



Vedic Education & Devotional Academy

Puja Vidhi

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 12 sessions of 60 minutes each• Concept of Nitya Karma or Daily Duty• Practical 16 steps puja vidhi (Shodashopachara)• Theory & scientific meaning of rituals• Learn common puja shlokas• Spiritual and religious concepts• Introduction to basic Vedhaantha	<ul style="list-style-type: none">• Performance of Shodashopachara Nithya Puja• Recitation of 21 Puja Vidhi shlokas with meaning• Skill to perform puja as a mindful exercise• Formulation of sankalpa or resolution• Conscious competence to connect, communicate, and commune (3C) with nature (universal phenomenon)• Awareness to Guru Moments• Conscious removal of negative thoughts & deeds• Ability to teach puja & shlokas to children

Purusha Sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 16 sessions of 60 minutes each• Recitation of Purusha Sooktha• Evolution of universe & human kind• Vedhic concept about God• Meaning of Purusha and Prakrthi• Vedhic & scientific meaning of verses• Pre-requisite: Puja Vidhi	<ul style="list-style-type: none">• Recitation of one of the most popular Vedhic Mantra• Basic laws of spirituality• Concepts of time, space, and phenomenon• Relationship of Vedhic God and individual• Theories of Yagna and Karma• Conscious competence to connect, communicate, and commune (3C) with nature (universal phenomenon)• Basic mindful meditation

Vedhaantha & Well Being

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 16 sessions of 60 minutes each• Definition of Vedhanthic Well Being• Vedhaantic constitution of human being• Personality and Individuality• Process of Vichaara, Viveka, and Vairagyia (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 (Upasana Towards BEING)

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 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, Vasana, & Samskaara• Pre-requisite: Purusha Sooktha	<ul style="list-style-type: none">• Awareness of human constitution (Pancha Koshas)• Simple discrimination techniques (Viveka)• Method of analysis (Vichara)• Basic insight and practice of dispassion (Vairaagya)• Ability to perform six simple upasanas daily• Insight and skill to change your GuNa• Ability to align with your inner peace (Shaanthi)• Intermediate level of mindful meditation

Sri Sooktha

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 18 sessions of 60 minutes each• Recitation of Sri Sooktha• Vedhic & metaphorical meaning of verses• Sri Sooktha usage in Puja Vidhi• Vedhic definitions of Agni, Sri, & Lakshmi• Human being and Ratha Kalpana• AshTTHa Lakshmi Sthothra with meaning• Pre-requisites: Purusha Sooktha & Vedhaantha and Well Being Courses	<ul style="list-style-type: none">• Recitation of one of the most popular Vedic Mantra• Ability to plan acquisition of Shreyas• Understanding Bhagavaan• Insight and clarity about creating virtues• Ability to be a Shreemaan or Shreemathi• Ability to contemplate about purpose of life• Practical tips for leading a contented & virtuous life

Sandhyopasana

Brief Description	Competence Gained
<ul style="list-style-type: none">• Week ends• 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