlighted the necessity for us to have 'our own time' in our busy schedules - to compose, reflect and conduct ourselves more meaningful in our lives
- I personally benefited from the 'treasure tools' that our veda has left for us to nourish and seek clarity
  - Various karma and jnana upasanas that can come in handy to relieve us during stressful situations
  - The simple idea of having a 'clean' cortex by living in the 'present' and bring the eswara in us to destroy evil thoughts
  - We be the driver to our mind and not let our mind drive us
- The ultimate realization I had is to 'co-exist' and not 'manage' your surroundings. I started practicing this with my own kids (both in their teens) and definitely the experience of our interaction and relationship is at a new level (them being judgemental of me to being looking upto me sharing their ideas freely - I can't thank you enough for getting me out from darkness)

Again, I wish this light flashed me 5 years ago - by attending this class earlier, as I am sure, I would have been a more 'aware - That I am'.

Thank you gain.

Padmanabhan (July)

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I have been attending Sri Kumar ji's Vedanta class for the last few weeks. The classes I have attended on Purushasookta, Pooja Vidhi and the Bhagavad Gita, have been exceptional. His knowledge of Sanskrit and Scriptures, and his explanations and discussions, relating to our immediate environment is inspiring. He inspires others to be teachers by pouring out his heart and soul as a teacher.

Even in my senior age-group of 70s, I feel, we Hindus are unaware of our roots from both traditional and modern perspective. This is what Swami Vivekananda tried to do a hundred years ago. Without such a perspective, our religion and culture is at risk of being wiped-out in the near future by aggressive, materialistic religions.

Kumar ji's explanations from computer industry perspective is unique and it is much needed in the bay area Hindu community. I therefore, highly recommend his courses for all Hindus who want their children to continue to be Hindus.

Since Hinduism and it's offspring-religions are the only non-violent, non-local, universal religions, which can show a path of universal love and harmony to this troubled world, we need to continue our tradition as global teachers.

In recent times Hinduism has given to this world, Yoga, Bhakti-iskcon, gnana : mathematics and computer science, without external assistance. Yet, we have been attacked by ungrateful, ignorant cultures and religions. It is therefore essential that we promote Sri Kumar ji and others like him, as a teacher's- teacher, to survive as respected Hindus.

Om tat sat.

Narendra Devadas (June)

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Namaste Kumarji,

I took the Pooja Vidhi and Purusha Suktham classes in Fall 2016.

At the outset I would like to say that I highly recommend these courses to anyone who has either the inclination towards or curiosity with regard to why we do things the way we do in Sanatana Dharma (or what we colloquially refer to as Hinduism) and what is the fundamental instruction in the Vedanta for them.

The philosophy and religion of Sanatana Dharma is one for the self. It is not for one person to preach and for everyone else to follow verbatim but it is for each of us to interpret for oneself. Through these courses Mr. Kumar Padmini is able to help us start out on the path to do just that. With structured content, lucid explanation, thought provoking questions and a selfless commitment to serve the individual needs of each of his students he is able to help students question and understand the most cryptic of Vedantic concepts in simple English no less. Attend these classes to understand your version of your religion better.

I was apprehensive initially about taking Pooja Vidhi. I was interested in Vedanta and therefore gung ho about Purusha Suktham but when I heard Pooja Vidhi was a pre-requisite I was hesitant because I wasn't really interested in "meaningless" rituals, or so I thought. But I'm glad I took the course. We often forget that the rituals we follow as a matter of faith have their basis in Vedanta as well and while this course does contain instruction on performing some of the basic rituals the focus is on the Vedanta behind them.

I wish the readers all the very best in their endeavors.

Regards,  
Amit Krishnan (March)

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# 2016

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Dear Kumarji,

I would like to share the following information with future students, regarding my experience with the courses offered by you:

This year I repeated attendance to Pooja-vidhi and Purusha-sookta courses for the 3rd time and also completed the Shri-sookta course. Every time, I have got new insights. The courses offered me methods and ways of thinking to find solutions for everyday issues and problems created by my own thinking. Opportunity for active discussions with the other students, to revise the concepts and my understanding, is what motivates me to repeat the courses again. I find myself more accepting of events and individuals in my life, more relaxed and less fearful since completing the courses. Few weeks ago when my car was rear-ended, instead of feeling panic I found myself going with the flow of events without stress or anxiety. I am thankful to Livermore temple and Kumarji for continuing to offer these courses.

Thanks,  
Preeti (December)

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Namaste Kumarji,

Thank you very much for walking us through the context behind the Sri Sooktha and helping us reflect up on Sri, Shreeman, Shreyas, Jathavedha and Lakshmi. The class was engaging and I have learnt to recite Sri sooktha competently with the aid of the scripts. I am using the Sanskrit book that you gave. Apparently, all along I was receiving notes only on Pooja Vidhi, Purusha sooktha and not on Sri Sooktha.

I learnt from you on how to be a good teacher, coach and, on how to provide an engaging delivery.

There are some gaps that I need to work on

1. Effectively do mananam on Sri Sootha versus and reflect up on. At present, it is spotty.
2. I have gaps in cohesively enumerating the meaning of the versus and internalize Sri Sooktha
3. Practice Sri Sooktha recitation competently and consciously, without the aid of the scripts.

I'll work on paying the Guru dakshina after filling the gaps. Soft ETA for filling the gaps is by March'17.

I feel blessed and looking forward to learn more under your tutelage.

Thanks again!

Jayaganesh Lakshminarayanan (November)

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Namasthe,

I always felt blessed to attend Kumar Ji class. This fall I attended Sri Sooktha course, followed by Pooja ViDhi/PuruSha Sooktha during last Spring season. I always enjoy Kumar ji class learning ancient Vedas in practical approach with lots of spirit in a satsang group environment. The way he takes courses is so organized, content, inspiring to divine seekers. My earnest gratitude for his explanation of importance of being now and mindful with examples are phenomenal rather than practicing physically. He is insightful in clearing doubt yet humble. It is not straightforward to live in conscious state constantly yet i am practicing and can recognizing myself whenever i slip form this state in day to day life. Thanks, Kumar Ji for your steadiness, dedication, enthusiasm and charitable time in spreading Vedantic learning to community.

Looking forward to grasp more eternal development in coming sessions.

Sincerely,

Gayathri Soundararajan (September)

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Hello Sir,

This is Maheshwari, I come to your class on Sunday at temple. I enjoy the class very much. I like the way you teach sir. I feel very motivated whenever I am in the class.

Thank you so much for your dedication.

Thanks

Maheshwari Shanmugam (September)

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Namasthe Kumar,

Thank you so much for giving such great classes on Purusha Sooktha and Pooja Vidhi course! Prabuji you have really mastered the art of service to the Hindu communities in enlightening those who are truly seeking clarity on their paths. I can say that I have really benefited by your talks and have been able to propel myself even higher into thinking and you inspired me to continue on my journey with even more determination than before. I really appreciate your passion for Vedanta and how you present it with an open mind and non-judgmental stance on spirituality and your sincere appreciation for the uniqueness in each individual's experience. I really like how the questions that you pose before us makes us think more and awakens us into the deeper reality of why we are doing what we do and am very much looking forward to the Vedanta course and I would highly recommend anyone to take up these courses with you and anyone who is wanting to improve in their Pooja practice or daily lives.

Sincerely,

Sharleen Ahn (July)

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Namasthe,

Sorry for the very late response.

First of all I thank you very much for spending your valuable time in teaching such nice things to us

This class reminded me some of my forgotten things. It really woke me up and reminded of my way of living and dealing with people and things in the daily routine life.

Actually I came to learn how to recite purusha sooktam but ended up learning how to lead life in a calm, simplistic, mindful and in a very happy way.

The eye openings things that we learned in the class were also taught by my mom when we were young and I used to follow to most of the extent. But over the years with hectic lifestyle and with different kinds of people around me I kind of lost and forgot to keep implementing those values. But this class again taught me to live life again in those lines. I am being honest here and telling you that now I am thinking twice before doing any action, responding to anybody and even about my thoughts too.

Thanks once again

Thanks and Regards

Sunandini (July)

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Hi Kumarji,

Namasthe!

My apologies for not responding earlier. I was too occupied with the family emergency and subsequent ceremonies that demanded most of my time over the last week or so. Now as things settled down a bit, I took this opportunity to respond back to your email.

First of all, I would like to thank you from the bottom of my heart for introducing me to these two wonderful courses. Your unique teaching style and the relevant anecdotes on real life examples made topics like pooja viDhi and puruSha sooktha lot more interesting and thought provoking. Moreover, frequent references to Bhagavadh Geetha, and other texts inspired us to seek clarity in our understanding of the evolution of consciousness and strive towards identifying our true identity and "soul purpose".

The class became an integral part of my weekly routine as I used to wait for the Sunday morning lectures. Now I can't wait for the Vedhantha and Well Being course to start during the Fall session.

Thank you again for your time and guidance.

Best regards,

Partha Chakraborty (July)

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Vannakkam Kumar ji,

Couple of months before myself and my family was planning to come to Livermore temple for Dharsan after long time. I was just curious to see what Pooja/celebrations was going on at time in temple, and luckily got to see information flier about Pooja viDhi and puruSha sooktham sessions. As it mentioned this is basic for Vedantic learning which made me curious to enroll.

I used to listen many speeches of sir U. Ve. Vellukkudi Krishnan including Sanatana Dharmam. But, our Sunday class gave me different/practical approach solve/escape from day to problems. Even to make every moment which we live to utilize it to the best. The small examples which you include definitely spoon feed any one.

Every week I used to jot down the main ideas, which is new for me and the vision towards the terms used was totally different which reminds me to follow till I attend next session and get new information on top of the previous week.

- Triple CCC
- BMIE
- Space,time,existence
- Mananam
- Cause & effect
- Action driven or divine driven
- Brahman - Sathyam Niyamam & Anantham
- 1/4body, 3/4 divine connectivity
- Cleaning data base, Cleaning database regularly, Aha factor, Om, Now ,Muddled understanding Yagnam and many more.

To be honest, prior to attending these sessions I didn't have any clear understanding regarding regular Pooja which I regularly perform at home nor why the priest is following steps to perform Pooja. I blindly believe that doing Pooja might have meaning.

But our sessions clearly explain the meaning and reasons behind performing Pooja (Hope I can say organized way of asking, but is not going to be the best as many of us are knowers) was wonderful approach. Focusing on Pooja will be better if we know why we perform each and every step. Maybe this might be the starting step for experiencing divine. The shocking message for me was why we have middle man (poojaris) to get phala! In spite that everyone has the capability to approach/realise/experience Brahman with proper way of thoughtful mind. Many times I started to do Manana which was totally new for me for the past few weeks.

With Purusha Sooktham reciting with three Swaras was totally new for me. Before I used to recite Slokas/Mantra with meaning or sometimes even without meaning if it is in Devanagari. But reciting with proper Swaras brings the essence of sounds in each verse and it is the proper way of reciting was totally new experience for me. Preceding towards each and every verse was amrit. My heart felt fulfilled as I get a chance to learn treasures left by our Forefathers. Still I am working on proper recitation!

Every time listeners had question you cleared it with several examples that's the great thing. Each time you say Bhagavad Gita (the great essence) I feel little dodge to start to read this book. Also, the Soul Purpose recommended by you was great book to go through parallel while attending the sessions. I always enjoyed short jokes happened in between class. The follow up notes after class was really useful to me to organize and review. I will try to follow these on daily basis.

After many session nowadays whatever idol I see in front of me, my consciousness reminds me that "it is inside you" (me itself) and try to follow/experience all the attributes of that idol instead just doing physical Pooja. For me this is the first step towards realizing consciousness. This is definitely big change within me. With proper thought, breathing and meditation hope I can bring more and more connectivity. I remind my Mother words who says several times to my kids, just starting to recite slokas with the consciousness that's inside them.



There is no words Kumar ji the way you handled the session. You are following Bhagavad Gita! I feel proud to meet such person in my life.

Sincerely,

Gayathri Anand (June)

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Namasthe,

My sincere apologies for the delayed email, but wanted to give my feedback on the course "PuruSha Sooktha" I've taken at the temple on May 7th and 14th.

"Learning this powerful Mantra with meaning and correct pronunciation has been very beneficial since now I am able to read it with full awareness of what the Slokam is about. This is specifically very important since I didn't want to do it just as a daily ritual. My concentration is completely in the mantram when I am reading it only because I know the full and correct translation - all thanks to Gurugaru Kumar Padmini garu. I haven't been reading it daily (which I plan to very soon), but whenever I read it, I feel a sense of happiness and satisfaction which persists through the rest of the day. In this age and generation of stressful life, being contended is very important which directly reflects on our day-to-day activities. I strongly recommend this course to anyone who wants to read it mindfully and achieve greater satisfaction."

P.S. - This is my second course under Kumar garu (the first one being Pooja Vidhi). I plan to take many more courses in the future.

Thanks,

Sunil Kumar Mukkavilli (June)

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Hello Ram garu,

My personal objective was to understand vedantic concepts about God and evolution of human being.

I was amazed by the concepts and effort that has gone into course preparation. Hats off to Kumar garu for his efforts!! He is a great a teacher and expert on the subject. I really enjoyed the fun he adds into his classes, while delivering very abstract concepts using simple every day examples.

Overall, I really enjoyed the puruSha sooktha course and learned a lot. This course has made me understand how to lead a simple and stress free life.

I look forward to attending more advanced classes by Kumar garu.

Thanks again for organizing this course.

Satheesh Thalladi

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Namasthe,

I completed the 2-day Purusha Sukta course taught by Kumarji at V.E.D.A in Milpitas. I did this course offered over 16 Saturdays, for the first time a year ago, when I learnt to recite the Sukta and pronounce the words. My goal of repeating the course was to learn/know (really know!) the meaning, because I want to recite with the awareness to metaphorical meaning. During the course, I got several practical applications that I could use in day-to-day life. Nowadays, instead of reacting unpleasantly to certain events/individuals, I reflect on the thoughts and beliefs from my knowledge database and put things in the perspective I learnt during the course. I find myself more comfortable and accepting of events, people including myself! I highly recommend this course for those who seek personal growth and development.

Preeti Deshpande Oza (May, V.E.D.A. and Livermore Temple Attendee)

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Dear Kumar Ji,

Namasthe. Thank you for a valuable course in Purusha Sooktham. Following is my feedback on my course experience.

- 1) **Learned something new:** I didn't realize the principle of non-dualism was expressed so clearly in Purusha Suktham before coming to this course.
- 2) **Knowledge is so empowering:** The course was a great reminder of infinite nature of my existence especially when the feelings of helplessness take over.
- 3) **Glad you shared your experiences:** Your sharing of how this knowledge was instrumental in living your life courageously in the world of rat race is noteworthy.
- 4) **References to Bhagavad Gita verses:** These are necessary pointers for seekers of Vedanta in order to fully appreciate the message of Purusha Suktham.
- 5) **You raised the bar thru your frequent appeals to doctorate level of thinking.** No doubt, this course is not meant for beginners/ spiritual shoppers/ quick fix lovers.
- 6) **Got distracted by your heavy slamming:** I understand your intent of encouraging participants to rely on self-knowledge over Guru-chasing/idol-worship. However, slamming of few masters by mocking on how they dress or name themselves or engage with devotees, was unpalatable for me because I have personally experienced authenticity and sincerity in their unique ways of spreading knowledge. Some of them have done an outstanding job of spreading Vedanta to millions without using complex technical terms and taking the universal appeal of Upanishads to masses. So the Purusha Suktham course without Guru-slamming would be much more effective in delivering a great message as a great service to sincere seekers.

Thank you again for presenting profound knowledge with lot of Shraddha.

Namaskarams!

Sincerely,  
Barath Narayan (May)

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Despite being 60 miles away from the Milpitas temple, I used to strive and attend Kumar's talks. I envy those staying close by, they are receiving some of the best teachings of our vedanta texts from Kumar who makes it a point to deliver it in a simple, lucid and effective manner. I welcome any classes from him, our age old texts are numerous, vast and deep: any insights from any of the chapters are welcome. I have asked Kumar to think about the Upanishads and Garuda Purana further along. But as I said, I do not have any preference, I will welcome any lecture/talk from him. Kindly keep me in the loop.  
Namaskaram.  
Ram Mohan Rao

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Namaste

It had been a beneficial and exemplary phenomenon session.

Shri . Kumar Ji took the class with the deep understanding of Pooja Vidhi in a relaxed manner.

I sincerely thank the volunteers for conducting valuable sessions.

Will recommend others to attend this session.

With regards  
Lakshmi Sriram (March)

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**2015**

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Great, thanks Kumar Sir. We will see you Aug 23. Yes, my meditation and pranaayama practice has not ceased. These days I combine the Vyahruti with the chakras and I find myself going a notch higher in my Dhayana practice. I have used it in my Yoga and Ayurveda class and several students love it. For the beginners it helps because they have good mental props to guide them through the practice. Regards,  
Ram Mohan Rao (July)

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Namasthe,

When I came across about the 'pooja viDhi and purusha sooktha classes' program schedule flyer, accidentally, sitting in my junk mail folder, I'd have deleted that email like other emails! But, something has prompted me to just check it out. That's how I came across Sri Kumar garu.

What can I say? It has completely changed my life style, my thought process in general and perspective about finding purpose of my life!

Briefly, I do Business/IT strategy work for living. I partner with senior corporate executives – recalibrating their strategy to ensure what matters most to the business and executes them. Even though, I've my fair share of ups and downs in both my professional and personal life, I didn't realize till I met Kumar and started attending to his classes that matter of fact it is me who needs the recalibration - to improve my inner peace and well-being!

I must say, there were numerous incidents/situations that I can correlate from the class to my life. Had I gained this wisdom/maturity earlier; could I have handled them differently? Probably, Yes! Life is all about continuous learning and Kumar made my journey more thoughtful and helped me to fine-tune the search for finding purpose of my life. Thank you Kumar for all your nishkama yagna.

I wish you many more years of great health and continuation of your good work.

Thank you for the opportunity.

Regards,

Venu Chillarige

*PS: Oh...btw, I changed my junk mail settings to manual delete (from auto delete periodically).*

*Nothing is going to be auto pilot from now on in my life.*

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After every class, I felt more courage as the class unfolds lots of myth about God and so called Hindu beliefs. It helps you to think in the right direction as to what is right and what is important. My consciousness level has been elevated for sure and we felt many guru moments! Aha moments too!

I was also amazed by the instructor's knowledge and grip on the subject matter!

Regards,

Pudur Ramaswami (February)

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Hello Sir,

I have taken the Purusha Sooktha course this semester after taking the Puja Vidhi course last semester.

Kumar Sir teaches vedaantha using real life scenarios and humor making it easy to understand, apply and practice in everyday life. His "mananam" questions are very simple to comprehend yet thought provoking. I am truly blessed to have the opportunity to attend these classes.

Eagerly awaiting the start of the next session.

Rgds,

-Rama Koganti (February)

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**OM**

Initially when I started this class, I was purely under the impression that this is a normal Puja Vidhi teaching class where I will learn how to perform my Nitya Karma Puja but as I

continued with the first few sessions I realized that this was much more than what I have anticipated.

I felt like, it is hard to explain the feeling but I may be able to with this example.

It is like a child who has been waiting to open his Birthday present which he very well knows that

It is what he asked for, but then when he opens it is the most unexpected thing which he wished from bottom of his heart but did not expect it, runs out to tell his friends.

My soul has been alleviated and the discussions and the questions which our fellow classmates ask and the way Guru ji (Kumar ji) answers them gives you the answer to your unanswered questions or the answer to the question which never might have crossed your mind. (Budhi)

I look forward to this class every week. I have realized that when I read about Vedas and Upanishads my perspective is changing in regards to the age old stories we have been listening from generations.

I am able to explain matters of these to my mom and she appreciates them.

As both me and my husband, both are attending these classes we share the same thoughts and discuss our actions accordingly. Earlier the discussions of our Sunday afternoon were which mall to crash but we listen to podcasts, you tube videos and read books mentioned about in our classes.

We have changed our way and means to talk to my Teenage child and trying to raise our kids With a completely different perspective.

I would recommend this class to everyone who is a Jigyasu and searching for the reason they are in this world. My view, young people should attend this class but it is never too late to start anything good for your mind, body and soul.

I greatly appreciate Kumar ji time and effort. He is like the Guide taking us through the thick dark forest avoiding wild animals, thorns and hindrances and leading us to our destination, the ultimate truth, realizing BRAHMAN (light).

May god bless him and his family with good health.

Sarvam Bhagvath arpanam asthu.**Om Shanthi ShanthiShanthihi.**

Madhavi Vedula (January)

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Kumar,

Sorry for the delay in getting to this. I really enjoyed the course, and your engaging style in delivering such complex material.

My intent in registering was in fact to gain that conscious competence in understanding the pooja shlokas and mantras that I recite every day. Over many years I've picked up many

mantras from the advice of friends and priests at the temple. While their meanings can be found on the internet, I felt I could be more effective with some help. Then there are self-realized masters like Paramahansa Yogananda whose book "Autobiography of a Yogi" had a powerful influence on me, and whose society I am a member of. I practice his meditation techniques. Then there are the Vedas and they are a dauntingly and intriguingly complex topic I would love to know deeply. So you see that I've sought to put an order and sense to the undeniably rich, diverse, but fragmented knowledge base of our scriptures and culture.

You had me hooked in the first 10 minutes of the course when you said that pooja is a mental exercise. I knew I was on to something different and genuinely meaningful way of approaching the subject. I've begun internalizing the meanings of and reciting the shlokas in the sequence. I do those now after understanding their meaning and with the appreciation of the order and sequence to go through. Increasingly with practice I do this with conscious competence, which I can already begin to sense, increases my power of concentration.

Your course is the first real connection that anyone drew for me, between pooja rituals, spirituality, and the Vedic scriptures. Everyone says our vedas are scientific in nature, but for the first time I came across someone who explained how and why, and how the ritual reflects back on the philosophy. THANK YOU! I look forward to the Purusha Sookta course.

Warm regards,

Yatin Patel (January)

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I recently embraced the path of Sanatana Dharma from another path. Although I have done a lot of study on my own, it was great to know that there is a place like the VEDIC Academy and a great man like Kumar to explain and instruct about the Vedic traditions and ritual procedures to those of us who are new as well to those born Hindus who may have forgotten.

Kumar is patient, and because of his passion for the subject matter and his excellent presentation methods theological concepts were easy for this westerner to understand.

I now better understand how the energy flows to and from my deities and what my responsibilities are to ensure that I get the most benefit from my personal practice.

I look forward to other courses from the academy.

I attend temple there sometimes and my contacts with the entire staff have been very positive.  
Jon Banks (January)

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Ram Gaaru, Namaskaram,  
Firstly, my apologies for the delay in sending out this email.

As mentioned in the first slides of the course presentation, the classes really helped me understand Why, When, What aspects of the Pooja Vidhi much better. Though I perform Pooja occasionally, I now follow the process and chant slokas more responsibly than before. The questions and examples by Kumar gaaru and other students made the class very interesting. This course is my first step and I would like to augment my understanding about God by attending PuruSha Sooktha classes too.

I really thank you and Kumar gaaru for your efforts in conducting the classes.

-Srinivas Sarva (January)

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Namste ! Kumar Ji ,

I am blessed to attend Puja viDhi class at Satyanarayana Swamy temple with the Guru Kumar Padmini.

Kumar Padmini has great knowledge about Vedanta and many different aspect of spiritual paths.

I am extremely happy about his presentation. He got great talent of teaching. I don't believe just knowing is not enough. Need to be good presenter for the audience to connect in proper way. With this class our way of understanding about Vedanta & God has been changed. It was a great transformation.

After 1st class I was little shaken up regarding different opinions about God what we have & what has been discussing in the class. But it is been told at the beginning of the class the shaking will be there. I am glad I continued and attend 2nd class which clears all my doubts and got clear Idea what we are supposed to be doing instead of what we have been following without knowing the inner meanings of the Puja process. The small correction in our daily Puja will give lot more benefits in our life we all do Puja but in right way is very important That's what the Puja viDhi taught me . Being in spiritual path I am glad I attended this class and got most of my doubts clarified.

I tried many different Spiritual Paths like going to Buddhist Vespasian & Learning Pranic Healing. I can relate many from this Puja ViDhi to all my knowledge gained from other paths are similar. Puja viDhi is my daily ritual. Other path I still need to give time to bring them in to my daily life. I tried my best to put it in words about my excitement.

I strongly recommend who what to learn about puja how why where etc., questions to be answered so please attend this course you will be delighted and continue your learning. Looking Forward to learn next steps Pursha suktha and will try to follow your guidance for higher understanding and living the life as a Human Being.

Thank you & Best Regards,

Chinmayananda Swamy (January)

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Hi Kumarji,

I am glad that I was lucky to join the express version of pUja vidhi class.

I feel I shall have to put in at least a further 40 hours of intense work to fully understand the significance of what you offered to me in this class. I feel I may have acted in the class more as a friend than as a student. For this transgression I offer my heartfelt apologies. Till last week I had

not looked too pleasantly on the ritualism aspect of spirituality possibly I had not gotten exposed to the true significance of this aspect of life? My poor understanding and gumption! Correction for this idea dawned on me when I read some lines of Vivekananda who defined religion---dependent on three legs---- namely Philosophy, Mythology, and Ritualism--- the last helping in concretization of the Philosophy. I sincerely believe that God should bestow his anugrah to a sAdhaka! You have been able to realign my path that had gotten strayed probably because of my own TAmSika nature! I need your help---please send me the original power point files so that I can complete the Devanagari addition to your notes with the hope that it may enable you to use it at a later date.

Once again buckets of regards.

Makhan Seru (January)

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**2014**

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Dear Kumar Sir,  
Namaskaram.

I feel very fortunate to be able to attend your lectures which are helping me a great deal to work on the changes I want to make in my life.

For example, one change that I had been working on was to respond to situations instead of reacting to them. The real life examples and thoughts (Mananam) that you put forth in classes are contributing towards achieving this goal. Because of the influence of your teachings, I am able to say sorry easier and acknowledge by mistakes even though it is after the fact most of the times. Again, I am hoping that responding to things instead of reacting to them will help me get better at this.

I personally believe that Paramatma has selected you to guide me in this stage of my life. Thank you for offering the Vedaantha (Puja Vidhi, Purusha Sooktha) classes.

Rgds,

-Rama Koganti (November)

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Dear Mr. Bhoopalam,

I attended two classes during Spring/summer of 2014 and here is my feedback:

Common comments:

Kumar garu is a very enthusiastic and engaging teacher, patient and very skilled in making the subject relevant to people who are working in Silicon Valley. He not only explains the meaning of various concepts but also interprets them with an insight into modern scientific theories. Thereby, we develop a great reverence to our Rishis for their foresight, scientific and



spiritual realizations and gratitude and indebtedness for their contributions. They were bold and great thinkers and realized souls. I strongly recommend both the courses.

Puja Vidhi:

Even though, i might have heard some of the Slokas and concepts before, I received a comprehensive and thorough understanding of the reasoning and the rationale behind the practice of the various steps and their meaning and implications to modern life. Kumar garu patiently explained the various steps and the basis for their practice, in a manner convincing to most Indians who might be skeptical of their own family beliefs and practices.

Purusha Sooktham:

Thanks to kumar garu's explanation of the philosophy and concepts behind the various mantras in this Sooktham and their relevance to a busy and skeptical modern man. The concepts and visions are grand and Kumar garu did an excellent job making them understandable to all of us. I appreciate his patience in answering wide range of questions and grounding his answers in Vedanta philosophy.

I am grateful to Kumar garu and to V.E.D.A temple for providing this opportunity to learn.

Regards,

Krishna P Sammeta (October)

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Hello Ram,

I completed the summer session of Puja Vidhi and Purusha Sooktham classes, and had an awesome experience and want to share with you the details.

The "Right here and Right now" philosophy of Vedanta was captured very well and Kumar articulated these concepts extremely well. I'm not well versed with Vedantic literature, but could think about and ponder on these and these made perfect sense. The "Guru Moments" and "Thathaasthu" are tools for a life-time.

I was very keen on finding the right balance between achieving success in career and at the same time, having a rewarding work-life balance. Read several books and asked several career mentors, but none of the advice could completely satisfy me.

But, these courses helped me in looking at the right direction for a solution. My Guru Dakshina to Kumar sir is to enroll my wife into these classes and enroll myself in the next offerings.

Feel free to share my views/quote me if that helps.

Thanks,

-Vissu Burela (September)

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What I expected: Class on how to perform Nithya Puja Vidhi. Hailing from a family that does nithya puja at home I wanted to carry forward that tradition (religiously performing puja) by attending this class.

What I Got: What I expected + a clear understanding of life and how to lead a better life. Kumar garu gave wonderful examples, similes, in our daily life and how to relate them to puja vidhi.

Today I lead a conscious life I would like to thank the ALMIGHTY for giving me an opportunity to attend Puja Vidhi Classes.

--

regards

Bhaskara Jandhyala (August)

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Namaste Kumar ji,

What a remarkable feat you have accomplished! Offering us moodhas, an insight into our aeon old cultural heritage, with the skill and knowledge of an accomplished teacher or guru, is no mean a feat. Your knowledge of our scriptures, leavened with your unique sense of humor, poise and creative genius made the class a very visceral experience for me. I used to look forward to attending the class with a great degree of anticipation and indescribable joy. It has been a godsend opportunity for me to know you.

Please keep up your unique contribution to the community. Without your active involvement in the community affairs, especially educating folks about our cultural heritage, it will amount to denial of opportunity to the youngsters, not only to get an overview and understanding of our scriptures, but also what is Hinduism all about.

Thank you

Regards & Best wishes,

Pran Kaul (August)

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Hi,

I am considering myself very fortunate to get a chance to attend this course. This is an awesome session. Kumarji has immense knowledge. I have been reciting and ritualistic doing puja without understand. Even if I searched for the meaning all I got was the word to word meaning and not the metaphorical deeper meaning. Kumarji took lot of time and he patiently

helped us understand the deeper meaning. After attending this session I realized how good the tools are to control our mind and do the mindful aware puja.

After attending this class our perspective of thinking in terms of god and us has changed. This is a great tool which is available for all the Indian and we are very fortunate to have these tools. I promise to guruji that I will try to put 5 more people in the right path by trying to guide them with the support and inspiration from guruji.

I am going to attend all the other courses offered by guruji Kumarji.

Regards  
Murthy Vedula (August)

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Pranam,

Purusha Sukta and Pooja vidhi classes were very enlightening and gave us a great introduction to Vedhanta and to help us practice Vedhanta in everyday life. We sincerely thank Kumar ji for being a great "GURU" and helping us gain those valuable insights of life and living.

Our gurudakshina will be to practice what we have learnt in day to day living. We are eager to attend any other Vedhanta classes offered in the bay area.

Our sincere appreciation to Satyanarayana temple for hosting these classes.

Thanks

Dedicated shishyas (Srikrishnan Venkataraman and Vidhya Venkataraman) August

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Namaskaram,

Sorry Sir, I won't be able to make it this time since right now I am tied up other things. I would have been glad if myself/my husband could join any classes. If time permits, one of us will surely take some classes in future. I really appreciate your efforts and contribution towards the pooja and related vedic principles. We are trying to follow them in our day to day life.

Thanks  
Prasanna (April)

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Namaste

Sridhar and I will be interested in both the courses.

My sincere thanks to you for sharing your knowledge with us with all the enthusiasm, answering all our unstoppable questions and pacifying our thirst. we surely are grateful every moment.

vaidehi (March)

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Dear Kumar gaaru,

Wish you and your family a wonderful Ugadi!

I appreciate your patience in helping people to contemplate in a higher realm of thought and purpose.

Would you consider allowing students to attend courses that have pre-requisites and the student hasn't completed them? Would a student be able to follow your discourse without being a burden to the class? Obviously they are required to follow the continuity in learning intricacies of Vedic teachings in your curriculum.

Regards,

Gunna Marrisudi

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Namaste Kumar,

Thanks for the reminder. I will be busier than usual this summer during the weekends as my sister and brother-in-law are visiting us for 7 weeks and 3 weeks respectively. I will be taking them out on weekend trips as much as possible, hence planning to skip this session.

I may drop in (at least once) for the Puja Vidhi class with them - mainly to give them a peek at your magic. As I tell everyone who wonders about the change in my health and diet - Dr Bill Gray (my homeo/soother) and yourself, have given me the knowledge about how to live a life "in a better way". And that in turn seems to have taken care of everything else on its own.... Thanks a ton for being the guiding light, Kumar!

Naresh Babu Ambati (March 2014)

PS: A suggestion - In your next email, please ask the recipients to add your email id into their Contacts, never will these mails go to Spam after that. Some are aware but many may not be aware of that simple step to prevent losing important mails into the Spam folder.

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Namasthe Kumari-ji,

Once again I want to take a moment to reflect that I have never found a teacher who is so knowledgeable yet as humble as you are. Most teachers don't want to hear an alternative viewpoint yet while preaching "neti neti upadeshaha".

I sincerely appreciate everything you do and for your generosity in doing this noble service.

As per the Vedas I think there is a lot of wisdom in there and the people who came up with them were very advanced at their times. That said, all religion, its gods, and even scriptures (vedas and upanishads) are likely man-made concepts to keep the masses in line, and control is achieved for civility. Human being is his or her thoughts and keeping the thoughts in a peaceful (naturally happy state requires some of these beliefs). Else the loss of loved ones, pain and sufferings induce unhappiness and potentially depression. So it has a lot of positive effect for an orderly life.

Thanks again for your note, your knowledge, interest and charitable time taken to educate and dissuades and humility to be open to students questions/comments and alternate viewpoints.

Warm regards,

Bala (March)

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Namaskaram,

Foremost, I would like to convey my gratitude to you for making this class happen The class was well organized, informative and uplifting. Kumar Sir did an excellent job of explaining the meanings and keeping them simple by giving real life examples. His teaching style not only helped us understand the slokas but also gave us a chance to incorporate them in our daily life consciously.

–Rama (March)

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My pranamams to guruvu garu Padmini Kumar sir. I would like to start with congratulating and thank you for this great service to Sanathana Dharma and to all the bay area students on getting enlightened for practical vendanta, Dharma, inner details, meaning, recital & satsang altogether.

I have attended all the three courses Sandhyopasana, Puja Vidhi and Purusuha Sooktam. We had a great teacher who took these courses with at most

- Punctuality: The courses always started dot on time and would not wait for any student. Students knew about that. He took utmost care to even arrange the seats so late comers would not disturb the class.
- Clear & concise agenda: We always knew what to expect from the class, beginning with recap, contemplation, day's class and ended with a sense of purpose for the rest of week and life. That is a great curriculum.

- Outstanding Atmosphere: It was a great classroom experience with like-minded students, respecting each other and Guruvu garu patiently answering all our questions, leading us from darkness towards light.
- Course Quality: The course details covered were perfect for us to learn, very detailed, great work done in background to collect logical, semantic, practical Vedanta, sanatana Dharma details in it and presented in a style that is just world class. I finally stopped dreaming of studying in IIT. This was the best class experience I have got.

I was delighted by the ambiance at the temple, care we took to keep the premises clean, hygiene, free of noise & serene. The maintenance at the temple was word class with vedic hymns recited by the pujaris in the temple for the early morning God service, while the classes were in progress.

Sincere request to continue these classes for ever, evolve in to an open university of vedic education.

Lastly I would like to have a humble request to allow me to donate \$1116.00 to the temple for keeping the vedic education ongoing and help on the ongoing efforts of vedic education as a sincere student of these classes. Sincerely appreciate if you can let me know how I can contribute to it. I would also like to volunteer in whatever way I can to be useful for this great effort.

Regards,

Venugopal (January)

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Namasthe,

Good afternoon! I attended Puja Vidhi and Purusha Sooktham classes at Veda. I have been listening to the discourses on several things including Bhagvad Gita, Bhagavatha, Ramayana, Mahabharatha, etc. I had so many doubts and questions, which I didn't get answers. After I joined the courses that Kumar garu is taking helped me in getting answers for most of the questions. In the courses I mentioned in this email, he has taught us why, what, how, where, and when to use what we learned. Earlier, I used to do puja in ritualistic manner. However, after attending these courses, I learned on doing puja with mindfully aware manner. I would be attending most of the courses that Kumar garu will be teaching. We all learned Vedantic way to live, which is the intent of these courses.

Best Regards,

Ramu (Januray)

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Kumarji is providing a great service to the community. I wish, I had come across these classes much earlier. He is very knowledgeable and has put lot of effort in preparing the material. The presentation material is clear and succinct. I have the following suggestions to make:

1. Wondering if Kumarji can write or summarize the 21 steps on Puja Vidhi in a book... It will be a great source or wonderful book to read not only for adults but also for the future generation.
2. Is it possible to create a document or presentation just summarizing the key steps, shlokas and their meanings so that one can easily print and follow it for our daily pujas?

3. Kumarji is providing an awesome service. It will be great if he can continue to do so not only at VEDA but also at the Sai temple.

Regards

Anand (January)

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**2013**

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Namaste Kumar Sir,

Thanks a lot for allowing me to audit yesterday's class. I very much enjoyed it, and also the discussion on Gayathri mantram, etc. prior to it. I like the way you have synthesized notions from Buddhism (mindfulness, awareness), Christianity, and American culture and of course Vedic knowledge. God speaks many languages through many creatures, and it is for us to listen.

I'll return to your class after New Year - probably intermittently for a couple of weeks, and then hopefully regularly for Purusha Suktam starting mid-February. I must admit that my immediate interest is in veda recitation (the *form*), so I'll also be on the lookout for other learning opportunities focused on that.

Your point about giving your best at work, and bringing your full attention to bear is something that strikes a strong nerve. It's something I'm working on, and it's a challenge for me. I see it as a challenge across all stages of yoga (yama / niyama / vairagya / etc.) and something I'm working on. The notion of giving your best is something that both my grandfathers got across to me in their slightly different ways, and I'm grateful to you for reinforcing it in the language of work, in an American company.

Best regards,

Anand Ganesh (December)

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First, I offer my sincere thanks to the temple organization for hosting and offering useful classes on Vedanta. Last Summer/Fall (2013), I took a class on Sri Sooktham taught by Mr. Kumar. This is my first such trial and the experience far exceeded my expectations. Mr. Kumar successfully communicates the true essence of the age old teachings in a more palatable manner to the uninformed. A great complement to his efforts is the active class participation from more informed students. I would request you to continue this support in extending the reach of Vedantic teachings.

Guna (December)

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Thanks for teaching us Purusha Shooktha as a mindful meditation. The important learning for us is to understand the presence of Consciousness and it is a major portion when compared to physical being (mind & body) that constitutes everything.

We are now able to watch the mind and see what it is doing to us. We have observed mind occupies itself with a task and continuous to think about it. The understanding of Purusha

Shooktha helps us to meditate mindfully and bring the mind back to present moment. This awareness allows mind to not catch up in unnecessary thoughts.

We would like to learn about how to manage negative thoughts and emotions. We would like to attend Two Atma model sessions for learning the tools.

The examples during sessions really helped us to understand easily.

Anonymous (August)

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## 2012

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I took Puja Vidhi 101 and Purusha Suktha classes.

I feel I am truly blessed to have the opportunity to attend his classes. My opinion and impression: "Simply Superb." I wish I got better words to express my feelings. The best part of the class was open discussion. Also, if someone want to learn at spiritual level, Guruji Sri Kumar Padmini is the best guru.

Sudhakar (August)

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## 2011

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I with my husband were attending the Purusha Sukta classes on Sundays. Needless to say how much we looked forward to the classes every Sunday. The class according to me took me to levels deeper than what I was familiar with. It was like a booster shot every week. I thoroughly enjoyed the class. He tickled my mind to a higher world during that 1 1/2 hour session. Kumar has a way of expressing his thoughts with an open mind & willing to entertain anyone's thoughts with a nonjudgmental approach. Kumar's humble, open, knowledgeable approach is like a parachute opened fully that flew beautifully. I can't wait for him to come and start the class whatever it may be as he tends to take us to a new level even if we know the slokams or suktams that he plans on teaching. I am ready just tell me when.

Sridhar & Vaidehi (September)

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Kumar is one of the unique teachers who has the ability to articulate, how Hindu philosophy and teachings that date back to thousands of years ago can be applied into our daily lives in this modern world. With his rich experience working in the Silicon Valley as an engineer, he resonates very well with the thinking, questioning and reasoning expectations of logical thinking personnel.

Another key attribute of his teachings is his ability to communicate the hard core Vedanta writings in a funny and understandable way. His passion of the subject matter is prevalent in all his classes. His classes are joyful and awesome!!

Raj (August)

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