

## **Study Programme Modules: The Significance, Path and Goal of the Vedas from the viewpoint of the Upanishads**

In this study program we will study the Significance, Path and Goal of the Vedas from the viewpoint of the 10 Upanishads. A very important part of this is the study of 10 of the most important Upanishads; each of them are related to one of the Vedas and explain and comment on them. Moreover, these Upanishads are full of practical wisdom which we can apply in our daily lives as tools to continue our spiritual path and the lives of others in the direction of full enlightenment.

### **Module I: Introduction of Significance of the Vedas & Upanishads (I)**

#### **Study Unit 1**

Introduction – Vedic Cognition - Why study the Upanishads - What are the Upanishads – Tributes – Road Map – Invocations for Peace – Metaphors & Analogies

Literature

The Vedas For Everyone, Chapters I & II

Ten Upanishads of Four Vedas: Introduction & Highlights, Pages 3 – 44

PowerPoint: A Passage Through India

### **Module II: Introduction of Significance of Vedas & Upanishads (II)**

#### **Study Unit 2**

Consciousness, Energy and Matter – The Vedic Scriptures - – Allegories - Ten Profound Dialogues – Maxims on ‘God and I’

Literature

The Vedas For Everyone, Chapters III & IV

Ten Upanishads of Four Vedas: Introduction & Highlights, Pages 45 – 72

PowerPoint: Introduction in Vedic Wisdom

### **Module III: Upanishad of Rig Veda**

#### **Aitareya Upanishad – Origin of Man from Consciousness**

#### **Study Unit 3**

Rig Veda: Wholeness in Being

Aitareya Upanishad: *Origin of Man from Consciousness* – (1) Man is created from Consciousness – (2) Continuity of Creation – (3) Consciousness is Absolute, Brahman; Commentaries

Literature

The Vedas For Everyone, Chapter V

Ten Upanishads of Four Vedas: Aitareya Upanishad-Origin of Man from Consciousness, Pages 75-96

PowerPoint: Introduction into Oneness

### **Module IV: Upanishad of Yajur Veda (1)**

#### **Brhadaranyaka Upanishad – God and I are One**

#### **Study Unit 4**

Yajur Veda: Wholeness in Surrender

Brhadaranyaka Upanishad: *God and I are One* – (1) Who am I – What is Love – What is Brahman

Literature

The Vedas For Everyone: Chapter VII

Ten Upanishads of Four Vedas: Brhadaranyaka Upanishad - God and I are One, Pages 97 – 174

PowerPoint: Introduction in Bhakti Yoga

### **Module V: Upanishad of Yajur Veda (2)**

#### **Brhadaranyaka Upanishad - God and I are One (2)**

##### **Study Unit 5**

Veda & Quantum Physics – Path & Goal of Veda

Brhadaranyaka Upanishad (continuation): Transmigration and Self-Realization – Objects of Meditation – Birth follows Death; Commentaries

Literature

The Vedas For Everyone: Chapters IX & X

Ten Upanishads of our Vedas: Brhadaranyaka Upanishad, Pages 175 – 238

PowerPoint: Basics of Meditation

### **Module VI: Upanishad of Yajur Veda (3)**

#### **Isa Upanishad – Harmony of Opposites**

#### **Katha Upanishad – Dialogue with Death**

##### **Study Unit 6**

Study of Vedas – The Influence of Veda

Isa Upanishad: *Harmony of Opposites* – Fundamentals of spiritual life – It moves and It moves not - Signs of Self-Realization – Ignorance and Knowledge – Manifest and Unmanifest

The Last Prayer; Commentaries

Katha Upanishad: *Dialogue with Death* – In search of secrets of death – This, verily, is That...; Commentaries

Literature

The Vedas For Everyone, Chapters XI & XII

Ten Upanishads of Four Vedas: Isa Upanishad – Harmony of Opposites, Pages 239 - 257

Ten Upanishads of Four Vedas: Katha Upanishad - Dialogue with Death, Pages 259 – 294

PowerPoint: Patanjali Yoga Sutras

### **Module VII: Upanishad of Yajur Veda (4)**

#### **Taittiriya Upanishad – Five layers of human personality**

##### **Study Unit 7**

Veda in Daily Life: How to Proceed?

Taittiriya Upanishad: *Five layers of human personality* – Know your Self – Know the Cosmic Self – Bhrigu's self-discovery of the Self

Literature

The Vedas For Everyone: Chapter XIII

Ten Upanishads of Four Vedas: Taittiriya Upanishad - Five layers of human personality, Pages 295 –332

PowerPoint: Spiritual Leadership

**Module VIII: Upanishad of Sama Veda (1)**  
**Chandogya Upanishad – That Thou Art**  
**Study Unit 8**

Sama Veda: Wholeness in Perception

Chandogya Upanishad: *That Thou Art* – Meditation on OM – Meditation on Vedic Chants – Vidya: Art of Meditation – Spiritual lessons from Nature and Fires – Man's connection with Cosmos – That thou art – Bhuma Vidya: It is all about happiness – Dhahara Vidya: Meditation on Self within

Literature

The Vedas For Everyone: Chapter VI

Ten Upanishads of Four Vedas: Chandogya Upanishad - That Thou Art, Pages 333 - 470

PowerPoint: Healing Practices

**Module IX: Upanishad of Sama Veda (2)**  
**Kena Upanishad – Evolution of Matter – Life - Mind**  
**Study Unit 9**

The Guru Principle – Kundalini Yoga

Kena Upanishad: *Evolution of Matter, Life and Mind* – What drives the senses, life and mind – paradox of spiritual knowledge – parable of three gods – Brahman spreading Love

Literature

The Vedas For Everyone: Chapters XIV & XV

Ten Upanishads of Four Vedas: Kena Upanishad - Evolution of Matter, Life and Mind, Pages 471-494

PowerPoint: The Essence of Bhagavad Gita

**Module X: Upanishad of Atharva Veda (1)**  
**Mandukya Upanishad – States of Consciousness**  
**Study Unit 10**

Atharva Veda: Wholeness in Diversity

Mandukya Upanishad: *Three States of Consciousness* – Aum, a symbol of Totality – Three states of Consciousness – The Fourth: Consciousness, Pure and Absolute – Meditation on Aum; Commentaries

Literature

The Vedas For Everyone: Chapter VIII

Ten Upanishads of Four Vedas: Mandukya Upanishad-Three States of Consciousness, Pages 495-517

PowerPoint: Introduction in the science of Vaastu

**Module XI: Upanishad of Atharva Veda (2)**  
**Mundaka Upanishad – One Absolute behind every Relativity**  
**Study Unit 11**

Spiritual Discipline & Health and Food

Mundaka Upanishad: *One Absolute behind everything relative* – Absolute consciousness and world of Relativity – One Absolute, many relative manifestations – Merger of Relative in Absolute; Commentaries

Literature

The Vedas For Everyone: Chapters XVI & XVII

Ten Upanishads of Four Vedas: Mundaka Upanishad - One Absolute behind everything relative, Pages 519 - 555

PowerPoint: Healing, Food & Lifestyle

### **Module XII: Upanishad of Atharva Veda (3)**

#### **Prasna Upanishad – The Cosmic Person within us**

#### **Study Unit 12**

Lifestyle & Marriage – Worldpeace (Ramraj)

Prasna Upanishad: *The Cosmic Person within us* – Preparation for spiritual enquiry – Whence are living beings born – What powers energize living beings – How does life-breath function – Who in man sleeps, dreams and keeps awake – Why meditate on Aum – Where to look for the Cosmic person; Commentaries

Literature

The Vedas For Everyone: Chapters XVIII & XIX

Ten Upanishads of Four Vedas: Prasna Upanishad - The Cosmic Person within us, Pages 557 – 586

PowerPoint: The Spiritual Dimension of Ramayana

### **Literature Vedic Science & Upanishads Study Program (1,5 year)**

1. Narada Kush, The Vedas For Everyone, 450 pages (applied by DUC)
2. PowerPoint Presentations by Narada Kush (applied by DUC)
3. Ram K. Piparaiya, Ten Upanishads of Four Vedas, 600 pages  
Indusvista Publications, Mumbai, ISBN: 81-7276-298-4

### **Thesis**

Conditions:

A. This thesis (min. 30 pages) must be based on the description and analysis of a theme, chosen by the student.

B. An outline of how the thesis should be written:

- it should be worked out on an A-4 sheet
- the space between lines must be 1 ½ cm
- the front page must contain the title and the name of the educational centre
- first page must contain the title, name of the institute, teacher, student, location and year
- preface and introduction
- table of contents with page numbers
- length of the thesis must be approximately 40 pages
- conclusion
- list of literature

## **Other study programs in VEDIC SCIENCES**

Beside the study program Consultant Vedic Sciences & Upanishads there is the possibility to choose the study programme Consultant Vedic Sciences & Ramayana (DUC-diploma Master CVSR) or to specialize in one of the following subjects in order to obtain a DUC-diploma Master CAHHC or Master CVA .

This option must be discussed with both the DUC Dean and the teacher/tutor of the course prior to the beginning of this program.

1. Consultant Ayurvedic Holistic Health Care – to make the Ancient Holistic Approach of Health Care practical for Every Individual and Society on Earth
2. Consultant Vedic Astrology - Self-knowledge and Mastery over Time and to make this Wisdom practical for every Seeker of Truth