

# Practical Vedanta Course

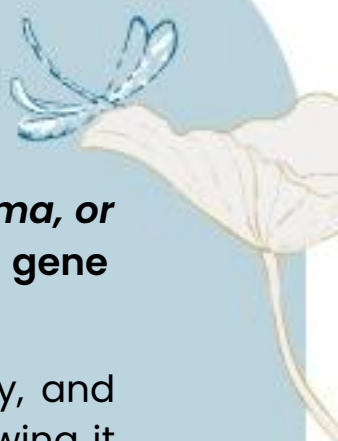
*Pramana of Body, Mind, and Soul for  
Transcending Disease, Life, and Death*

12th Mar  
2026 to 10th  
July 2026

In the endless **ocean of birth and death**, every soul is a **droplet of water**. Most droplets are below the water surface as we go deeper based on *karma*. These droplets would never see the surface but remain at the bottom depths (hell), lost forever in the cycle of *samsāra* of heavens and hells.

A few soul droplets touched by the sun turn to vapor carried by the winds forming clouds. A rarer few form into dense clouds in the sky and they fall back as rain to nourish life... otherwise they suspend for a long time in the atmosphere as moisture. But even rain is wasted when it falls in the wrong place, deserts cannot be cultivated and rain on glaciers bring devastation.

**Thus how  
can a soul  
droplet  
transcend  
this  
continuous  
cycle of  
disease, life,  
and death?**



The soul droplet must flow into a river where a Guru has built **a dam of *yoga, dharma, or vairāgya*** to clear the **fourteen negative *akushala chitta vruttis*** or **negative gene expressions** that cause the soul **to be born again and again, endlessly.**

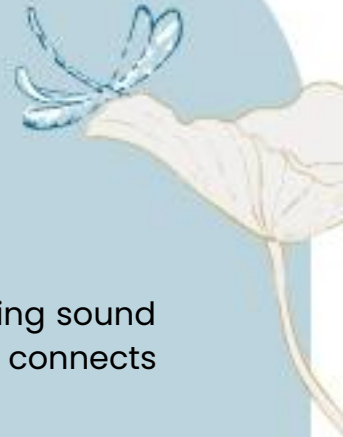
The dam constructed by Guru gathers every soul droplet, preserves their energy, and channels them toward the higher purpose of cultivating the seed of the soul-growing it into **the crop of enlightenment or soul-realization.** In this way, it fulfills **the soul's journey of evolution, from a single cell to a fully developed human in search of true happiness.**

*Are you that soul droplet trapped in the endless cycle of birth and death, looking for an enlightened Guru to bring solace to your soul?*

Join this ***Himalayan Yoga Training Series for Soul Realization*** with **Guruji, Dr. Vrushakapi**, an acclaimed scientist and a realized yogi, trained in the Greater Himalayas to realize the highest potential of your soul since his childhood. He is the architect who will construct a *Dam of Yoga* or *Vedic Sadhana* or *Vidya* and channel waters for cultivating the crop of *vairagya* to yield the crop of *Enlightenment* for sincere seekers who dare to leave behind their past conditions for a rare opportunity to change their destiny.

# Guruji, Dr. Vrushakapi

A Living Bridge Between Ancient Wisdom & Modern Science



In the tradition of *Śhruta Sampradāya*, the seeker is transformed not through books, but by the living sound of an enlightened Guru. This sound born from the silence/ singularity realized by Guru is what connects aspirants to the eternal truths of *Sanātana Dharma*.

**Guruji, Dr. Vrushakapi**, is such a realized Guru and living bridge:

- With **three PhDs in Yoga and Chemistry**, self-accomplished with over **40 years of pioneering work** in therapeutic peptides, nutrigenomics, & drug synthesis, he unites ancient wisdom with modern science.
- Awarded the title "**Yoga Chikitsa Ratna**" for his **Service to Humanity** through Yoga and Yoga Therapy.
- Trained in **87 schools of Yoga and Meditation**, he preserves the rare Greater Himalayan techniques not recorded in any available texts.
- Since COVID-19, selflessly went on line to **guide thousands of students worldwide** comprehensively in all limbs of yoga to realize yoga as a way of life leading to self-realization.

What makes this **Himalayan Yoga Training Series for Soul Realization** unique is that it brings together **Guruji's entire lifetime of work**, decades of scientific research and lived yogic experience into a series of structured programs that help you to develop the **qualities needed to truly transcend disease, life, and death**.

In him, seekers encounter not only a scientist of global R&D repute but a realized yogi of the Greater Himalayas, a Guru who conserves *prāṇa*, transmits cultured sound, and awakens transformation in sincere aspirants.

# Why this Course?

## ***Dharmatho eva visheshatho, va naranam***

*Only the purpose of human existence is to make stress zero*

Today, **our way of life** is taking a toll on us:


- Our sedentary lifestyles cause anxiety, chronic stress, and inflammatory diseases.
- Our environment is filled with toxic chemicals, pollution, and airborne viruses causing damage to our overloaded systems.
- Even leisure and entertainment done in the name of relaxation leaves us feeling lethargic and unfilled. For example, you feel incredibly tired to go back to work on Monday even after a weekend of merriment.
- Due to increased entropy, our increased desires cause enormous stress.

Everybody is burdened with stress, be it children, adults, or the elderly!

**Stress is a product of unscientific living** as we have misunderstood where true happiness comes from.

**True happiness comes from making stress zero** and authentic yoga offers the way out. This series of training aims to make an aspirant shift from:

- egocentric to **egoless**,
- self-centered love to universal **unconditional love**,
- greed-centered mind to infinitely generous **desire-free mind**,
- distracted, restless mind to **restrained mind** that can fully focus,
- overweight, sluggish body to **lean and strong body**
- electron-deficit lethargic body to **electron-rich energetic body** filled with joy,
- taking-others-for-granted mindset to one who is **full of gratitude for everything**,
- sensory-indulgent lifestyle to **pramana-based scientific living**, and
- deluded personality to one who is **full of wisdom and discriminatory knowledge**.




This entire series offer a **unified, science-backed complete form of yoga** designed for transformation, not merely disconnected postures, breathing exercises, nutritional advice, or meditation techniques, but the entire framework for amplifying all aspects of life, purifying the *koshas*, and attaining soul liberation.

It teaches that even an ordinary mind, when focused through listening to the Guru, can overcome the stress of daily life, tune into the pool of consciousness, and begin to dissolve the **fourteen unwholesome Chitta Vruttis—negative gene expressions** which take away our eternal happiness. Then the seeker progresses toward the ultimate happiness called enlightenment.

To illustrate the scale of happiness on the number of *Kusala Chittas—Positive gene expressions*:

- An ordinary person may reach only **30**.
- A wealthy accomplished person of society may rise to **50**.
- But an enlightened being experiences **127 Kusala Chittas** by removing fourteen *Akusala Chittas—Negative Gene Expressions*. They experience the unchanging bliss of **Sat-Chit-Ānanda**, far beyond ordinary human comprehension.



This course brings you into the **living lineage of authentic yoga** as the teachings come from a Guru hailing from the lineages of the Original Yogi, Lord Shiva.

## Course Features

---

- **Free of charge** – offered in the spirit of *seva*, sustained by voluntary donations (\*conditions apply for ineligible category of applicants who apply for course)
- **Strict online traditional *ashram* model** – requiring daily dedication and discipline
- **Live and recorded sessions** – accessible across time zones and made available throughout the course
- **Internationally-recognized “Multi-style Yoga Advanced Certifications” available**
- **Non-interactive sessions** – students on the course can reach out for guidance through the Student Dashboard on Website via a designated query form

## What You Will Learn

The quickest way to attain enlightenment is through the nine-yogas of the Greater Himalayan System known as Mahayana. The first three limbs are preparatory yogas of *Shravakayana*, *Pratyeka Bodhiyana*, and *Bodhisattva Yana*.

It covers two important principles:

- Cultivating the discipline and commitment to progress on the path through ***Shravaṇa*** (Listening).
- Developing infinite ***Avalokiteswara*** (expression of gratitude) for all beings.

Without developing them, one doesn't qualify for the Vedic limbs of ***Kriya, Charya, & Yoga***, or the higher limbs of ***Mahayoga, Anuyoga, & Athiyoga***. This series covers all limbs of this system for aspirants to progress from preparatory limbs to the higher limbs for self realization.

## 1. The Foundation of All Yoga: *Shravaṇa* (Listening)

***Shrunuyama Deva Bhadram Karnebhih***

May I protect my ears to hear the sound of an enlightened Guru.

The code of conduct given to stop adding dirt to the soul and build the discipline and commitment to progress on the path are revealed in the ***Vinaya Sutras*** or ***Yama Niyama***. However, this is not something read in a book. Sound is the medium through which one begins to cultivate the required qualifications for the higher limbs.

**All yoga begins with listening.** Before *asana*, before *pranayama*, before meditation, the very first step is *Shravaṇa*, listening. This is the essence of *Shruta Sampradāya*, the tradition of revelation through sound. *Shravakayana*, the beginning of Yoga, is centered on listening to the correct sound from the correct source. Without it, one cannot progress in any other higher limbs of yoga.

## Why sound?

- It is **the medium of truth** which reveals the highest spiritual revelations.
- It is **heard and experienced** not read or reasoned.
- It is **validated by the nature and structure** of *The Vedas, The Bible, The Qur'an*, all poetic revelations composed in rhythm, meter, and vibration to be absorbed through the ear and carried into consciousness.
- Even today, the sacred sound of the Himalayas is preserved only through **oral tradition**.

## So what is the correct source of sound?

For sound to truly transform, it must come from a living channel, **the voice of the Guru who has realized** what it conveys.

The Guru's sound is not ordinary speech. It arises from stillness to:

- Reduce oxygen consumption
- Alter gene expression
- Awaken inner transformation

**Even a single syllable from a realized Guru can reshape an aspirant's destiny.**

The search for a Guru is therefore the search for this very sound to prepare the aspirant for higher yogas.

## 2. Practice of Gratitude: Avalokiteswara

### ***Tada Drastuh Swarupa Evastanam.***

Achieving self sustaining eternal peace of positivity as an embodiment of our existence.

The cultivation of *Avalokiteswara* is an indispensable foundation to generate positivity in all aspects of your life.

In the Himalayan system, lamas dedicate **three full years** to this practice, which embodies compassion, gratitude, unconditional love, and appreciative joy for all beings. Gratitude transforms you to be in a **state of pure, unchanging joy** where no inputs are needed to make you happy, the state of **Sat-Chit-Ānanda**. This is **beyond both rodana** (complaining and unhappiness) and **mōdham** (the fleeting bliss of indulgence) which are bound to our senses and biochemistry.

It is the **first transformation** without which no seeker can cross from fleeting happiness into the eternal state of **Sat-Chit-Ānanda**.

### 3. Purifying the Five Layers of the Body

#### Gahakutam Visankhatam, Visankharagatam Cittam, Tanhanam Khayamajjhaga – Buddha

Buddha said: I have shattered and dissolved all components of the body, the main pillar of burning desire and all subsequent pillars. I have removed it from the bone marrow, from the core of all 38 trillion cells, from the DNA. I changed the gene expression. From every cell, I reprogrammed myself to be no more negative in processing or consuming prana.

The human system is layered in **five kośas** (sheaths of existence). These are not metaphors but real, measurable fields of physiology, psychology, and consciousness. Without purifying these *kośas* at different levels, one cannot progress from an ordinary indulgent life to remove the root cause of suffering.

## A. *Annamaya Kośa* – The Physical Sheath

Buddha declared enlightenment as **removing desire at the bone marrow level**, reprogramming gene expression itself.

Aspirants will learn how to completely **detoxify and purify the seven *dhātus* using advanced macro and micro-nutritions** so that the soul's vehicle, the body has the right nutrition to support its journey. Without correct inputs, the body accumulates debris, oxygen consumption rises, and vitality diminishes. By maintaining the *pramana* (absolute standards) of food with right inputs, the body becomes light, electron-rich, and fit for yoga. By cleansing the **gut-brain axis**, seekers can restore any imbalance of the body.

The aspirant will also learn all types of ***asanas* based on age, need, and physical limitations** including **restorative *Kurantaka Yoga*** to reduce oxygen consumption, remove inflammation, and build a ketogenic body like a realized yogi full of energy.

The series teaches you to restore health at the level of seven *dhātus* of the body. The seven *dhātus* are:

***Rasa*** (enzymes, neurotransmitters, and hormones);

***Rakta*** (blood);

***Māṃsa*** (flesh);

***Medha*** (fat);

***Asthi*** (bones);

***Śukra*** (reproductive essence) and;

***Majja*** (bone marrow).

## B. *Prāṇamaya Kośa* – The Life – Force Sheath

The series teaches you how to purify the

- **five main vāyus** (*prāṇa, apāna, samāna, udāna, vyāna*) and the
- **five subsidiary vāyus** (*nāga, kūrma, krikara, devadatta, dhananjaya*).

**Apāna**, the downward-moving current, consumes the most oxygen and fuels desire. More desire = more *prāṇa* loss. Harmonizing ***prāṇa* and *apāna*** (***prāṇāpānau samākṛtvā***) conserves energy, stabilizes health, and prepares the mind for yoga.

The aspirant will learn all breathing techniques from:

- **external breathing** (*prākṛtika*),
- **internal breathing** (*vaikṛtika*) to
- **natural breath observation** (*sahaja/sūkṣma*)

to remove all diseases that are routed in *kapha, pitta, and vata* and *all doshas of the mind (antakaranas)* in order to enter an effortless state of abundant energy.

## C. Manomaya Kośa – The Mental Sheath

The series help you to govern your thoughts and emotions that deplete your oxygen and accelerate aging. This sheath is disturbed by the:

**Kleśas/Vasanās** (deep-seated impressions):

- **Avidyā** (ignorance);
- **Asmitā** (egoism);
- **Rāga** (attachment),
- **Dveṣa** (aversion),
- **Abhiniveśa** (clinging to life / fear of death)

And **Arishadvargas** (the six enemies of the mind):

- **Kāma** (lust),
- **Krodha** (anger),
- **Lobha** (greed),
- **Moha** (delusion/attachment),
- **Mada** (pride/arrogance),
- **Matsarya** (jealousy/envy).

As purification unfolds, the mind progresses through the **bhūmikas** (mental states). One moves from restlessness and dullness toward steadiness and concentration, eventually reaching a state of full restraint where temptation loses its hold:

- **Kṣipta**: A restless state
- **Mūḍha**: A deluded reacting/judging state
- **Vikṣipta**: A state where one shifts personalities across home, work, and society, acting only to fulfill desire/ occasionally steady but mostly scattered state
- **Ekāgra**: A state of one-pointed focus of self-centered desire
- **Nirodha**: A state of complete purification and restraint

## D. Vijñānamaya Kośa – The Wisdom Sheath



The series teaches you to develop discernment (**viveka**) and replace intellect (**buddhi**) with wisdom (**prājñā**). This contemplation is called **Siddānta Vichāraṇa** or **Vidya** and involves four essential components:

### 1. **Nitya, Anitya Vicharana:**

The impermanent nature of existence and the futility of seeking lasting happiness in impermanence. It makes you contemplate on the transient nature of pleasures without understanding what permanent happiness is. Like your favorite food which allows for happiness that lasts only mere hours.

### 2. **Sukha, Dukha Vicharana:**

Distinguishing what causes disease, unhappiness and increase oxygen consumption. The redundancy of enjoying the cause of disorder as a means of happiness. It is ignorance to find happiness in actions or substances that ultimately harm or disrupt one's well-being without understanding what eternal happiness is.

### 3. **Shuchi, Ashuchi Vicharana:**

Not mistaking what is impure as pure. Drawing parallels between the practice of decorating the physical body while neglecting its inherent impurities like blood, excreta, urine, pus, etc. Similar to worshipping the gates of the temple but not the God within.

### 4. **Atma, Anatma Vicharana:**

Not worshipping the world of ego as soul. Distinguishing between the true self (*Atma*) and the ego-driven identification with possessions, qualifications, wealth, tastes, and self-image. Highlights the tendency to seek validation and happiness through external sources while neglecting the true nature of the soul, which remains impartial and unaffected by external judgments.

The series guides aspirants into developing these 4 qualities by diving into the depths of the mind & the fields of energy to **achieve the least quantum state of energy – Singularity, a state of elixir and superfluidity**. The soul becomes light, ready to leap into the lap of the Holy Spirit, dissolving the clay-pot body back into its source.

## *E. Ānandamaya Kośa – The Bliss Sheath*

The series teaches you to move beyond ordinary bliss tied to the senses – ***mōdham, pramōdham, ānandham, brahmānandham, and priyamu.***

These lower states of joy remain bound to biochemistry and external inputs, like the fleeting happiness from indulgence. True bliss arises only when they are transcended, leading to ***Sat-Chit-Ānanda*** – pure being, pure consciousness, and pure, unchanging joy without any sensory inputs.

To learn more about our previous courses, [click here](#).



## Who CANNOT apply for this course

- Those committed to other traditions or Gurus (including through spouses)
- You have withdrawn candidature from a previous course at Traditional Yoga
- You are any kind of therapist and healer
- Livelihood: Full-time yoga teacher

## Who CAN apply for this course

Anyone who is above the age of 30 and below the age of 55, willing to transform their lives and live a healthy life through the teachings of Dr. Vrushakapi are welcome whether they are seeking certificate or not.

Applicants should also be financially independent or have the support of their family to implement the suggested nutritional guidelines and teachings.

\*Please note that the candidature of aforementioned candidate will not be accepted, as such candidates have shown the highest resistance to adaptation in our decade-long experience due to their conditioning from existing knowledge and outdated academic syllabus, which contrasts with the integration of Yogic wisdom with the most advanced up-to-date science in this course.



## Certification

- 200 Hours and 500 Hours Certification (Accredited with International Yoga Alliance)
- Advanced Certificate Course (Accredited with Indian Yoga Association)
- Recognition as a student of Himalayan Pure Traditions under *Guru Shishya Parampara*.

Certification is optional and you are also welcomed to just attend the course for your own personal learning.

Certificates will be issued for those who maintain the Code of Discipline and who complete all the required elements of the course including assignments, plus any additional tasks and homework given by Dr. Vrushakapi in the classes, by the end of each course.

**Note:** 500 HR Certificate is applicable to students who complete two consecutive courses.

## Discipline & Eligibility

This is a **strict online ashram**, not a casual workshop. Enroll only if you are:

- Willing to follow the **Code of Conduct** rooted in humility, gratitude, and devotion.
- Ready to complete all assignments, attend sessions, and accept correction.
- Open to challenge your preconceptions and surrender to learning.
- Embodying **Shadgunas**: focus, restraint, endurance, surrender, gratitude, & a burning desire for liberation.

## Are You Ready?

Join us to:

- Restore health at all *koshas* and reprogram cellular gene expression.
- Reprogram your mind to overcome the *fourteen unwholesome chitta vṛttis* that bind you to suffering.
- Conserve oxygen and energy to build a ketogenic body free from resistance.
- Cultivate wisdom and discriminatory knowledge to go beyond fleeting pleasures and realize the nature of the soul.
- Connect to an authentic Himalayan lineage that has safeguarded these enlightenment technologies for millennia.

Like the water droplet finding its way to the Guru's dam, you too can be preserved, sanctified, and directed toward your highest purpose — to become a source of clarity, compassion, and light in this world.