



# Mantra Chikitsa Certification

## Beginner Level

Course Duration: 27 hours  
9 webinars in 3 months

### **January 16, 2022 - Introduction to the Vedic Tradition: Veda, Śāstra and Mantra**

An introduction to the pantheon of scriptures that exist in the Vedic tradition, including the both *śruti* and *smṛti* - Vedas, Āgamas, and Purāṇas, as well as scriptures from other traditions.

### **January 23, 2022 - The Foundation of Healing (Part 1): Yamas**

An overview of the *yamas* (restraints) as described in the ancient texts on yoga. *Yamas* and *niyamas* are an important prerequisite for any spiritual practice.

### **January 30, 2022 - The Foundation of Healing (Part 2): Niyamas**

An overview of the *niyamas* (observances) as described in the ancient texts on yoga. *Yamas* and *niyamas* are an important prerequisite for any spiritual practice.

## **February 13, 2022 - The Vibration of Creation: Saṃskṛta Varṇamālā**

A breakdown of the *saṃskṛta varṇamālā* (Sanskrit alphabet). Each of the *akṣaras* (syllables) in Sanskrit is a sacred sound in and of itself which is connected to the elements of creation.

## **February 20, 2022 - Connecting to the Feminine Divine: Śaktī Bīja Mantras**

An introduction to the *śaktī bījākṣaras* and their corresponding usage and significance.

## **February 27, 2022 - The Practices of Mantra Puruṣa and Mantra Yoga**

An introduction to the practice of mantra yoga and how it can be used for healing the body & connecting to the inner awareness.

## **March 6, 2022 - The Seeds of Healing: Bīja Mantras**

An introduction to some *bīja mantras* and their corresponding usage and significance.

## **March 13, 2022 - Dinacharya: Ślokas for Daily Practice**

An introduction to some short *mantras* and *ślokas* (prayers) for daily practice.

## **March 20, 2022 – Pūja and Homam: Healing through Offering**

An overview of *pūjā* (ritual worship) and *homam* (fire offering) and its significance in the healing and realization process.

# Intermediate Level

## Course Duration: 54 hours

## 18 webinars in 5 months

### **April 3, 2022 - The Foundation of Healing: Yamas and Niyamas (A Review)**

A review of the *yamas* (restraints) and *niyamas* (observances) as described in the ancient texts on yoga. *Yamas* and *niyamas* are an important prerequisite for any spiritual practice.

### **April 10, 2022 - Vedic Chanting: An Introduction**

An introduction to Vedic chanting, including the six elements of correct Vedic chanting (as mentioned in the *Taittiriya Upaniṣad*).

### **April 17, 2022 - Devas: Rulers of the Inner Realms**

An overview of important devas, mantras to invoke their energy, and their role in healing different parts of the body, mind, and inner being.

### **May 1, 2022 - Devī: The Cosmic Mother**

Who heals better than a mother? An introduction to the Devī (Feminine Divine) and mantras to invoke Her energy, and Her role in healing different parts of the body, mind, and inner being.

### **May 8, 2022 - In Praise of the Goddess: An Overview of the Lalitā Sahasranāma**

An introduction to the *Lalitā Sahasranāma* (Thousand Names of the Goddess) and some important mantras for healing from that hymn.

### **May 15, 2022 - Healing the Body: Mantras for Specific Regions and Ailments**

An overview of mantras for specific regions of the body, including their healing qualities and connected yoga practices to enhance their effect.

## **May 22, 2022 - Mantras for Pañca Mahā Bhūtas (Five Elements)**

An overview of *bījākṣaras*, *bīja mantras*, and *mūla mantras* related to the deities of the five elements, as well as an introduction to the practices and Vedic hymns in Their praise.

## **May 29, 2022 - Opening the Spiritual Heart: Mantras for Nārāyaṇa**

An overview of mantras and practices that help to open our spiritual heart and enhance our healing capabilities.

## **June 5, 2022 - Kṛṣṇa's Healing of Arjuna: An Overview of the Bhagavad Gītā**

An introduction to the *Bhagavad Gītā* and some important mantras from that hymn.

## **June 12, 2022 - Healing Through Devotion: An Overview of the Viṣṇu Sahasranāma**

An introduction to the *Viṣṇu Sahasranāma* (Thousand Names of Viṣṇu) and some important mantras for healing from that hymn.

## **June 26, 2022 - Removing Blockages: Mantras for Rudra (Śiva)**

An overview of mantras and practices that help to identify & remove/resolve blockages within ourselves and enhance our healing capabilities.

## **July 3, 2022 - The Inner Guide: Worship of Guru (Dakṣiṇāmūrti)**

An overview of the practice of *Guru Pūjā* (worship of the Inner Guru) and its importance in healing and promoting inner realization.

## **July 10, 2022 - In Reverence of the Sages and Saints: How They Healed**

An introduction to the great saints and their unique techniques of healing.

## **July 17, 2022 - Elements of Creation: Śiva Tattvas**

An overview of *Śiva Tattvas* and their importance in Sāṃkhya and Śaiva doctrines.

## **July 24, 2022 - All Are One: Mantras and Healing**

### **Techniques from Other Spiritual Traditions**

An introduction to some mantras and healing practices from other spiritual traditions.

## **July 31, 2022 - Promoting Peace: Śānti Mantras**

An introduction to *śānti mantras* from the Vedas to bring about inner and outer peace.

## **August 7, 2022 - The Upaniṣads: An Overview**

An introduction to some of the *Upaniṣads* from the Vedas and insight into their meaning/experience.

## **August 14, 2022 - The Divine Sound: Important Sūktams from the Vedas**

An introduction to important *sūktams* (hymns) from the Vedas and their use in worship and healing.

# Advanced Level

## Course Duration: 108 hours

## 36 webinars in 10 months

### **September 4, 2022 - The Foundation of Healing: Yamas and Niyamas (A Review)**

A review of the *yamas* (restraints) and *niyamas* (observances) as described in the ancient texts on yoga. *Yamas* and *niyamas* are an important prerequisite for any spiritual practice.

### **September 11, 2022 - Sacred Sound: Vedic Chanting Rules and Styles**

An overview of different Vedic chanting styles, including proper pronunciation and intonation in the different schools of Vedic chanting.

### **September 18, 2022 - Introductory Veda Mantras**

Learn to chant some popular Veda mantras. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

### **September 25, 2022 - Introductory Veda Mantras**

Learn to chant some popular Veda mantras. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

### **October 2, 2022 - Sarva Devatā Gāyatrī**

Learn to chant gāyatrī mantras for various devatās. By the end of this course, students should be able to chant with the correct understanding, pronunciation, and intonation. Students should also understand the healing effects of the different mantras.

## **October 9, 2022 - Gaṇapati Atharva Śīrṣa Upaniṣad**

Learn to chant the *Gaṇapati Atharva Śīrṣa Upaniṣad*, a hymn in praise of Gaṇapati from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **October 16, 2022 - Gaṇapati Atharva Śīrṣa Upaniṣad**

Learn to chant the *Gaṇapati Atharva Śīrṣa Upaniṣad*, a hymn in praise of Gaṇapati from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **October 30, 2022 - Gaṇapati Atharva Śīrṣa Upaniṣad**

Learn to chant the *Gaṇapati Atharva Śīrṣa Upaniṣad*, a hymn in praise of Gaṇapati from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **November 6, 2022 - Gaṇapati Atharva Śīrṣa Upaniṣad**

Learn to chant the *Gaṇapati Atharva Śīrṣa Upaniṣad*, a hymn in praise of Gaṇapati from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **November 13, 2022 - Gaṇapati Atharva Śīrṣa Upaniṣad**

Learn to chant the *Gaṇapati Atharva Śīrṣa Upaniṣad*, a hymn in praise of Gaṇapati from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **November 20, 2022 - Roga Nivārana Sūktam**

Learn to chant the *Roga Nivārana Sūktam*, a hymn to remove disease from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **November 27, 2022 - Roga Nivārana Sūktam**

Learn to chant the *Roga Nivārana Sūktam*, a hymn to remove disease from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **December 4, 2022 - Roga Nivārana Sūktam**

Learn to chant the *Roga Nivārana Sūktam*, a hymn to remove disease from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

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## **January 8, 2023 - Roga Nivārana Sūktam**

Learn to chant the *Roga Nivārana Sūktam*, a hymn to remove disease from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **January 15, 2023 - Mūtra Mocana Sūktam**

Learn to chant the *Mūtra Mocana Sūktam*, a hymn to alleviate urinary and kidney related issues in the physical body from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.



## **January 22, 2023 - Mūtra Mocana Sūktam**

Learn to chant the *Mūtra Mocana Sūktam*, a hymn to alleviate urinary and kidney related issues in the physical body from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **January 29, 2023 - Mūtra Mocana Sūktam**

Learn to chant the *Mūtra Mocana Sūktam*, a hymn to alleviate urinary and kidney related issues in the physical body from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **February 12, 2023 - Mūtra Mocana Sūktam**

Learn to chant the *Mūtra Mocana Sūktam*, a hymn to alleviate urinary and kidney related issues in the physical body from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **February 19, 2023 - Mūtra Mocana Sūktam**

Learn to chant the *Mūtra Mocana Sūktam*, a hymn to alleviate urinary and kidney related issues in the physical body from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **February 26, 2023 - Krimi Nāśana Sūktam**

Learn to chant the *Krimi Nāśana Sūktam*, a hymn to alleviate viral diseases from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **March 5, 2023 - Krimi Nāśana Sūktam**

Learn to chant the *Krimi Nāśana Sūktam*, a hymn to alleviate viral diseases from the Atharva Veda. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

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## **April 2, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **April 16, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **April 23, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **April 30, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **May 7, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **May 14, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **May 21, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **May 28, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **June 4, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.

## **June 18, 2023 - Śrī Rudram**

Learn to chant the *Rudram*, a hymn in praise of Rudra (Śiva) from the Yajur Veda, which has various healing benefits. By the end of this course, students should be able to chant with the correct pronunciation and intonation. Students should also understand the healing effects of the different mantras.