



Details of Courses

pooja viDhi

Brief Description	Competence Gained
<ul style="list-style-type: none">7 sessions of 60 minutes each16 steps pooja viDhi (shodaShopachara)Common shlokas for practical daily use	<ul style="list-style-type: none">Performance of shodaShopachara pooja as a ritualRecitation of 21 pooja viDhi shloka with meaningAbility to teach pooja viDhi & shloka to children

puruSha sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none">7 sessions of 60 minutes eachvedhic recitation of puruSha sooktha	<ul style="list-style-type: none">Recitation of one of the most popular vedhic manthraAbility to perform pooja to male deities leveraging puruSha sooktha

sri sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none">18 sessions of 60 minutes eachvedhic recitation of sri sookthavedhic & metaphorical meaning of versesHuman being and raTha kalpanaashTTHa lakshmi sthothra with meaningPre-requisites: pooja viDhi and puruSha sooktha Courses; concurrent attendance with puruSha sooktha recommended	<ul style="list-style-type: none">Recitation of one of the most popular vedhic manthravedhic concepts of agni, sri, bhagavan, and lakshmiInsight and clarity about creating virtuesAbility to plan acquisition of shreyasAbility to be a shreemaan or shreemathiAbility to contemplate about purpose of lifeAbility to perform pooja to female deities leveraging sri sookthaPractical tips for leading a contented & virtuous life

naaraayaNa sooktha aka manthra puShpa

Brief Description	Competence Gained
<ul style="list-style-type: none">15 sessions of 60 minutes eachvedhic recitation of naaraayaNa sookthavedhic & metaphorical meaning of versesDivinity is the essence of human beingnaaraayaNa DhyaanaPre-requisites: pooja viDhi and puruSha sooktha courses	<ul style="list-style-type: none">Recitation of the third most popular vedhic manthravedhic concepts of nara, naaraayaNa, jyothi, and vishvaAbility to seek clarity of understandingAbility to cognitively traverse the loci of puruShaAbility to perform naaraayaNa Dhyaana (Contemplation)Divinity Tool for enhancing mindfulness (attention)



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 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

Seeking & Being with Inner Peace

Brief Description	Competence Gained
<ul style="list-style-type: none">• 15 sessions of 60 minutes each• Concept of upaasana• Concept of vedhaanthic journey• pancha kosha model of human constitution• yoga and spiritual concepts of upaasana• guNa, vaasana, & samskaara• Pre-requisite: purusha sooktha	<ul style="list-style-type: none">• Awareness of human constitution (pancha kosha)• Simple discrimination techniques (viveka)• Method of analysis (vichara)• Basic insight and practice of dispassion (vairaagya)• Ability to perform six simple upaasana daily• Insight and skill to change your guNa• Ability to align with your inner peace (shaanthy)• Intermediate level of mindful meditation

sandhyopaasana

Brief Description	Competence Gained
<ul style="list-style-type: none">• 18 sessions of 60 minutes each• Theory and practice of yajurvedha praathaH sandhya• Pre-requisite: purusha sooktha, vedhaantha and Well Being courses	<ul style="list-style-type: none">• Internal and external cognitive cleansing• arghya pradhaana• gaayathri invocation• Goal of japa: Dhyaana, DhaaraNa, and samaaDhi• sandhyopasthaana• Skill to perform the difficult upaasana• Advanced level of meditation



Concepts From bhagavadh geetha Chapter III Part 1

Brief Description	Competence Gained
<ul style="list-style-type: none">30 sessions of 60 minutesNon-traditional approach of geetha study (not a pravachana)¹Clarity of verse 47 of Chapter II (karmaNyeva aDhikaarasthe ...)Compare & contrast of karma and jnaana or saankhya yogaPractical tips for spiritual living here and nowPre-requisite: Must have attended at least two courses such as pooja viDhi, puruSha sooktha, vedhaantha & Well Being, Seeking & Being With Inner Peace, sri sooktha, and sandhyopasana <p>1. This is not a verse by verse lecture; not a time pass spiritual entertainment course.</p>	<ul style="list-style-type: none">Correct application of karma, akarma, naishkarma, and karthavyaConscious competence to adopt yoga jeevana here and nowConviction to perform nishkaama yagna in our lives and livingConscious competence to facilitate shareera yathra, not detourReduction in pitting our will against eeshvara krpaSkill to apply concepts of Chapter 3 as a Play Book or Practical Manual for our life and living here and now not laterReduced epigenetic creationConviction that karma yoga is the best choice for usAdditional tools to our 'Divinity Tool Box'

Concepts From bhagavadh geetha Chapter III Part 2

Brief Description	Competence Gained
<ul style="list-style-type: none">30 sessions of 60 minutes each¹Analysis of aadhi shankara's concept of avidhya – kaama – karmaAnalysis of vaasana, desire, thought, and action cycleWhy is a human being born with bondage?Inheritance of 'Veiling Ignorance'Understanding svadharma and svabhaavaHow does a human being accrue paapa?What is 'Living Under Influence' (LUI) (Righteous and Unrighteous)?Pre-requisite:<ol style="list-style-type: none">1. Must have completed bhagavadh geetha Chapter III Part I Course2. Must have completed at least two courses such as pooja viDhi, puruSha sooktha, vedhaantha & Well Being, Seeking & Being with Inner Peace, sri sooktha, and sandhyopasana <p>1. This is not a verse by verse lecture; not a time pass spiritual entertainment course.</p>	<ul style="list-style-type: none">Clarity about the iterative nature of action and actorConscious competence to reconcile and align with our svadharma and svabhaavaConviction for Living Under Influence RighteouslyEnhanced competence in forming sankalpa (goals) for life and livingConscious competence to reduce or eliminate paapaEnhanced ability to leverage Chapter 3 as a practical manual for our life and livingAn addition to our 'Divinity Tool Box'