

# **May- 2018 until Dec- 2019**

## **Nritya Mandala Mahavihara**

### **Dance Mandal**



## Talk on Buddhist Life Cycle Rituals of Nepal Organized at Nritya Mandala Mahavihara

Friday, November 8, 2019

Rabin Man Shakya

Portland, Nov 11 (Nepal Oregon News): A scholarly and brilliant presentation “Tantric Priest in Nepalese Buddhism: Their Performance of Life Cycle Rituals and Other Ceremonies” by Dr Alexander von Rospatt was organized at the Nritya Mandala Mahavihara in Portland, USA on Saturday Nov 9, 2019. This talk, which was the last one in a series of talks, was part of the ongoing tenth anniversary of the Nritya Mandala Mahavihara.

The event kicked off with a presentation by Kuon Hunt from her biography of Nritya Mandala Mahavihara’s priest Prajwal Ratna Vajracharya, called ‘Hidden Treasures: The Story of a Vajracharya Boy from Kathmandu and Newar Vajrayana Buddhism’.

Prior to the starting of the presentation, priest and co-founder of Nritya Mandala Mahavihara Prajwal Ratna Vajracharya gave brief introduction of Dr Rospatt to the audience and said:”Dr Rospatt also speaks in Nepali and Nepal Bhasa, he is very close to me and my family in Nepal.”

It Making the presentation, Dr Rospatt said:”Religious rituals that begin from the birth of a child and ends with the death of a man are very important in the lives of the Newar Buddhists.”

Special attention was paid to the life cycle rituals that Nepalese Buddhists undergo as they grow and pass away. Dr Rospatt threw light on birth rituals, rice feeding ceremony (junko), Ihi, Bara Tayegu, Chuda Karma, wedding ceremony, Bhimratharohan, death rituals etc.



Dr Alex presenting life ritual of Nepal



kuon presenting bio of prajwal






Dr Rospatt's talk engaged with the rituals of tantric priests (Vajracharyas) in the Nepalese traditions performed on behalf of their clients and the larger community. Dr Alexander von Rospatt has long been a part of the Nritya Mandala Mahavihara family and participated in its original consecration days ten years ago. Also, Dr Rospatt studied closely with Pandit Ratna Kaji Vajracharya, Prajwal's father. Dr Rospatt is professor for Buddhist and South Asian Studies at the University of California, Berkeley and specializes in the doctrinal history of Indian Buddhism, and in the indigenous Buddhist tradition of the Kathmandu valley. His new book "The Swayambhu Chaitya and Its Renovations" considers the ritual history and social contexts of the historical renovations of the Swayambhu Stupa of Kathmandu. His other research explores various aspects of Newar tradition, including its narrative literature, art and historical heritage and rituals. Dr Rospatt's research is grounded in the study of Sanskrit and Newar texts and informed by fieldwork and the study of material culture. During the program, Dr Rospatt answered to numerous questions asked by Nepalese and American participants. To a question of Nepal Oregon News, "Newar Sukunda has Ganesh image on it, some Newar Buddhists worship Lord Ganesh during some rituals, maybe that is why some die-hard Hindus assert that Buddhism is a part of Hinduism. What is your comment?", Dr Rospatt replied: "Many of the life cycle rituals of Newar Buddhists and Newar Hindus are similar to a greater extent. Buddhists and Hindus have been living in harmony in Nepal for centuries. Forget the die-hard Hindus." The program was attended by about 50 Nepalese and American Portlanders and was followed by a lunch.

## Newar Tradition and Culture By Daya Shakya



**NEWAR TRADITION AND CULTURE**

An Abstract  
For a presentation at the Nritya Mandala Maha-vihar,  
Portland OR USA,  
On the occasion of the 10<sup>th</sup> Anniversary Celebration  
Oct 16, 2019 Wednesday 7-8:30 PM



DAYA R. SHAKYA  
PRESIDENT  
NON RESIDENT NEPALESE ASSOCIATION (NRNA)  
OREGON CHAPTER

This presentation discusses the rich cultural heritage of Newar People of Nepal that falls in one of the highly recognized South Asian Civilizations in ancient Himalayan Region, way long before the current Nepali culture is being discovered in modern Nepal. The primary focus of the first half of presentation is a discussion on power of ritual and its vocabulary that the Newar People use in daily life.

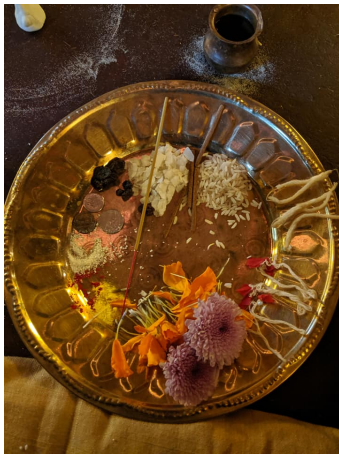
The Second half will be specifically focuses on the concept of understanding the work that have done in past life and its current consequences as well as the way of tracing the future life, a unique technique that has lots to be discovered in maintaining the fruitful human life.

*Bhavatu Sarba Mangalam, Sakala Praani Uddhar Juemaa !!*



## **Workshop on Gurumandala Puja**

**Concludes at Nriya Mandala Mahavihara in Portland, October 19(Nepal Oregon News): A week long workshop on Gurumandala Puja concluded at Nriya Mandala Mahavihara in Portland .The workshop on Gurumandala Puja was conducted by priest and co-founder of Nriya Mandala Mahavihara Prajwal Vajracharya.**

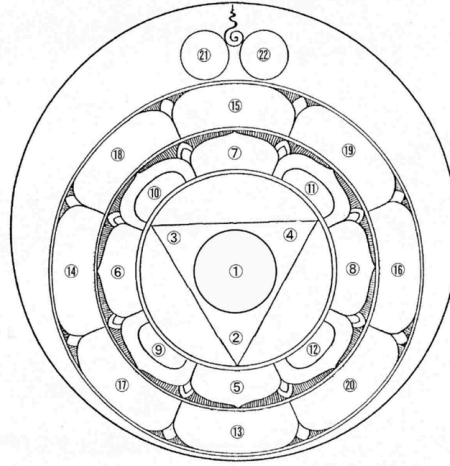
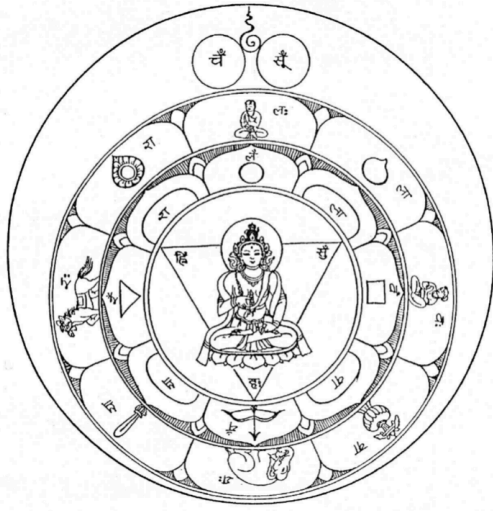


The participants of the Gurumandala Performance Teaching were Nepalese as well as American, Russian and Japanese Buddhists: Helen Appell, Yuko Okomoto, Anna Shustrova, Anastasia Roderick, Aleksei Dobry, Joshua Proto, Leson Baker, Gabriel Quitslund, Uppa Shakya, Dina Shakya and Naveena Shakya.

The workshop on Gurumandala Puja consisted of both the practical and theoretical aspects of the Puja. A Vajra, a set of bells were also used by the participants during the







1. vajrasattva
2. mahāmadhyameru (seed syllable: haḥ)
3. madhyameru (seed syllable: hrīm)
4. sūkṣmamadhyameru (seed syllable: sūm)
5. pūrvavideha (seed syllable: yaṃ)
6. jambudvīpa (seed syllable: raṃ)
7. aparagodāyaṇī (seed syllable: laṃ)
8. uttarakuru (seed syllable: vaṃ)
9. upadvīpa (seed syllable: yā)
10. upadvīpa (seed syllable: rā)
11. upadvīpa (seed syllable: lā)
12. upadvīpa (seed syllable: vā)
13. gajaratna (seed syllable: yaḥ)
14. aśvaratna (seed syllable: raḥ)
15. puruṣaratna (seed syllable: laḥ)
16. strīratna (seed syllable: vaḥ)
17. khaḍgaratna (seed syllable: yā)
18. cakraratna (seed syllable: rā)
19. maṇīratna (seed syllable: lā)
20. sarvaṇidhāna (seed syllable: vā)
21. candra (seed syllable: caṃ)
22. sūrya (seed syllable: sūm)

teaching. Puja Sankalpa was also prepared. Saptavidhanuttara Puja Sadparmita, offering the Ratnamandala to the Gurus was also carried out.

It is to be noted that Gurumandala Puja ritual is one of the oldest and most important rituals of Newah Vajrayana tradition.

Some of the prime concerns or benefits of Gurumandala Puja are: It teaches you to go to the right path in life, to become spiritually perfect, to bring physical wellness, to give teacher-like feeling to one's own body and to aim for attaining Nirvana, said Prajwal Ratna Vajracharya replying to a question asked by Nepal Oregon News.

The objective of the workshop is not only to familiarize the participants with the rituals of the Gurumandala Puja, but also to provide them information and study about the lines of chanting and ritualization of strotas of Gurumandala Puja, Prajwal went on saying. A whole set of book on Gurumandala Puja printed in Sanskrit and English (together with meaning of strotas in English) was provided to each participant.

Probably, this kind of workshop to enhance and disseminate the value of Gurumandala Puja in Portland, USA must be the first one ever in the West, says Prajwal.

Gurumandala Puja starts with paying homage to the Gurus and finishes up with Lokapalabali Puja. Gurumandala Puja consists of three different words: Guru, Mandala and Puja. Guru means a teacher, Mandala refers to a circle and Puja denotes a worship. Thus, in the broader sense, Guru refers to the Buddhas, the Dharma and the Sangha while Mandala's meaning goes beyond the body, speech and mind of oneself whereas Puja means rituals and worshipping. Therefore, Gurumandala Puja can broadly be defined as the worshipping of the body, speech and mind for attaining Nirvana.

Gurumandala Puja is an integral and indispensable part of the ritual life of Bajracharyas and Shakyas of the Kathmandu valley. Gurumandala Puja is offered by Newah Buddhists (the Bajracharyas and the Shakyas) every morning.

In his book “Guru, Mandala Wa Gurumandala” (Kathmandu, Nepal Sambat 1124), Yagyamanpati Bajracharya says:”The concept of Gurumandala is abysmal. Gurumandala is assumed as indispensable practice. During any kind of worshipping, Gurumandala rituals are sine quo non.” (page 16).

Likewise, in his book “Vajrayana Charya Ye Guru Mandala Puja Ya Rahasya” (Lalitpur, 2003 AD), Mahishwor Raj Bajracharya states:”According to Buddhist philosophy, Vajrayana is a progressive path moving forward under the Mahayana. Vajrayana’s means are Tantra, Mantra and Yog Charya and its trail blazer is a Bajracharya. That means a Bajracharya is the teacher of Vajrayana, and all the devotees who follow this path are Mahayanis.” (page 2).

Further, Bajracharya says:”The Bajracharyas as teachers lead the Mahayanis to the path of Nirvana as per Vajrayana rituals. This ritual process is started first of all by Gurumandala – Charya.” (page 2).

### **Saturday , November 2nd, 2019**

### **Talks on “Jewelry in Nepalese Buddhist Culture” and “Dharani Recitation in Nepalese Buddhist Community” held at Nritya Mandala Mahavihara**

Portland, Nov 4 (Nepal Oregon News): The Newar jewelry market has been dominated over the last centuries by members of castes self-identifying as Buddhists, which means that Buddhists or not, Newars have to deal with Buddhists, when they deal with jewels, said Dr Christoph Emmrich during a presentation on “Jewelry in Nepalese Buddhist Culture” organized at Nritya Mandala Mahavihara in Portland on Saturday, Nov, 2019.





Further, those Buddhists understand themselves as being in charge of the Newar jewelry business, just as they take pride in being the largest manufacturers and exporters of religious artifacts in Nepal, Dr Emmrich went on saying.

Dr Emmrich said: "These Buddhist Newar groups are well aware of the significance of jewels for caste and class differences and of the influence of Buddhist material culture on Nepalese society."

It hence behooves us to trace jewels into territory that may not be specifically Buddhist, but allows for the Buddhist and non-Buddhist to illuminate each other to help us understand how jewels work, Dr Emmrich added.

During his brilliant presentation, Dr Emmrich explored the artisanal fashioning as well as poetic evocation of precious gems and jewelry in the world of Nepalese Buddhists of the Kathmandu Valley.

Dr Emmrich also analyzed the contrast and balance between house holder and monastic, possessor and renunciate, and also offered a reflection on the nuances of gender, languages and the material in Nepalese Buddhist literature and culture.

Acquiring of jewels is celebrated as much as rejected, and the way in which the two are balanced or made to remain at odds is something Buddhist communities have articulated throughout history, particularly in songs and storytelling. Dr Emmrich also threw light on mentioning of jewelry in Newar songs. Payo, Tayo and Bijakani are mentioned in the historical Newar song "Rajamati", he said.

Dr Christoph Emmrich is an associate professor of Buddhist Studies at the University of Toronto, where he has taught Newar, Burmese, Pali, Buddhist and Jain studies since 2006. His latest monograph "Writing Rites for Newar Girls: Marriage, Mimesis & Memory in the Kathmandu Valley" is forthcoming from Brill.

Replying to a question of the Nepal Oregon News, Dr Emmrich said just like jewelry in Nepalese Buddhist culture, Western Christian culture and civilization have also been deeply influenced by the symbolic power and impact of jewelry.

Similarly, another presentation on "Dharani Recitation in Nepalese Buddhist Community" was made by Dr Miroj Shakya.

The ancient roots of Dharani are still obscure, their emergence may partly be connected to indigenous mantric lore that found its way first to Atharvaved and then to both early Brahmanic and Buddhist spell literatures, Dr Shakya said.

Dharani literature has existed for over two millennia in the Mahayana Buddhist tradition. Typically used to prevent misfortune, remove obstacles, heal and protect, Dharani are also used in life cycle rituals and other practices, Dr Shakya added.

Dr Shakya also discussed origin and evolution of Dharanis in India and Nepal and their widespread use by Nepalese Buddhist practitioners.

Dr Miroj Shakya is an associate professor and co-chair of the Department of Religious Studies at the University of Religious Studies at the University of the West in Rosemead, California. He is part of the Rare Buddhist Sanskrit Manuscript Preservation Project and

the Sanskrit Language Working Group, and editor of the “Catalog of Digitized Rare Sanskrit Buddhist Manuscripts.”

Answering to a query by Nepal Oregon News, Dr Shakya said “Yes, Dharani recitation is on the verge of extinction.” That is why, information and study of Dharani should be included in schools and colleges, locals of the Kathmandu valley should preserve it and publicize the importance of Dharani literature for its revival, Dr Shakya replied.

Meanwhile, speaking on the occasion, Prajwal Vajracharya of the Nritya Mandala Mahavihara informed the audience that with the objective of publicizing the importance of Dharani, the Mahavihara is soon planning to organize a week-long workshop on Dharani recitation. Prior to the presentations, Prajwal also gave brief introduction of Dr Emmrich and Dr Shakya to the audience.

Dr Emmrich and Dr Shakya also replied to some questions asked by the audience at the program which was followed by a potluck dinner.

At the end of the program, Daya Shakya, vice president of World Newah Organization (WNO), presented WNO publications to both the scholars.



**Divine Theater: Modern Buddhist Legend October 26**





*Maya's Mandala: A Play in Awakening*, a world premier play about the five Buddha mandala and the quest of a young woman to ignite her inner Bodhisattva. The evening will feature live acting, song, presentations on puppetry and dub mixing, and time for discussion and feedback on this unique work-in-progress. Playwright, director, and actor [Axi Nityananda \(Tristan Codrescu\)](#) will be joined by puppet master [Erin Chmela](#) and dub master [Quincy Davis](#). *The full-length version*



*of Maya's Mandala is expected to premier in spring 2020.*



## **Ms Chandra Mali's Janko Ceremony Celebrated at Hillsboro oct 11 2019**

Rabin Man Shakya

A senior age "Janko" religious ceremony or Bhimratharohan of Ms Chandra Lal Mali was held at Raju and Minu Mali's residence at Hillsboro, Oregon on Friday, Oct 11, 2019.



Ms Chandra Lal Mali is the mother of Raju Mali and Ganga Sharma. Raju Mali is the founder president of Nepali Association of Oregon (NAO) whereas Ganga Sharma is also the former president of NAO.

Ms Mali's other children are Jamuna, Bernadine, Helen, Nancy and Urmila. Ms Mali also has over a dozen grand children plus some great grand children.

The whole Janko related ritual and puja were performed for about five hours. Janko rituals of Ms Chandra Lal were performed by Buddhist Guruju Prajwal Ratna Bajracharya of the Nriya Mandala Mahavihara in Portland.





Janko related rituals like Gurumandala Puja, Homa Puja, Naag Puja, Kalash Puja and Bali Puja were ritualized by Prajwal Guruju. Prajwal Guruju went onto Samadhi to perform the Janko related rituals to bestow blessings to Ms Mali. Similarly, she was given a symbolic holy bathe to qualify her in divine life amid the presence of her family. Likewise, Baran Chhuyegu and Sagan Beegu rituals were also performed. Mangala Strota was also recited during the Sagan Beegu rituals.

Ms Chandra Lal was given a ride on a chariot drawn by flying horses, the magical steeds that would transport her to paradise or Nirvana, the afterlife destinations secured by the Bhimratha ceremony. Prajwal Guruju sealed the blessings to her by performing Homa Puja. During the Janko ceremony, Ms Chandra Mali was released from religious and ritual obligations, for her sins have been remitted and her Karma purified.

During the Janko ceremony, Ms Mali received respect “Tuti Bhagi Yayegu” from all members of her family. Present at the Janko ceremony were the office bearers and members of Nepali Association of Oregon, Nepaa Chhen and NRNA-NCC-USA Oregon Chapter.

One of the very important ritual part of the Janko ceremony is parading of the honored person around the vicinity of the neighborhood in a colorful procession accompanied by a Newah style music team playing Dhime Baja. The Janko parade was accompanied by Guruju Prajwal, honoree’s family members and a lot of Nepalese Portlanders and was feted with music, flowers, sacred water, vermillion powder and a lot of incense sticks. So Ms Mali was once again treated like a bride and was pulled out on a chariot around the neighborhood. Janko ceremonies of senior Nepalese people were held in Portland in the past also. In one case, the honored Janko personality was driven in a vehicle-like chariot and in another case, the chariot was carried out on shoulders as per Lalitpur parampara.

This time, Ms Mali was on the small-four-wheel chariot just like in Kathmandu and was pulled away by her children and grand children.

Replying to a query of Nepal Oregon News, Buddhist Gubhaju Prajwal Bajracharya said:”When a man or a woman turns 77 years, 7 months, 7 days and 7 hours, there is a special ceremony to perform. The Bhimratha observance calls on the Goddess of long life – Usnisvijaya – to purify Karma and bestow the blessings of good health and a long life span.”

Similarly, asked by Nepal Oregon News about the importance of Janko ceremony, Nepali community leader in Portland Daya Shakya said:”A special ritual the Bhimratharohan (ascending a chariot of wellness ‘bhim’ and fearless) is organized to honor a person of the age 77 years, 7 months, 7days and 7 hours according to own faith either Hindu or Buddhist. A symbolic ritual of citation entering to higher level of human being and a qualified person to ride a spiritual vehicle of fearless divine personality is recognized.” A gala dinner party was organized on Saturday the next day at the Multnomah Arts Center in Portland to celebrate Ms Chandra Mali’s Bhimratharohan.





**Wedding in San Diego Bhima and David  
Oct 4th 2019**



**Saturday, September 28, 2019**  
**Buddhist Iconographies of Nepal and**  
**Tibet Show Many Interesting**  
**Differences: Dr Vajracharya**

**A scholarly talk on “Nepalese Buddhist Art**

Here are the steps for your wedding.

Agenda:

- 1) Staphana Pooja: Establishment. Priest establishes ritual materials and objects and purifies them. He purifies his own body mind, and speech.
- 2) Gurumandala Pooja: Purification. Bride and Groom enter the ritual space and Priest guides them through a symbolic purification of their body, mind, and speech.
- 3) Jola Naykan Shinamoo: Mirror Reflection. Priest reflects the good energy created during the ritual, to Bride and Groom and to All Sentient Beings.
- 4) Kisli: Rice, Coins, and Betel Nuts. Bride and Groom pray for good health and long life together.
- 5) Tikka: Yogurt, Rice, and Red Powder. Priest gives a blessing to Bride and Groom.
- 6) Swayambar: Marriage.
  - (a) Bride circles groom 3x and places a flower garland over his head. Groom circles bride 3x and places a flower garland over her head. The circling binds their energies together.
  - (b) Bride and groom exchange jewelry, including wedding rings.
  - (c) Say and share by Bride and Groom. (There is no time limit and the content is up to you.)
  - (d) Shindur Laguene: Putting Red Powder. Groom puts Abir on Bride's head. The red color symbolizes a promise as deep as bloom
  - (e) Kanyadan: My Daughter is your Daughter. The bride's parents give their daughter to the groom. Stuff needed: Karuwa, gwaya, pan, money, and parents of Bride and Groom
- 7) Gwaya Sayake: Sharing Betel Nuts. The Groom's family welcomes the Bride and introduces their family for life-long relationship
- 8) Dhauo Saga: Blessing with Yogurt. Priest gives for blessing for happiness and joy to the Bride, Groom, and all family members
- 9) Shiffala Lukegu: Head Bang. Groom's Father puts the heads of the Bride and Groom together and Groom's Mother pours rice, flowers, and fruits over their heads.
- 10) KhenSagan: Wine, Fish, Egg. The Bride and Groom and their families eat of the whole universe.



and Iconography: What Makes It Distinct ?” by Dr Gautama Vajracharya and a presentation on “Making Nepalese Buddhist Ritual Masks” by Alysha Graham, an artist, were organized at Nriya Mandala Mahavihara (NMM) in Portland on



Saturday, Sept 28, 2019 as part of the NMM’s ongoing tenth anniversary programs.

Prajwal Vajracharya, a priest and co-founder of Nriya Mandala Mahavihara, on the occasion gave a short introduction of Dr Vajracharya before the start of the talk. Although based on the same well-known Sanskrit texts Sadhanamala and Nispannayogavali, the Buddhist iconographies of Nepal and Tibet show many interesting differences, Dr Vajracharya said at the program.



Dr Vajracharya, during the scholarly talk, shared and explained these differences in light of his observations of Buddhist civilization and Himalayan geography and climate.

One of the most interesting differences between the iconographies of Nepalese Paubhas and Tibetan Thangkas is: More than 75 percent of Nepalese Paubhas depict Toranas whereas Torana is mostly missing in Tibetan

Thangkas, said Dr Vajracharya.

( Torana is a free-standing ornamental or arched gateway for ceremonial purposes seen in the Buddhist and Hindu arts and architecture of the Bharat Varsha and South East Asia.)

Replying to a query of Nepal Oregon News about the study of Nepalese Buddhist art and iconography outside of Nepal, Dr Vajracharya informed that the research and study of Nepalese Buddhist art and iconography started in a French University during King Mahendra’s rule. Nepalese Buddhist art and iconography are studied in the US, Britain, Germany and some other European countries, he added.



**Vajracharya, who was born into a Newah Gubhaju family in Kathmandu in 1940, learnt Sanskrit from Nayaraj Pant and he was also taught to read ancient inscriptions and iconography.**

**Dr Vajracharya taught History of South Asian Art for 23 years at the University of Wisconsin-Madison and is a Professor Emeritus in the Department of Art History.**

**Dr Vajracharya, who is a renowned Nepali Sanskritist and art history scholar, is the author of books : (1) Nepalese Seasons: Rain and Rirual (2) Frog Hymns and Rain Babies: Monsoon Culture and Art of Ancient South Asia (3) Himalayas: An Aesthetic Adventure.**

**Likewise, making a presentation on “Making Nepalese Buddhist Ritual Masks”, Alysha Graham, an artist, presented the process of creating masks for Charya Nritya, dance as a spiritual practice. At the program, Helen Appel, co-founder of the Mahavihara gave a brief introduction about Alysha before her presentation.**

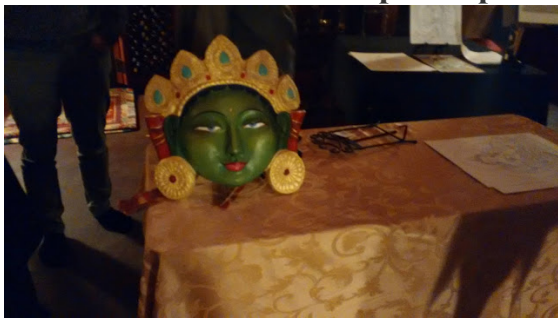
**I grew up in a Gurdjieff community in rural Aurora, Oregon. I am an artist. At age 20, I sat my first 10 day Vipassana retreat taught by S N Goenka. I consider Vipassana to be my root practice and have completed and served 5 ten day courses, Alysha said during the presentation.**

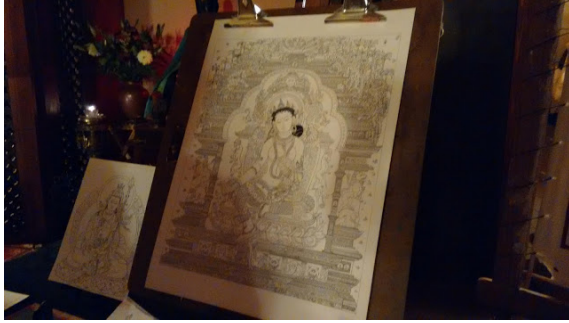
**At age 25, I found the practice of Charya Buddhist Nepalese deity dance. I also studied the Green Tara and White Tara long forms in Charya through a grant that also included studying traditional Buddhist deity mask making and Thangka painting, Alysha went on saying.**

**Answering a question of Nepal Oregon News, Alysha said that her inspiration to become an artist came from years of relating closely with nature, her passion for indigenous wisdom, Buddhist philosophy, yoga, health and plant spirit medicine.**

**Alisha Graham is an artist, Charya dancer and Vajrayana practitioner and recipient of a grant to study traditional Nepalese Buddhist mask making and Paubha painting.**

**Both Dr Vajracharya and Graham replied to numerous questions asked by Nepalese and American participants at the program. The program which was attended by over 50 American and Nepalese participants was followed by a Nepali style dinner.**





## **Gunla Month: Chanted the Namasangiti, August 2-August 31 201**



Stared Friday, August 2-August 31 *Gunla*. It was a holy month for Newar Buddhists when they recite the scriptures particularly the Namasangiti, observe fasts and visit places of worship playing devotional music. It is one of the most important times in Newar Buddhism. Every morning for one month during the Nitya Puja morning ritual at the temple Dina and Prajwal chanted and some time join with others.

**Wisdom way of waking workshop complied  
Saturday and Sunday August 24/25 – 2019  
two student form New York, One from Arizona one from California  
and rest from Portland join for the workshop**





## Awakening Wisdom through Movement & Empowerment



**Saturday–Sunday, August 24–25, 2019**  
**9am- 6pm**  
**Suggested donation \$151**

Join us for an intensive introduction to Charya Nritya, the spiritual dance tradition of Nepal. This dynamic yogic practice heals the body, balances the energy, and transforms the mind. In this workshop we will explore the theory and practice of body mudra and will learn the refuge prayer dance and offering dance that are the basis for all further trainings.

An empowerment of Padmanateshvara will be offered to enhance one's practice of sacred music and dance.

**Please register in advance:**

[prajwal@dancemandal.com](mailto:prajwal@dancemandal.com) ,phone [\(503\) 807 5252](tel:5038075252)



**Prajwal Ratna Vajracharya** is a priest and ritual master of the Vajrayana Buddhist tradition of Nepal and its unique Charya Nritya dance tradition. He began his training at eight years old, receiving formal instruction mainly from his father, Buddhist scholar and ritual master Ratna Kaji Vajracharya. Prajwal founded Dance Mandal: Foundation for Sacred Buddhist Arts of Nepal to preserve and expand this rare art form and its related traditions through Movement

**[www.dancemandal.com](http://www.dancemandal.com)**



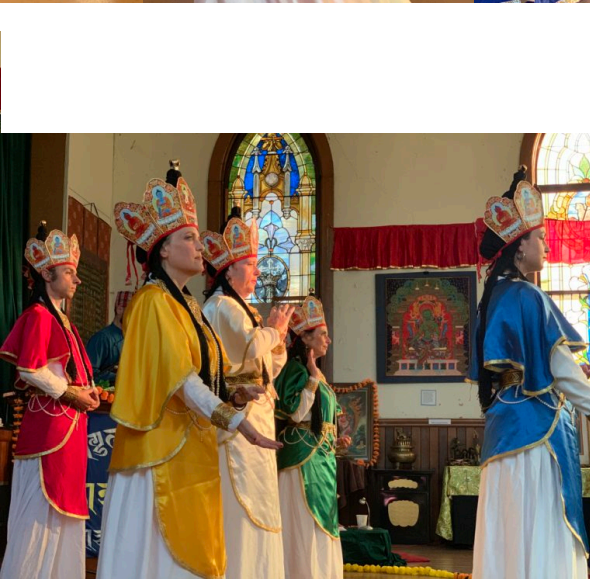














# 10 Year Anniversary Opening Ceremony Sept 21-22 2019 Saturday and Sunday



**A Mandal of Gems  
The Treasury of Nepal's Buddhist Heritage**  
Join us for an educational and sensory weekend free to all.  
Hosted at Henjyoji Shingon Temple, 2634 SE 12th

**Ave, Portland**

Stroll through displays of the sacred paintings & statues, ritual objects, texts, handicrafts, objects of daily use, originating since the ancient times of the Kathmandu Valley and still in use today by the indigenous group that carries the last living current of Sanskrit Buddhism. Nepalese lunch is offered and throughout the weekend slide talks and presentations of the traditional cuisine, language, and yogic practices of the Valley will be offered as well as music and dance.

**Saturday, September 21, 10:30am-7pm**

**10:30- Doors open** to begin browsing through the displays

**11am- 1pm**

**Opening chants and prayers**

by teachers and representatives of local Dharma communities for an auspicious beginning

**Mission statements** given by leaders of local Nepalese associations

**Welcome** by the Henjyoji Temple priest Rev. Kosho Finch

**Our 10-Year History** a slide talk by Nriya Mandala priest, Prajwal Vajracharya, of the process and events over the decade of bringing Nepalese Buddhism to the West through Nriya Mandala Mahavihara.

**Nepalese Food Wisdom, Food as Medicine** is a slide-talk journey through the many regions of Nepal's culinary flavors, seasonal foods and their original health benefits, culminating in the Kathmandu Valley's indigenous foods. Also shared is the Nepalese wisdom of balancing the five



elements through nutrition along with the traditional chosen foods for the many sacred festivals of the Valley.

**Chef Bikram Vaidya** was born in the Kathmandu Valley in a lineage of Ayurvedic practitioners. With a particular interest in culinary history and food's natural health properties, Bikram started on a culinary career odyssey that would take him around the world, while studying with renowned chefs. He currently is Lead Chef Instructor at Oregon Culinary Institute in Portland.

**1pm-2:30pm Lunch of Nepalese cuisine**

**2:30pm-5pm**

**Health through Movement** With intention, gestures and knowledge of the inner meanings of parts of the body and their five elements, the subtle body can come into balance. Prajwal will discuss how certain movements and mudras affect fundamental health and will share simple yogic exercises for healing (seated or standing) for hands, feet, and the main channels of the body; as well as the refuge dance for intention.

**Prajwal Vajracharya** was born into a lineage of Buddhist priests of the Kathmandu Valley and was raised in the yogic art of Charya dance, a deity yoga practice to enhance spiritual awakening through embodying the deity. As co-founder and resident priest of Nritya Mandala Mahavihara in Portland, he teaches and performs Charya and rituals for the local community as well as around the world. **Nepalese Music Performance & Talk** Subhash Ram Prajapati and team will perform both traditional and folk music from different ethnic groups of Nepal. The performance will feature Newar Buddhist Music "Gunla Baja" from the Kathmandu Valley.

**Dr Subhash Ram Prajapati** is from the Kathmandu Valley and has recently completed his Ph.D. in Ethnomusicology from the University of Washington. His research focuses on traditional, folk, and fusion music from Newar communities on a global perspective of musical changes and is known to be expert in Ethnomusicology, Nepalese History, Culture, and Archaeology, Newar Language, and Buddhist Studies.

**5pm- 7pm**

**Dance Mandal Offering** of the traditional sacred Buddhist dance of Nepal, Charya Nritya. Dance Mandal will perform dance as a *sadhana* (meditation practice) through the embodiment of peaceful, semi- wrathful, and wrathful deities, 5 Buddha energies, offering goddesses, and couple dances.

**Sunday, September 22, 12pm-4pm**

**12pm ,Doors open** for viewing displays

**Mudra Movement Workshop** emphasizes spiritual yoga through subtle movement, breath and stillness with mudra and full body positions emulating those of the deity forms in sacred art. This practice supports an appreciation of the inner beauty of the body and cultivates understanding of our personal mudras as unique expression.

**Prajwal Vajracharya** (see above)

**1pm-2:30pm Lunch of Nepalese cuisine**

**2:30pm-4pm**

**Making Ritual Objects as a Meditation** Meditation can be a practice in action through concentrating on the manifestation of sacred objects. It is also a health benefit through learning dexterity in hands and fingers, keeping active the nerves and circulation of these extremities. In Nepalese Buddhism the Guru Mandala practice requires first the making of ritual objects: wicks for burning away our impurities, tormas which represent our own purified body, and ‘vastra’ as a sacred thread that represents an outer cloth to protect and keep contained our purified essence. **Uppa Shakya, Dina Shakya, and Anjali Bajracharya**, prominent women of Nritya Mandala Mahavihara, will share their practice of making ritual objects. All may participate.

**Sanskrit Scripts and Calligraphy** workshop introduces general Sanskrit/Buddhist writing and focuses on Ranjana Lipi calligraphy developed around 11th century in Nepal and later spread to various parts of India, China, Mongolia, Japan, and other Asian countries. Subhash will demonstrate, and write individual’s name calligraphy at request. Participants will be taught to practice writing this elegant sacred script.

**Dr Subhash Ram Prajapati** (see above)

**Closing Music, Song and Dance** - all can participate!

**Despite the fact that Shakya Muni Siddhartha Gautam Buddha was born in Nepal, Nepal used to be called a Hindu kingdom until recently. Nepal still is a Hindu majority country. At a time when Buddhists of Japan, Korea, Tibet, Taiwan, Burma, Sri Lanka, Thailand, Laos, Cambodia, Vietnam and so on are working very hard to disseminate the ideas of Buddhism throughout the world, the role of Nepalese Buddhists in propagating and enriching Buddhism abroad is insignificant. The role and scope of Nritya Mandala Mahavihara (NMM) in Portland which is celebrating its tenth anniversary has to be analyzed against such disappointing background.**

**The Nritya Mandala Mahavihara – which is the only Nepalese Buddhist temple in the West so far – has moved to centerstage in Nepalese community in Oregon by observing the age-old festivals of the Kathmandu valley and by keeping alive the traditions and culture of the people of Nepal.**

**The tenth anniversary of Nritya Mandala Mahavihara is being celebrated in a grand manner throughout September to November. An opening celebration which consisted of various programs was organized at Henjyoji Shingon Temple in Portland on Saturday and Sunday Sept 21-22, 2019.**

**At the beginning of the program, various dignitaries of Portland’s Dharma communities and some prominent Nepalese Portlanders were felicitated by wrapping Khata on them. The tenth anniversary program was declared open by co-founder of the Mahavihara Helen Appell by lightening diyo on the twarba.**



The anniversary program started with opening chants and prayers by various luminaries of Portland's Dharma communities for an auspicious beginning. An art exhibition and cultural display was also organized on the occasion.

In his welcome remarks, Rev. Kosho Finch of the Henjyoji Shingon Temple said that the objective of the Buddhist Henjyoji Temple is to provide support to all congregants in achieving their desired personal and spiritual potential through Shingon Buddhism.

"The Japanese Cultural Academy fosters the study and practice of traditional and evolving Japanese arts," he said.

Speaking on the occasion, Prajwal Vajracharya, priest and co-founder of the NMM said that Dance Mandala was launched in 1996 whereas Nritya Mandala was established in 2009 by Helen Appell and him.. Prajwal threw light on the history of the Mahavihara, the challenges and problems he faced in the beginning.

Nritya Mandala Mahavihara has been working to disseminate values of Newah Buddhism in the West. Similarly, various rituals like rice feeding ceremony, wedding ceremony, Bratbandha, Ihi and Bhimrathrohan rituals are also organized in the Mahavihara, Prajwal said.

The Newah Buddhist temple's ten year history with a slide show of the process and events of bringing Nepalese Buddhism to the West through NMM was able to vividly shed light on the activities of the Mahavihara.

The program was also addressed by Bharat Baskota, president of Nepali Association of Oregon and Daya Shakya, vice president of World Newah Organization and president of NRN NCC USA Oregon chapter.

One of the attractions of the day's programs was a talk "Nepalese Food Wisdom: Food as Medicine" by Bikram Vaidya. It was a slide-talk journey through the many regions of Nepal's culinary flavors, seasonal foods and their health benefits, culminating in the Kathmandu valley's indigenous foods.

Nepalese wisdom of balancing the five elements through nutrition is shared along with the traditional foods for different festivals of the Valley. Chef Vaidya was born in the Kathmandu Valley in a lineage of Ayurvedic practitioners. He currently is Lead Chef Instructor at Oregon Culinary Institute in Portland.

Another equally important attraction of the celebration was Nepalese music performance and talk by Dr Subhash Prajapati. Dr Prajapati and his team performed both traditional and folk music from different ethnic groups of Nepal and also featured Newah Buddhist music "Gunla Bajan" of the Kathmandu valley using traditional drums like Dhaa, Nayekhin, Dhimey and Paschima.

Different programs were organized on Sunday, Sept 22 also. "Mudra Movement Workshop" by Prajwal Vajracharya was health through movement with intention, gestures and knowledge of the inner meanings of parts of the body and their five elements, the subtle body can come into balance.

**Prajwal in a charismatic way discussed how certain movements and mudras effect health and shared simple yogic exercises for healing for hands, feet and energy channels, as well as the refuge dance for intention.**

**Prajwal Vajracharya was born into a lineage of Buddhist priests of the Kathmandu valley and was raised in the yogic and ritual art of Charya dance.**



*We are very fortunate to have Rev. Dr. Kabindra Bajracharya visiting from Nepal, and are greatly honored to have him speak at the temple. Please join us for this rare opportunity to hear more Buddhistharma from Vajracharya masters.*

**Practicing Mindfulness for Healthcare and The Seven-Limb Prayer for Purification and Merit**  
Friday, August 2  
6:30pm - 7:30pm

**A Two-Part Talk, with Meditation by Rev. Dr. Kabindra Bajracharya**



**Dr. Kabindra Bajracharya**-Rev. Dr. Kabindra Bajracharya is a Pediatric Ophthalmologist and Associate Professor of Ophthalmology working at Lumbini Eye Institute, Nepal. He is a cataract surgeon for adults and pediatrics. He has an MD in Ophthalmology and PGD and MA in Buddhist Studies from Tribhuvan University with the University Gold medal from the Prime Minister and President of Nepal. He has been initiated in different meditation and deity yoga from Vajrayana Masters of Nepal.

Dr. Bajracharya is here in Portland, at Casey Eye Institute, OHSU, Pediatric Ophthalmology for six weeks for observership. During this period, Dr. Bajracharya gave a presentation on mindfulness to doctors at OHSU and led meditation times for nurses. Living near Lumbini, Buddha's birthplace, he practices Ophthalmology and cataract surgery. As a devoted practitioner of the Buddhistharma he is a spiritual leader engaging in mass education and spiritual practices.

**The first part** of the talk is based on a brief presentation Dr. Bajracharya gave at OHSU to fellow doctors on mindfulness for healthcare. Dr. Bajracharya will share his insights into the practice of mindfulness in order to be of true benefit in the healing of others.

**The second part** of the talk will be on the Seven-Limb Prayer. This prayer of Mahayana Buddhism is widely practiced by Tibetans and Newars alike. Anyone who wishes to purify negative actions of body, speech and mind and create positive potential with inspiration towards mindfulness and an awakened mind benefits greatly from this regular practice.\*\* The talk will also include the Sanskrit chanted practice and meditation.

After the talk there will be a reception for Dr. Bajracharya with food served.

\*\*The Seven Limb Prayer (*Saptavidhāna Pūjā*) is comprised of the first 12 verses of "The King of Aspiration Prayers" found in the finale of the **Gandhavyūha Sūtra**. This Sūtra tells the story of the journey of a young pilgrim, Sudhana, who meets and learns wisdom and skillful means from extraordinary and diverse Bodhisattvas of all walks of life along the way. **The Gandhavyūha Sūtra, is one of the Nava Grantha, or Nine Scriptures that are the source of study and practice of Newar Buddhism.**

*With transcendent offerings peerless and vast,*

*With profound admiration for all the Buddhas,*

*With strength of conviction in the bodhisattva way,*

*I offer and bow down to all Victorious Ones.*

-7<sup>th</sup> verse from the Seven Limb Prayer



A workshop “Making Ritual Objects” by Uppa Shakya, Dina Shakya and Anjali Bajracharya was also organized. The workshop attempted to cultivate a meditative mind and dexterity and health in the hands through the practice of making Nepalese Buddhist ritual objects,

Similarly, Dr Subhash Prajapati conducted another workshop on “Sanskrit Scripts and Calligraphy” which explored and practiced sacred Sanskrit writing forms including Ranjana Lipi script developed around 11th century in Nepal.

At the end of the program on both days, the traditional sacred Buddhist dances of Nepal – Charya Nritya – a sadhana (meditation practice) through the embodiment of peaceful, semi-wrathful and wrathful deities, five Buddha energies, offering goddesses and couple dances were also presented before the audience.

The 10th anniversary organized by Nritya Mandala Mahavihara was attended by over 100 participants including luminaries of Portland’s local Dharma communities, American and Nepalese Buddhists, office bearers and members of Nepali Association of Oregon, Nepaa Chhen and NRN NCC USA Oregon chapter.

Glimpses of the program. Sorry could not make it to all the events.

## **Talk on ‘Mindfulness for Healthcare’ Organized at Nritya Mandala Mahavihara in Portland.**

**July 31 2019 Friday**

Today more than ever, Lord Buddha’s teachings are more relevant at a time when the world is mired in conflict, violence and wars. We remember and pray Buddha because of his teachings.





**Dr Bajracharya conducting the meditation at the program.**

Rev Dr Kabindra Bajracharya — who is a Pediatric Ophthalmologist and Associate Professor of Ophthalmology at Lumbini Eye Institute in Nepal — said this at a two-part talk with meditation organized on Friday, Aug 2, 2019 at Nriya Mandala Mahavihara in Portland, USA.

The first part of the talk was based on a brief presentation Dr Bajracharya had given at Oregon Health and Science University (OHSU) in Portland to fellow doctors on mindfulness for healthcare.

Likewise, Dr Bajracharya also shared his insights into the practice of mindfulness in order to be of true benefit in the healing of others.

The second part of the talk was on Saptavidhanapuja (The Seven Limb Prayer). This prayer of Mahayana Buddhism is widely practiced by Tibetans and Newahs alike. Actually, anyone who wishes to purify negative actions of body, speech and mind and create positive potential with inspiration towards mindfulness and an awakened mind benefits greatly from this regular practice. The talk also included the Sanskrit chanted practice and meditation.

Currently, Dr Kabindra Bajracharya is in Portland at Casey Eye Institute, OHSU, Pediatrics Ophthalmology for six weeks for on-the-spot observation.

Dr Bajracharya has been initiated in different meditation and deity yoga from Vajrayana Masters of Nepal.

During this period, Dr Bajracharya also gave a presentation on mindfulness to doctors at OHSU and led meditation moments with nurses. Living near Lumbini, Buddha's birthplace, he practices Ophthalmology and Cataract Surgery.

As a devoted practitioner of Buddha Dharma, he is a spiritual leader engaging in mass education and spiritual practices.

The Seven Limb Prayer (Saptavidhana Puja) is comprised of the first 12 verses of “The King of Aspiration Prayers” found in the finale of the Gandhavyuha Sutra. This Sutra tells the story of the journey of a young pilgrim – Sudhana – who meets and learns wisdom and skillful means from extraordinary and diverse Bodhisattvas of all walks of life along the way.

Prior to the beginning of the talk, Prajwal Vajracharya of the Nritya Mandala Mahavihara gave a brief introduction of Dr Kabindra Bajracharya to the audience. At the end of the program, a letter of appreciation was handed over to Dr Bajracharya by Prajwal.

The letter says:” Even though Newar Buddhism is one of the oldest Buddhist traditions existing today, it is so rare to find Newar Dharma teachers and particularly teachers of your caliber.”



The letter which was signed by Prajwal and Helen Appell was read out at the program by Helen Appell of the Nritya Mandala Mahavihara.

The talk which was attended by about 30 Americans and Nepalese Portlanders was followed by a vegetarian potluck dinner.





*~To Reverend Dr. Kabindra Bajracharya~*

*We are honored and grateful to have your esteemed presence at our Portland Baha, Nriya Mandala Mahavihara. Established in 2009, Nriya Mandala Mahavihara is dedicated to the preservation and expansion of the Buddhadharma through the Newar tradition.*

*Thank you for your greatly wise and compassionate presentations of*

*“Mindfulness for Healthcare” and*

*“The Seven Limb Prayer for Purification and Merit”.*

*Even though Newar Buddhism is one of the oldest Buddhist traditions existing today, it is so rare to find Newar Dharma teachers and particularly teachers of your caliber.*

*We always welcome you in our Baha.*

*~May you continue to teach the precious holy Dharma to benefit all beings, none excluded~*

*With Deep Gratitude,*

*Prajwal Ratna Vajracharya*

*Helen F. Appell, II*

*Founders*

*Date:-August 2nd 2019*





## AWAKENING THE BODY

The Sacred Sound and Dance of Nepal  
with Prajwal Ratna Vajracharya

Pure Land Farms: July 19 - 21



**SUNDAY 2 - 8 PM**  
**MUSICA MUNDI NEPAL**

Cultural event featuring live music and dance performances, calligraphy and ritual art exhibit, mini workshops, food and more!

**FRIDAY 7 - 9 PM**

Public introduction, open to all

**SATURDAY 9 - 5 and SUNDAY 9 - 12**

Dance workshop introducing the theory, movement style, visualizations and chants of the Charya Nritya tradition.

*A unique opportunity for anyone interested in healing, sacred movement, meditation, Buddhism, or the performing arts.*



The Sorig Institute at Pure Land Farms is a partner of Sowa Rigpa College in Kathmandu, Nepal (SRIC), sponsoring students to fulfill their dream of becoming Tibetan Medicine doctors ([www.sorigcollege.org](http://www.sorigcollege.org))

[www.yangchenma.org](http://www.yangchenma.org) | [www.purelandfarms.org](http://www.purelandfarms.org)  
3265 Santa Maria Road, Topanga, CA 90290

**Lama Wangdu giving empowerment**

**Lama Tsering Wangdu Rinpoche** is a lineage holder of the Longchen Nyingthig, Shije, and Chod traditions. Born in 1935 in Tingri Langkor, Tibet, he received transmission and training from his root Lama, Naptra Rinpoche, and completed the traditional 108 charnel ground Chod pilgrimage before he was twenty. Naptra Rinpoche sent Lama Wangdu to Nepal on pilgrimage shortly before the Chinese closed the border in 1959. A well-trained and experienced yogi, he has lived in Nepal ever since, spending much of his life in retreat and serving the Tibetan refugee community.





## Maharjan Couple wedding July 11 2019



## Rice Feeding Ceremony with Malakar Family July 6th 2019



The Rice Feeding Ceremony is a celebration in [Nepal](#) in which a child is first fed rice. Although centuries old tradition, modern science has established the fact that child's digestive system is capable of processing solid food when they are approximately six months old which is why anapasana is held for when a baby turns six months old but it can vary between daughters and sons. This ceremony is held at five months for daughters, and six months for sons. An auspicious date and time is chosen by an astrologer, special costumes are worn during ceremonies .

**Month of June 4th series class by prajwal**

## 4 Series Class Offering

Month of June  
Every Thursday at 7-9pm  
4 Class Series \$100  
or Each Class \$30

The sacred dance of the priests of Nepal is a dynamic yogic discipline for healing and transformation. The dance movements and meditative elements affect profound changes for mind and body. The goal of the dance is yogic mastery of the body. This series introduces the theory and meaning of body mudra. In this series, you will also learn refuge and mandala offering dances.

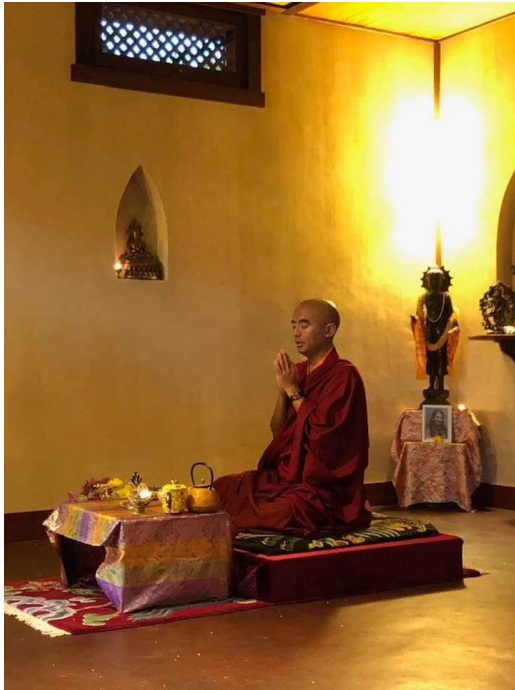
For registration call Prajwal: 503-807 5252  
[prajwalguvaju@gmail.com](mailto:prajwalguvaju@gmail.com)

[www.dancemandal.com](http://www.dancemandal.com)





## Mingyur Rinpoche visited and blessing on June 25 2019



Yongey Mingyur Rinpoche possesses a rare ability to present the ancient wisdom of Tibet in a fresh, engaging manner. His profound yet accessible teachings and playful sense of humor have endeared him to students around the world. Most uniquely, Rinpoche's teachings weave together his own personal experiences with modern scientific research, relating both to the practice of meditation.

Born in 1975 in the Himalayan border regions between Tibet and Nepal, Yongey Mingyur Rinpoche is a much-loved and accomplished meditation master. From a young age, Rinpoche was drawn to a life of contemplation. He spent many years of his childhood in strict retreat. At the age of seventeen,



## **Buddha Jayanti Celebrated May 18 2019**

Buddha Jayanti or Buddha Purnima is a very auspicious day for Buddhists all over the world. Two thousand five hundred sixty four (2564) Buddha Jayanti was celebrated at the Nritya Mandala Mahavihara in Portland, USA on Saturday May 18, 2019 amid various programs.



<https://www.facebook.com/prajwal.vajracharya/videos/10214951944497763/?t=39>

A number of Nepalese community members from Portland and neighboring cities took part in the event. Also present at the Buddha Jayanti celebration were a number of American Buddhists as well as Americans interested in Buddhism.

Buddha Purnima celebrations started at the Mahavihara with the chanting of Naam Sangiti Tuta by Gurujū Prajwal Vajracharya and other Nepalese and American participants. During the Naam Sangiti everyone give bath to Baby Buddha.

<https://www.facebook.com/prajwal.vajracharya/videos/10214950940912674/?t=1>

<https://www.facebook.com/prajwal.vajracharya/videos/10214950941952700/?t=2>

On the occasion, colorful Baby Buddha Procession was taken out around the temple at the Mahavihara accompanied by the music players who played various Newah music instruments.

<https://www.facebook.com/prajwal.vajracharya/videos/10214950706426812/?t=1>

<https://www.facebook.com/prajwal.vajracharya/videos/10214950709186881/?t=1>





Also, during the Buddha Jayanti festival, Gurujū Prajwal told stories to children about Siddhartha Gautam Buddha life. Then five Buddha (Pancha Buddha) play directed and conceptualized by Axi Tristan Codrescu was staged at the Mahavihara. The play was performed by seven children and five ladies. end of the play prajwal honor them as giving Vajra Necklace.

<https://www.facebook.com/prajwal.vajracharya/videos/10214956319527136/?t=0>



108 butter fed diyos (candle-like lights) were illuminated during the ceremony.

Likewise, Refuge Dance (a performance of Buddha Bandana Dance through Charya Nritya) was also performed 108 times continuously by American and Nepali devotees. Gurujū Prajwal Vajracharya honored the dancers on the occasion by wrapping Khata (traditional scarf) and giving 8 Auspicious symbol on them.



<https://www.facebook.com/prajwal.vajracharya/videos/10214951003394236/?t=2>



At the end of the function, a talent show was held. prajwal ,Uppa and Anastasia did the Panch Buddha dance, Danish Lok Nath threw light on the importance of Buddhism. He



played a classical musical instrument. Likewise, Jameela performed Bengali rituals along with a Bengali song, and Sarah sang an English song about peace and happiness.



A group of Nepalese ladies also performed Sheel Prarthana and Tri-Ratna Bandana, shilla Prarthana on the occasion.



The program was followed by a Kheer (traditional Nepali pudding) dinner. The celebration of Buddha Purnima in a number of countries across the world highlights the significance of Buddhism as a major religious force in the world with an estimated 480 million adherents.

This is again a testimony that Shakya Muni Siddhartha Gautam Buddha who was born in Nepal is adored and respected worldwide as the apostle of peace and light of Asia, and his teachings about peace and non-violence are relevant today more so than ever when so many nations are mired in violence and civil wars.

The four noble truths and eightfold path are the most important teachings of Lord Buddha. Buddhism, in fact, is not just a religion, it is also a way of life, a realism of non-violence and peaceful co-existence.

After all, why do Buddhists all over the world celebrate Buddha Purnima? As a matter of fact, Purnima means full moon day. For Buddhists, every full moon day of the month is sacred and pious. The full moon day in the month of Baisakh has an additional and special significance. On this particular day, Siddhartha Gautam was born, attained enlightenment and Mahaparinirvana.

The four noble truths are the most basic formulation of the Buddha's teachings: All existence is Dukkha (suffering). The cause of Dukkha is cravings. The cessation of Dukkha comes with the cessation of craving. Noble eightfold path is the means to end the Dukkha.



**White Tara Healing with Dr. Tenzin Yangdon  
Wednesday, May 15 2019  
Purification Breathing & Tibetan Healing with Mantra**

Dr. Tenzin Yangdon has been practicing Yutok Nyingthik Healing Tradition for the past twenty years. She graduated in 1992 from Mentyee Khang Tibetan Medical College in Dharamsala, India and practiced for many years under Dr. Kunga Gyurmey Ngarongsha (the personal physical of the Dali Lama).

Dr. Tenzin Yangdon took appointments and lectured our sangha on the benefits of Vajrayana practice and how it can be utilized in healing.



**Buddha Jayanti cleaning party May 11/12 2019**



### **Slideshow about Nepal Visit May 11 2019**

A slideshow presentation about experience of visit to the Kathmandu valley, Pokhara and Tansen was organized at the Nritya Mandala Mahavihara in Portland on Saturday May 11, 2019.



Jeanean Rauch and her 12 year old son Andrew traveled and worked in Nepal for ten weeks. Ms Rauch shared pictures and stories from the trip. They lived at the Kevin Rohan Memorial Eco-Foundation which is an NGO in the kathmandu valley.

The Foundation was established in 2008 in Khahare, a village near Kathmandu. After the accidental death of their seven-year old son, Krishna and Leela Gurung decided to establish a foundation to remember him and to develop a project to make a better world that they would have liked Kevin to live in.

The Foundation has a health clinic, a Waldorf-inspired school, biodynamic workshop, sustainable carpentry workshop, and are building bottle houses for sustainable housing solutions.

The mom and her son were in Nepal during the Nepalese festival of Tihar and American holiday of Thanksgiving Day.

The slideshow presentation was a nostalgic deja vu for some Nepalese Portlanders, and lots of interesting and esoteric information about Nepal for American guests.

The mom and her son witnessed Kag Puja, Kukur Puja and Govardhan Puja in the Kathmandu valley. There were pictures and stories about a rice feeding ceremony for a newly born child. Also, they celebrated the Thanksgiving holiday with a Nepali family. The slideshow offered a wide spectrum in terms of Nepalese lifestyle, Nepalese festivals, ceremonies and rituals, the Himalayas, trips to religious and historical places like Boudha Nath, Monkey Temple and Lumbini, the birthplace of Lord Buddha.

And it looked like they loved Daal Bhat Tarkari, Momo dumplings and other Nepalese delicacies.

Answering to a query of this scribe, Jeanean said she liked the Nepalese cuisines, Nepalese hospitality, helpfulness of the people, their generosity and spiritualism. But she



also added that she did not like the deteriorating pollution, crowdy and noisy bus rides and dirty rest rooms.



Many American guests who were present at the program have been to Nepal. The good thing about the program is that the slideshow impressed upon a kind of interest and curiosity about Nepal on those who have not yet been to Nepal.

The slideshow presentation was followed by a delicious potluck dinner.

**April 27 Saturday**  
**Talk on Traditional Newah Music**

The history of Newah music dates back to 6th century which is mentioned in a Shilalekh (historical inscription) “Baditra Gosthi” or Baja Guthi found at Lele, Patan in Nepal. Dr Subhash Ram Prajapati, a music expert and a musician himself, said this at a program organized at the Nritya Mandala Mahavihara in Portland, USA on Saturday April 27, 2019.

Newah traditional music is an integral component of broader South Asian musical history, Prajapati added.

The talk also examined the historical narratives, cultural traditions and recent changes in traditional music from Nepal.

During his presentation, Prajapati focused on the ancient and mediaeval music of Nepal, its history and culture.

Gunla Bajan, for example, is a tradition which is as old as almost 800 years from today, Prajapati said, referring to “Gunila” mentioned in Gopal Rajvanshavali.

Prajapati also answered to the questions of the guests during the program.

At the end of the talk, Prajapati gave a performance on various drums of the Nepalese traditions accompanied by fellow musicians.

Prajapati gave live rendition on Newah drums like Dhimay, Dhaa, Paschima and also Madal. Other musical instruments like Taa (a Newah cymbal) and Naykhin were also played.

However, it was musician David Suhay who stole the show by playing “Woh Chhu Galli, Thwo Chhu Galli” and “Resham Phiriri” on the violin.

About 60 Newah Portlanders and local Americans were present at the program which was followed by a sumptuous potluck dinner.

Prajapati has recently completed his Ph D in Ethnomusicology from the University of Washington.

His research focuses on traditional, folk and fusion music from Newah communities on a global perspective of musical changes.

**Rabin Man Shakya**





April 20 Saturday

### **Khin (Newah Drum) Playing**

**In terms of economic development, Nepal may be an LDC or a least developed country, but the tiny Himalayan nation is rich in arts, traditions, culture and mediaeval architecture, and more so in traditional music and musical instruments.**

In the past, hundreds of musical instruments were in vogue in Nepal. Those musical instruments which were the integral part of the Newah life were used and practiced during different festivals and rituals. According to a research, there were about 200 original instruments used and practiced in Nepal in the past and only 108 of them are still in use. It is so painful to note that many of the musical instruments have already disappeared owing to the neglect of the state.

Nevertheless, the fact that Newah culture is rich in traditional music is proved by use of numerous musical instruments, such as, Payntah (a long trumpet), Dhimay (a huge double sided drum), Dhaa (a double sided drum), Khin (also a double sided drum), Taa (a small cymbal), Bhusya (a large cymbal) and the list goes on.

Meanwhile, a Khin (double sided drum) presentation was organized at the Nritya Mandala Mahavihara in Portland on Saturday April 20, 2019. The Khin was played by artist Amir Raj Maharjan who is currently on a visit to the United States. About 50 Newah Portlanders and local Americans were present at the program.



Prajwal Ratna Vajracharya of the Nritya Mandala Mahavihara expressed the view that Newah Portlanders could take advantage by learning about Khin and listening to it.





Speaking on the occasion, musician Maharjan said that a Khin is a classical membranophone widely and popularly played during the Bhajans and different festivals. Giving a brief introduction of Khin, Maharjan said that a Khin is made of a wooden trunk with thin animal skins covering both sides. In his words, the right side of the Khin is covered with cow skin and left side with goat skin, having a black tuning paste called Khau attached in both sides. On the occasion, Maharjan also presented a popular Newah folk song “Rajamati”. No doubt, the traditional popular folk song like “Rajamati” is a part of rich Newah cultural heritage.



Quintessentially, the Newahs have a huge legacy and heritage of traditional and classical music and dances. The music and musical instruments of any ethnic community are reflected in the way of living and lifestyle of the particular ethnic community. Rich Newah music and musical instruments are testimony to the magnificent Newah culture.

**March 30 Saturday 2019**  
**World Newah Day Celebration**

At a time when Newah culture, Nepal Bhasa and Newah people are being constantly undermined and encroached by the state, the bold decision of the World Newah Organization in July 2017 to observe the last Saturday of the month of March as the World Newah Day is very commendable and praiseworthy.

World Newah Day is an opportunity for the Newah people across the world to renew our commitment for Newah cause in challenging times. Celebration of World Newah Day is a solemn occasion for the Newahs to raise the value of Newah identity.

World Newah Day should be celebrated to remind our government to respect the Newah value and culture and declare Nepal Sambat the national calendar of Nepal. A Newah may be a Buddhist or a Hindu, a Newah may be an Aryan or of a Mongoloid origin but a Newah ultimately is a Newah with Newah values and traditions. Needless to say, “Jhi Newah – Newah He Jui.”

Newah culture and Newah traditions are major sources of cultural identity of Nepal.

Culture, rituals and religions are the integral part of our national life. Culture and traditions are like the mirrors which catch the glimpses of the whole nation.

Therefore, despite facing threats and encroachment from various state and non-state sources, the Newah people should continue to raise the voice against injustice meted out on them and also to work unitedly to preserve and protect the Newah identity.

Newah civilization is very ancient. In economic terms, Nepal may be a poverty-stricken country, but in the front of arts, culture, rituals and traditions, there are reasons for Nepal to be proud of her cultural heritage, ancient arts and architecture. Lured by the natural beauty and cultural richness of the Himalayan nation, millions of tourists have visited Nepal.

According to Nepal’s population census of 2068 BS, demographic representation of the Newah people is only five percent. The same census says that only 3.2 percent of the population speak in Nepal Bhasa as the mother tongue.

If these numbers are true, which I think they are not, it is a wake-up call for the Newahs in Nepal and across the world. Equally alarming is the percentage of Buddhists at 9 percent in the national census in a country where Lord Buddha, an apostle of world peace, was born.

Meanwhile, a program was organized by Nritya Mandala Mahavihara to celebrate World Newah Day in Portland, USA on Saturday March 30, 2019.

A one-minute silence was observed at the beginning of the program in memory of late Marcus Thomas who passed away last month in Mexico. The Bhimratharohan of Mr Marcus Thomas and Mrs Betty Durham was performed at Nritya Mandala Mahavihara on June 25, 2018 as per the Bajrayana Newah Buddhist rituals.



Speaking on the occasion, Prajwal Ratna Vajracharya of the Nritya Mandala Mahavihara underlined the need for preservation of Dharma and culture which are the important ingredients of a nation's identity.

The fact that Nepalese and foreign scholars have carried out research and Ph Ds on a lot of Newah rituals like Ihi, Chudakarma and Junko etc also reflect the richness of Newah culture and traditions, Prajwal went on adding: "The Mahavihara plans to invite scholars from different countries to participate at the Mahavihara's forthcoming tenth anniversary programs."

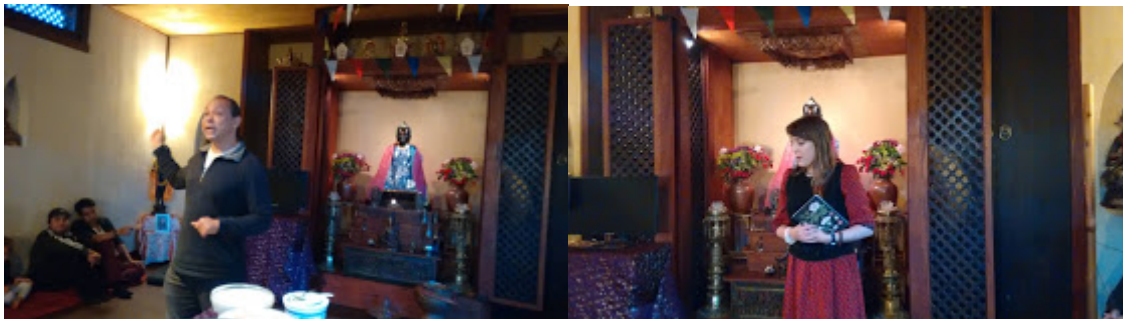
Vajracharya also informed the gathering that funds are available at the Mahavihara for conducting research works on Newah rituals and festivals. Gurujū Prajwal Vajracharya also answered the questions of the audience and listened to their suggestions. Prajwal extended World Newah Day greetings and wished Newah Portlanders peaceful skies, strong health and success.

Also speaking on the occasion was Anastasia Roderick who threw light on the contributions of Nisthananda Bajracharya and Yogbir Singh Kansakar to the development of Nepal Bhasa literature. Likewise, Sharmista Amatya spoke about the rich cultural heritage of Nepal.

About 50 Newah Portlanders attended the program which was followed by a potluck dinner. Present on the occasion were the activists of Nepaa Chhen, a non-profit organization of the Nepalese community in Oregon and leaders of Non-resident Nepalese Association, USA Oregon Chapter.

The celebrations of World Newah Day programs by Portland's Nritya Mandala Mahavihara and also by Newah American Daboo, Chicago and Newah Organization of America, Seattle chapter should be an eye-opener for the entire Newah people living across the world.

Dr Rabin Man Shakya  
Portland, USA.



**Feb 23/24/2019**  
**Teaching in California for Khentrul Rinpoche students**



**SUNDAY, February 3rd star 3pm till 6pm**  
**NEW YEAR CELEBRATION PURIFICATION RITUAL**

.The purifying the old energy of the previous year and unobstructed and opening to fresh new potential through the annual New Year's Purification Ritual. It's never too late! This traditional community ceremony honors oneself and others through making offerings of purified elements and will be guided using one's own mandala of sand. Veggie dinner served after purification





**we are doing the annual Purification Ritual for this year in February**

**Jan 7 till 25 Retreated in Nepal and  
Hongkong Jan 25 till 30 teaching**



Honor to prajwal in kathmandu Therabada monastery



On the Second year of Bajracharya club , prajwal did opening ceremony





Lecture in lotus college.

teaching in Mingyur Rinpoche place

All the month of Jan 2019 teaching in Mingyur Rinpoche in kathmandu. It is part of foundation teaching of Buddha Dharma for four months retreat.

**Hongkong**



**Hongkong Dance Mandal Shangha**

## **Dec 22, Yomari Punhi Celebrated:**

Yomari Punhi, one of the popular festivals of the Newah people of Nepal was celebrated this year with a lot of enthusiasm on Dec 22, 2018. Punhi means full moon day in Nepal Bhasa, the language of the Newah people of Nepal, and Yomari is a steamed dumpling which is made from rice flour with Chaku (a kind of sweet and solid molasses) and crushed sesame seeds.

Yomari Punhi is a post-harvest festival which falls on Thinla Thwo Punhi and which is the shortest day in Nepal. Newah farmers by this time have already filled their Bhakarīs with paddy. This festival is celebrated with the wish and hope for better life and prosperity.

On the day of Yomari Punhi, programs of traditional masked dance are organized at the villages of Harisiddhi and Thecho at the southern part of the Kathmandu valley.

Yomari is also a symbol of Pancha Tatwo which consists of fire, aqua, air, sky and land. Rice flour represents land, molasses is taken as fire, water as aqua, empty space in yomari as sky and sesame seeds represent air

Today, unlike 20 years ago, celebration of Yomari Punhi is not just confined to Nepal, it is celebrated by the Newah people across the world. Yomari Punhi was celebrated by the Newah people living in Oregon, USA at the Nritya Mandala Mahavihara, Portland on Saturday.

About 50 Nepalese and Americans from Oregon took part in a Yomari Punhi program at the Mahavihara. Among them are Daya Shakya, vice president of World Newah Organization and Bharat Banskota, president of Nepali Association of Oregon.





The Newah people of Oregon were seen sitting in a big circle inside the temple of the Mahavihara to make the traditional Yomari dumplings.



### Volunteers lending a helping hand.

Sitting cross-legged in a circle, participants started making Yomaris to keep the guests moving throughout the evening.

The Yomari Dayekegu program was participated by Guruju Prajwal Vajracharya and Maa Padma Laxmi Karanjit. Likewise, Pramod Karanjit, Dina Shakya, Bharat Banskota, Sharmista Amatya, Kabindra Amatya, Kusumabati Bajracharya, Anjali Vajracharya, Uppa Shakya, Suva Shakya, Pawan Pradhan, Naveena Shakya, Bijaya Maharjan and Palistha Shakya and Kabitanjali Amatya were among the volunteers making the Yomaris. Also volunteering for Yomari Dayekegu were Kuon Hunt, Dale Hunt and Karen Pradhan

For the Americans guests, the Yomari snacks were a welcome taste allowing them a chance to try a traditional Newah food which offer greater health benefits too. The program was followed by a potluck dinner. I remember during my childhood days, we as kids used to go to our neighborhoods in Kathmandu to ask for Yomari on this day and used to chant the traditional rhyme:



Tya Chhin Tya  
BakachhinnTya  
Lata Pata Kulechan  
Juchhin Tya Yomari Chwamu  
Uki Dune Haku Byusa Maku



Mabyusa Phaku

Byumha Lyase

Mabyumha Buri Kuti

Newahs of Portland also sang the same rhyme at the program. Similarly, on the occasion, Mahayana Sutra Mahima gatha was recited by Guruju Prajwal Vajracharya, Daya Shakya, Pradeep Bajracharya, Rabin Man Shakya and Pramod Karanjit.



### **Guruju Prajwal Vajracharya, Pradeep Bajracharya and Rabin Man Shakya, Daya Ratna Shakya and Pramod Karanjit reciting Mahayan Sutra Mahima.**

Newah heritage is full of myths, legends and folklores. And according to one of the mythologies related to Yomari Punhi, the emergence and origin of the Yomari Punhi celebration kicked off from Panchal Nagar which is Panauti today. The myth goes on to say that a married couple in Panchal Nagar had an unexpected and unprecedented paddy yield and that they made a new kind of bread that was made of the rice flour and was shared with the fellow village folks who really appreciated and loved it and hence the name Yomari (favorite bread).

According to the same folklore, the farmer couple presented Yomari to God of Wealth – Kuber – who was walking incognito. The God of Wealth rewarded the farmer couple with the riches.

There are many traditions and activities associated with Portland's Nritya Mandala Mahavihara but it is always looking for new ways to expand and explore those activities. first anniversary of my mother Man Shova Shakya's demise. Dec 21

## **Nritya Mandala Mahavihara Moves to Centerstage in Nepalese Community in Oregon**



Rabin Man Shakya

The Nritya Mandala Mahavihara – which is the only Nepalese Buddhist temple in the USA so far – has moved to centerstage in Nepalese community in Oregon by observing the age-old festivals of the Kathmandu valley and keeping alive the traditions and culture of the

people of Nepal.

Promoting, preserving and protecting traditional and cultural values of Nepal are not an easy work, but Nritya Mandala Mahavihara in Portland is giving it a shot. The establishment of Nritya Mandala Mahavihara in Portland in 2009 has paved the way for local Nepalese Portlanders to carry on with lots of ritual and cultural ceremonies like the way it is done in the Kathmandu valley.

Balancing personal works, trips to different countries, Charya dance teaching, observing Nepalese festivals are not always simple, but Prajwal Vajracharya is focusing on what is important in the long run.

Meanwhile, a Dakila ritual ceremony was held recently at the Nritya Mandala Mahavihara in Portland to commemorate the first anniversary of my mother Man Shova Shakya's demise.

Dakila (first anniversary of a person's demise) related rituals like 'Bhawana Puja' and 'Guru Mandala Puja' were performed by Prajwal Guraju. Bhawana Puja consists of offering flowers, sinha, raw rice, water and dhun (Nepali incense stick). The religious ritual during the Dakila tradition involved a number of objects including – Dhun, Dewa, Sukunda, Ita, Goja, Jajanka etc.

The Guraju chanted gatha for the eternal peace of the deceased and wished for the accommodation in the Sukhavati Bhuvan. Guraju Prajwal Vajracharya on the occasion using Gan (Ritual bell) and Vajra chanted religious rituals praying for Vajrasatwo and Pancha Buddha. He said our universe is made of Panchatatwo: earth, water, fire, air and sky. We also offer praying to Vajra Satwo which provides salvation to humankind, said Prajwal Guraju.

At the end of the Dakila ritual, a Sira Daan in the name of my deceased mother was offered to Prajwal Guraju. Me and my family express deep gratitude to Prajwal Guraju for finding time for the Dakila rituals despite his busy schedule.

Well, the Nritya Mandala Mahavihara has made celebrating the Newah festivals and observing the Newah style ceremonies centerpiece of its activities.

In fact, many Nepalese living in Portland know Prajwal for his commitment and dedication to enhance Nepalese arts, culture and traditions in Oregon.



## Dec 7 2018 Newar paubha exhibition

Newar paubha exhibition and reception happened first Friday month of December. display till end of December.

On December 7th, Karuna Contemplative Living hosted an evening of refreshments (Dina Shakya made WOO and House sake) and community in celebration of Prajwal's Newar Paubha painting collection. Prajwal spoke about the importance about the Newar painting, history, Meditation practice with Newar painting for about a half an hour while 20+ people browsed the intricate and magnetizing paintings, featuring deities like Arnapura, Vajrapani and Saraswati. The paintings will be up for the entire month of December and are 15% off the sale price. Karuna is located at 1725 SE Hawthorne. (971) 229-0565 [www.karunastore.com](http://www.karunastore.com)



Newar art is the art form practiced over centuries by Newar people. The pictorial art consists of: Paubha Wall paintings, paintings on the walls of temples and paintings in manuscripts. The Newars are the creators of most examples of art and architecture in Nepal. Traditional Newar art is basically religious art. We will be showing from the collection of Prajwal Ratna Vajracharya

## Nov 24 Sakimala purnima(Halimali Bojya) Nepalese Portlanders preparing Halimali Bwoyegu.

### Halimali Bwoyegu Program Organized in Portland, USA to Observe Sakimila Punhi



Nepal is rightly described as the land of festivals and cultural carnivals. Festivals are a quintessential part of the life of the Newah people. Similarly, festivals are important factors that enliven the Nepalese culture. They have added to the cultural richness of the nation.

It goes without saying that festivals, rituals and traditions, which are the embodiment of a nation and national glory, are always in need of three Ps (preservation, protection and promotion).

In this age of globalization, thousands of Newah people have settled in different countries. Newah families and their children living abroad are familiar with major Newah festivals but many of them may be unaware about festivals like Sakimila Punhi.

It is with this purpose in mind that a Halimali Bwoyegu program (artistic display of different fried grains) was organized at Portland's Nritya Mandala Mahavihara on Saturday, Nov 24, 2018 to celebrate Sakimila Punhi. Sakimila Punhi (also known as Sakimana Punhi) is one of the full moon days in Nepal Sambat calendar on which the Newah people eat boiled arum, sweet potato and different fried grains.

Halimali Bwoyegu program in Portland was led by Guruju Prajwal Ratna Vajracharya and participated by Pradeep Vajracharya, Kusumabati Vajracharya, Dina Shakya, Naveena Shakya, Pramod Karanjit, Sharmista Amatya, Ranjeeta Shrestha and others Nepalese Portlander



Prajwal Guruju (far right) and





### other participants chanting Buddhists Tutas

On the occasion, Prajwal Vajracharya of the Nritya Mandala Mahavihara shed light on the importance of celebrating festivals like Sakimila Punhi.

In addition, various Buddhist Tutas like Naam Sangiti, Bandeshree and Daan Balen were recited by Guruju Prajwal and other participants that included Nepalese Portlanders and some American Buddhists of the Mahavihara.

Likewise, at the program, octogenarian Buddhist activist Shanta Ratna Shakya (now on a visit to the US) chanted Sheel Prarthana and Tri Ratna Gatha.

### Octogenarian Buddhist activist Shanta Ratna Shakya chanting Sheel Prarthana





Shakya, who was the president of Gyanmala Bhajan Khala, Swoyambhu and Nepal Rastriya Gyanmala Samiti, also performed some Gyanmala bhajans.

“Gyan Mata Sita” written by Maha Pragma Bouddha Rishi and “Ragami Nugalaya Gunu Gunu Noyeka” written by Durga Lal Shrestha were the bhajan renditions performed by Shakya.

At the end of the program, artistic Halimali display was jumbled and mixed up as per tradition by small kids who were present at the ceremony.

The program which was participated by about 50 Newahs and Americans from Portland was followed by a pot-luck dinner.





## Nov 23 Buddha Pooja First Ever Buddha Puja (Theravada Style) Solemnized at Nritya Mandala Mahavihara in Portland

The first ever Buddha Puja in Theravada tradition was solemnized Friday Nov 23, 2018 at Nritya Mandala Mahavihara, Portland.



Rice, beaten rice, fruits, cookies, flowers for offering to the Tathagata.

Buddha Puja was performed by octogenarian Buddhist activist Shanta Ratna Shakya, currently on a visit to the USA. Sheel Prarthana and Tri Ratna Vandana were chanted by Shakya during the Buddha Puja.



Founder of Mettagaar Dharma Parivar briefly addressing the gathering.

Prior to the ceremony of Buddha Puja, different items like rice, bakery, candies, flowers and water etc were handed and passed over to each participants and finally offered to the Tathagata at the Mahavihara.



## Rabin Man Shakya and Naveena Shakya lighting the candles in front of the Tathagata.

On the occasion, Shakya who is also the founder of Mettagaar Dhamma Parivar in Kathmandu threw light on the procedures of Sheel Prarthana and how Buddha Puja is performed.

Prajwal Ratna Vajracharya of the Mahavihara said that Lord Buddha's teachings are more relevant today than ever.

Vice president of World Newah Organization Daya Shakya expressed the view that he was blessed to join the ceremony in which chantings were performed in Pali language – so peaceful and so divine.



About twenty people – Nepalese Portlanders as well as American activists of the Mahavihara – were present at the Buddha Puja ceremony.

## Chanting of Tri Ratna Vandana.





**Nov 10**  
**9 years Anniversary**

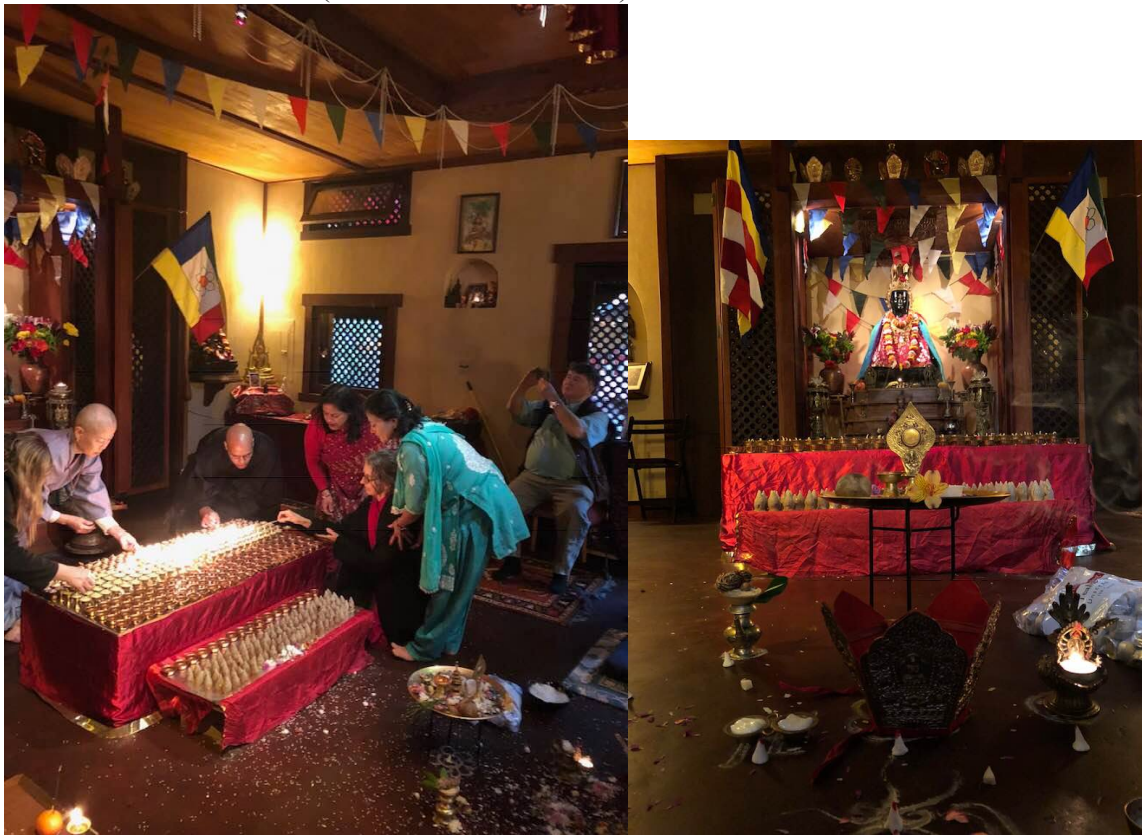


A day-long program was organized on Saturday, Nov 10, 2018 in Portland, USA to mark the ninth anniversary of Nritya Mandala Mahavihara.

The program kicked off in the morning with the popular Newah ritual of Saptavidhanuttarapuja (Sat Puja), Seven Limbs of Most Excellent Ritual. The Buddhist religious rituals were performed by Guruju Prajwal Ratna Vajracharya of the Nritya Mandala Mahavihara.

The religious rituals during the traditional ceremony involved a number of objects including the arrangement of 108 butter lamps, 108 water bowls, 108 Tormas (miniature stupas) and 108 gulupas (begging bowls)

The elements of the offering were 1. Vandana (Bowling Down) 2. Pujana (Making Offerings) 3. Desana (Confessions of Sins) 4. Modana (Rejoicing in Merit) 5. Adhyesana (Requesting the Teaching) 6 Yacana (Entreating the Buddha to Remain in the World for Aeons and 7. Namana (Dedication of Merits).







Special guest from Japan Yuko Okamoto present world peace chant best on Tendaichu tradition of Japan

On the occasion, a live presentation on “Lachi Caitya Vrata and Procession in Banepa during Gunla and Sringabher Avadana Buffalo Horn Caitya Worship” was made by Assistant Director, JSIS Academic Services of the University of Washington Dr Linda Iltis. and Dr. Ter Ellingson Professor Ethnomusicology, Anthropology and comparative religion.



The presentation was followed by live interaction between Dr Iltis and the program participants.

Guruju Prajwal Vajracharya said that Nritya Mandala Mahavihara which is the Foundation for Sacred Buddhist Arts of Nepal, is dedicated to the preservation and promotion of Charya Nritya and the related traditions of instruments and vocal music, choreography, and the crafts of making the masks, costumes, and jewelry used in dances. Prajwal added: “The Nritya Mandala troupe practices a sacred Buddhist dance form that for hundreds of years has been virtually unknown outside the circles of those who perform it. This ancient ritual dance dates back to over more than 1000 years and is a religious discipline of the Buddhist priests of the Kathmandu Valley, who perform the dance as part of their esoteric meditation practices, ceremonies and rituals.” He went on to say: “Since its inception in 1996, Nritya Mandala has performed in Asia, Europe and North America. Classes and workshops are also offered on this sacred art form.”

Also, on the occasion, different Charya dances were presented. Refuge dance and 16 offering dance presented as mandala formation, Saptalochan dance, Mahakal dance, Avlokeswor dance, Vajrayogini dance and Singhamukhi dance etc were presented by Yuko Okomoto, Anastasia Roderick, Anna Shrustova, Corinne Nakamura-Rybak, Bobby Romanski and Phyllis Moses.







White Tara (Taptalochana Tara)



Vajrabira Mahakala











Shinghamukhi







At the end of the program, Shanta Ratna Shakya, founder of Mettagaar Dhamma Parivar (currently on a visit to the USA) honored Prajwal Ratna Vajracharya, Ms Padma Laxmi Karanjit and Daya Shakya by wrapping Khada on them and presenting books and souvenirs.



Senior Buddhist activist Shanta Ratna Shakya (currently on a visit to the US) briefly addressing the event.



Shakya honoring Prajwal Ratna Vajracharya by wrapping Khata on him.





Shakya felicitating Padma Laxmi Karanjit by wrapping Khata on her.



Octogenarian Buddhist activist Shakya presenting books to WNO vice president Daya Shakya.

[At end potluck dinner](#)



**oct 26/27**

**Keith Dowman, Dzogchen Retreat**



Keith Dowman is an English Dzogchen teacher and translator of Tibetan Buddhist texts and published dozen of books . he gave teaching on Dzogchen in our Vihara. more info about the Kieth [https://en.wikipedia.org/wiki/Keith\\_Dowman#Bibliography](https://en.wikipedia.org/wiki/Keith_Dowman#Bibliography)

**Oct 21 2018**

**wonderful ceremony of 77 years,7 month,7days and 7 hours**





Uma's

## Janko Ceremony

(Honoring Tradition to Senior Citizens)



A child is claimed as a daughter soon after a mother gives birth and gradually grows by following cultural rituals from Nwaran, ihi, Janko, Barae etc entering girl's stage of life through the rituals that are accepted as culturally, socially, academically well oriented beliefs; and then may be known as a sister, an aunt and so on so forth. Then she becomes a wife and a daughter in law in different house hold after passing through many stages of traditional rituals and social obligations. In Newar tradition, a girl becomes spiritually virgin and never becomes widow even after dead of her husband. She is considered a woman of the faith she belongs to. Stepping into further details, a woman is entitled to become a grandmother surrounded by lovely grandchildren. According to Newah tradition a grandmother is entitled to go through a special ceremony to mark senior age celebration called Janko [ ZÁN-CO] a successful occasion on completing the symbolic age of 77 Years, 7 months, 7 days and 7 Min and 7 second, a very special number for seniors either male or female. A special ritual for Bhima-rathaa-rohan (ascending a chariot of wellness 'bhim') is organized to honor the person of that age according to own faith either Hindu or Buddhist. A symbolic ritual of citation entering to higher level of human being, a qualified person to ride a divine vehicle is recognized. Normally all people whether male or female are entitled to participate another higher level of Janko called 'Chandra Ratha Rohan'. This is an ongoing process until he or she attains to a century age celebration.

Mrs. Uma Sthapit a mother of two daughters Shreejana and Saluja and wife of the late Bhai Ratna Sthapit (died in 1981), currently resides at 92<sup>nd</sup> Ave of Sandy Blvd in Portland with her daughter Shreejana and son-in-law Sunil Tamrakar with two grandchildren Nelli and Shelba. Uma is also a proud grandma of Som, Sapana, Sadichya and great grandchild of another daughter Saluja. They all are so blessed to have opportunity to celebrate the Janko ceremony of their beloved grandma. On the auspicious day of Oct 21, 2018 Sunday, she turns 77 years according to the traditional lunar calendar, a very important day in her life. At the auspicious occasion at 10 in morning, she is being blessed with holy bathe to qualify her in divine life amid members from Nepalese community and her own family. The holy ritual is going to be performed by the Buddhist priest Prajwal Vajrcharya of Nriya Mandala Mahavihar in Portland. The gala gathering on this occasion is going to be a memorable and spectacular for the community. The happiness that poured from roof heaven spreads in neighborhood. Uma gets title of divine person after the ceremony is over and she blesses to all for success and good life. Receiving a blessing from a person who has gone through the Janko is very significant in the Nepalese tradition.

Thank you so much for joining us to celebrate Uma's Janko ceremony. We value your presence to witness her spiritual promotion to higher level of human being.













**Oct 13 2018**

**Josh Feinberg-Sitar.Ishan Varma-Sitar accompaniment  
Suma Raviprakash-Tanpura ,Saikiran Madhusudhan- Tabla**



**Oct 11 2018**

**Blessing and remove the bad energy by Lamas and Rimpoch from  
Pokhara, and we have wonderful Nepali dinner, Dina cooked 7 different dis**



**Oct 8/9 2018**

**Myri Daniki brought Tara energy from Brazil to PDX, it was such a wonderful spirit**



*Your body is the Body  
of the Female Buddha Tara*  
*Move your body in the rhythm of the Divine Goddess.*  
With Myri Dakini

**October 8, 2018**  
**5:30 pm - 7:30 pm**  
Dukkar Dance  
Radiating boundless energy  
With Purity of body, speech and mind.  
Dukkar: White tara of Infinite Protection

**October 9, 2018**  
**7:00 pm - 9:00 pm**  
Calling Tara from the Heart  
A profoundly moving dance meditation.  
It is very powerful simply to meditate  
or to be in the room when the  
dance is being accomplished.

Open to male and female, experienced or no experience welcome.  
Suggestion Donation - \$ 21

For directions and information  
Phyllis Moses - [phyllismoses@gmail.com](mailto:phyllismoses@gmail.com) / 425/922-0268  
Myri Dakini - [myriangela@gmail.com](mailto:myriangela@gmail.com)





**Oct 6 2018**

**Appropriation dinner with pujari and dancers  
we got Japanese sushi and sake for dinner**



**Sept 19 2018**  
**Dr.Nida came to teaching all day on..**

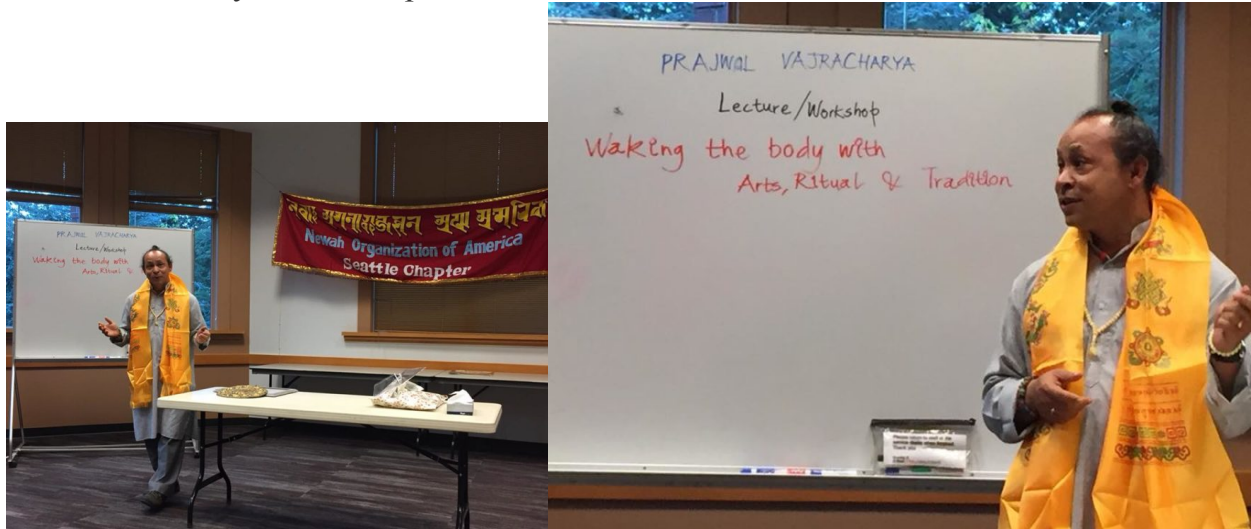




**Sept 12 2018**

**I was visited Newah Organization of America in Seattle**

gave talk on waking the Body with arts ,Culture, ritual and Tradition, about 50 people attended and they took to Nepalese restaurant for dinner



**Sawa Lakh Deep Prajjwalan at Portland's Nritya Mandala Mahavihara**



Living in the United States and trying to keep the culture and traditions of Nepal alive is a formidable challenge which is being faced by the Nepalese in America.

Nritya Mandala Mahavihara, Nepali Association of Oregon (NAO), Nepa Chhen, NRNA – USA – Oregon chapter are some of the institutions in Portland, Oregon, USA which are committed to preserve and enhance the culture and traditions of Nepal.

Promoting, preserving and protecting our traditional and cultural values are, actually, are not an easy work. It is very hard and arduous task, but Nepalese Portlanders are giving it a shot.

Sawa Lakh Deep Prajjwalan – an act of lighting of one hundred twenty five thousand (125,000) cotton wicks soaked in sesame oil, five baked clay dishes and burnt – was performed here at Nritya Mandala Mahavihara in Portland, USA on Saturday, Sept 15,18.



On the occasion, an Itah Kayegu practice was also organized at Portland's Newah Buddhist temple in which about 20 Newah women from Oregon participated.

Itah Kayegu is a manual and handmade process in which a Newah woman using her hands and fingers stretches up the cotton by, kind of, spinning, dragging and intertwining and finally making an Itah which is used for sacred burning.





Speaking on the occasion, Daya Shakya, vice president of World Newah Organization said that Ita Kayegu and Sawa Lakh Deep Prajjwalan are a unique preliminary practice from the ancient households of the Nepalese people and hence have a tremendous traditional importance.



Today more than ever, depression is a big problem for the people across the world. Addressing the gathering at the temple, Prajwal Vajracharya of the Mahavihara said that scientific importance of Ita Kayegu lies in the fact that it helps to do away with depression as veining mechanism is affected in a healthy way by the movements of fingers during the Itah Kayegu process.

Anastasia Roderick of the Mahavihara underlined the need to preserve this kind of practice.

Sawa Lakh Deep Prajjwalan is a fine ritual to benefit any wish of a man or a woman. Live burning ritual of Sawa Lakh Itah Chyakegu was initiated by Padma Laxmi Karanjit and her family at the temple. The Prajjwalan ceremony was ritualized by Prajwal Guruju.



The ceremony was followed by tea, snacks, wine and potluck dinner.

**we have wonderful “Raga & Tala” Indian Music concert with  
Michael Sterling: Vocalist Joss Jaffe: Tabla | Lucy Sterling: Tambura  
Friday, September 7**



**Panjaran (Panchadan) Celebrated at Portland’s Nritya Mandala  
Mahavihara**

One of the important festivals of the Newah Buddhists “Panjaran” was celebrated here at Nritya Mandala Mahavihara in Portland, USA.

Panjaran is also Panchadan which means giving away different kinds of alms, such as, grains and fruits like rice, paddy, salt, peas, bananas, radish etc to people from Vajracharya and Shakya communities.

On the occasion, various Buddhist Tutas like Mahayana Sutra, Naam Sangiti, Bandeshree, Daan Balen, Daan Gatha and Siddhi Muni were recited by Guruju Prajwal



Ratna Vajracharya, Daya Ratna Shakya, Pradeep Vajracharya and Rabin Man Shakya ins



Inside the buddhist temple at the Maha vihara

After the reciting of Holy Tutas, as per the Buddhist tradition, different kinds of alms, such as, rice, peas, bananas, apples and money were given away by Mahavihara's Guruju (preist) Prajwal Ratna Vajracharya, Jaya Shakya, Dina Shakya and Anastasia Roderick to Portland's local Newah Buddhists.

Raw rice was offered to the Panjaran participants from the Gulpa, just like in Nepal, in front of the large statue of Lord Buddha.

At the end of the Panchadan program at the Nritya Mandala Mahavihara, Portland's Panjaran participants were offered the Khir lunch in the "Kayan Yagu Dema" (traditional Newah plate made of brass).

Panjaran ceremony in Portland was reminiscent of Panjaran activities in Kathmandu. Nritya Mandala Mahavihara has moved to centerstage in Nepalese cultural scenario in Oregon by organizing a lot of programs and ceremonies related to festivals and culture of Nepal.


Prajwal Guruju of Nritya Mandala Mahavihara in Portland said that Portland's Buddhist Mahavihara also keeps the tradition alive by carrying on Tuta Bwonegu for a month until the end of the month of Gunla.

Tuta Bwonegu is a month-long practice of reciting Bajrayana Buddhist Tutas among the Newah Buddhists of the Kathmandu Valley during the month of Gunla (August-September).

There is no doubt that Nritya Mandala Mahavihara has been doing praiseworthy and commendable job by trying to keep the tradition and culture of Nepal alive in the USA. It is to be noted that the establishment of Nritya Mandala Mahavihara in Portland in 2009 AD has paved the way for local Nepalese Portlanders to carry on with lots of ritual and cultural ceremonies like the way it is done in the Kathmandu valley.

The forthcoming "Sawa Lakh Dipa Prajwolan" (the lighting of one hundred twenty five thousand oily wicks) to be organized at the Mahavihara on Saturday, Sept 15, 2018 is a testimony to it.

## His Holiness 7th Kyabje Line Rinpoche visited in vihara to blessingon Sept 5th wed 2018




# ABOUT LING RINPOCHE


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### HIS HOLINESS KYABJE LING RINPOCHE: 1903-83

Kyabje Ling Rinpoche, the late senior tutor to His Holiness the Fourteenth Dalai Lama, was the 97th holder of the Throne of Gaden and head of the Gelug tradition of Tibetan Buddhism. He was ordained by the Thirteenth Dalai Lama, to whom his predecessor had also been tutor, and was a great scholar and teacher. He was one of the most renowned and qualified masters of the 20th Century. His students included masters from all four Tibetan Buddhist schools. Kyabje Yongzin Ling Rinpoche spent many years teaching His Holiness the 14th Dalai Lama. As his Senior Tutor, Ling Rinpoche also assisted him with private highest yoga tantra meditation retreats. His Holiness recollects, "He took primary responsibility for my care and upbringing. In the beginning when I was six years old, I was really scared of him and learned to recognize the sound of his footsteps, which mademy heart miss a beat. But in the end I developed a very good relationship and he became my closest confidant up until his death in 1983. He taught me reading, memorization of prayers and trained me from elementary logic through the complete study of the five great treatises. He also gave me Bhikshu ordination, Bodhisattva vows, tantric initiations, as well as other branches of knowledge such as Sanskrit and poetry."



### HIS HOLINESS 7TH KYABJE LING RINPOCHE



The current incarnation of Kyabje Ling Rinpoche was born in India in 1985. He is the spiritual head of Ling Khangtsen, in Karnataka State, South India. He was taken to the Tibetan Children's Village in Dharamsala, after his mother died, and stayed there until His Holiness the Dalai Lama recognized him as the reincarnation of his Senior Tutor, the 6th Kyabje Yongzin Ling Rinpoche, who passed away in 1983. Rinpoche received his Geshe degree in November 2016 and enrolled at Gyuto Tantric College in Dharamsala, India in April 2017 for a year of tantric studies that traditionally follows the completion of a Geshe degree. He completed his studies in February 2018.

Ling Rinpoche made offerings to the monks of Drepung monastery. After his Geshe Graduation Ceremony, he visited and made offerings to monks and nuns at several monasteries in South India. They included Ganden, Sera, Tashi Lhunpo, Gyudmed and Dzungkar Choede monasteries. He later made offerings to Gyuto Tantric College in Dharamsala. Rinpoche spent the following year at Gyuto Tantric College to complete a year of tantric studies that traditionally follows the completion of the Geshe degree. He completed his studies ay Gyuto Monastery in February 2018.





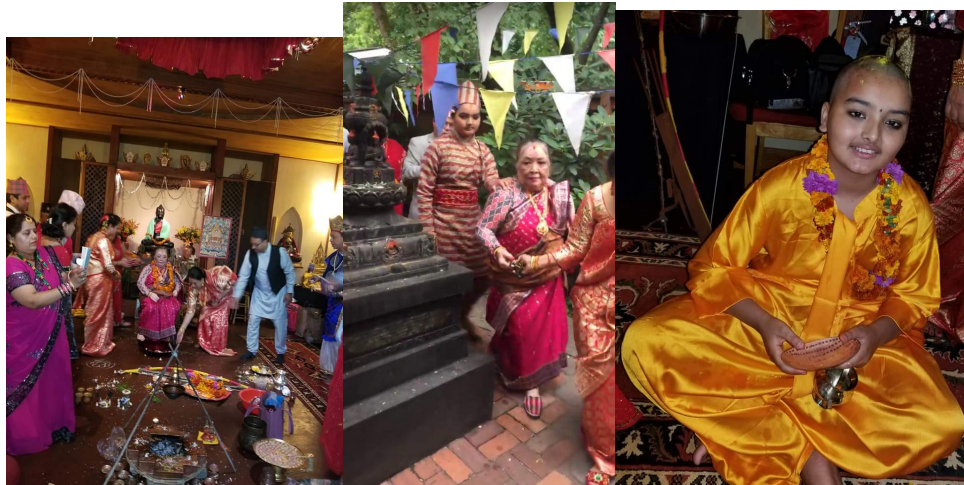






**Brata banda (Senior age and young age)  
Friday August 24 2018**

we have other jonko and Brata banda (Senior age and young age) celebration on Friday August 24 2018 . Padma Laxmi Karanjit turning 84 and Dennis Karanjit 12 years. all day ritual and lunch. This celebration is mother of the Pramod and Sarmila .





anskrit *brata* = promise, *bandha* = to be bound. This Sanskara (rite of passage) involves elaborate Karma Kanda which involves the participation of entire family and a *guru* (teacher) who then accepts the boy as a disciple in the guru-shishya tradition in Nepal. Traditionally these boys were sent to gurus to learn in a gurukul system of education but in modern times this act of the boy doing for first alms round in town and leaving his family for guru's hermitage is done symbolically within the family and is later is stopped by his maternal uncle (Mama)(Pau) from leaving

### **77th year, 7th month and 7th day, their "777"**

CELEBRATION JANKO JUNE 25 2019

Durham – to their 77th year, 7th month and 7th day, their "777" celebration. We celebrated first with a series of rituals, including the elaborate fire ritual, to remove any obstacles our friends might face on future years. Then we all gaily processed through the neighborhood, blowing a conch horn, throwing flowers, clanging cymbals, beating drums and dancing, in true Newari style, while Marc and Betty "flew" through the streets in a beautifully decorated pedicab. Afterward they were honored by family and friends alike with footbaths and small gifts. The event concluded with a feast and warm, happy feelings shared by all. It was a special day I shall cherish, with my fondest memory being the moment I was able to bow my head to the feet of my friends. We all need more opportunities in our lives to tell our friends we love them! – Kuon Hunt

When a man or woman turns 77 years, 7 months, 7 days, and 7 hours, there is a special ceremony to perform. The celebration may also be held for a couple when either the husband or wife reaches that age. The Bhimaratha observance calls on the goddess of long life, Usnisavijaya, to purify karma and bestow the blessings of good health and a long life span.

At the culmination of the Bhimaratha festivities, the honored person or couple dressed in brocade raiment is paraded through the streets in a chariot (ratha) drawn by their children and grandchildren and feted with music, flowers, blessed water, vermilion powder, and incense. The honorees' ears are pierced for a second time, and their youngest grandchild places new silver earrings in their ears. Henceforth, they are released from religious and ritual obligations, for their sins have been remitted and their karma purified.

The honored individual or couple ride a chariot drawn by flying horses, the magical steeds that will transport them to paradise or to nirvana, the afterlife destinations secured by the Bhimaratha ceremony. The Newar priest overseeing the ceremony seals the blessings by performing a homa puja.

<https://www.facebook.com/nitup/videos/10155368976280824/UzpfSTE0MDMwNzkwNzk6MTAyMTI3ODQ2NDQ3MTY2MjM/>







On June 25th 2018 I had the joy of joining the community in celebrating the arrival of Marc Durham – and near arrival of Betty







## **Bahra Tayagu(Gupha Rakhne)**

Ihi needs to be completed before this ritual. Generally accepted age is 5, 7, 9, 11, and 13 year old. The first day of the ceremony starts with a usual puja conducted either by the eldest woman of the lineage or the priest. A doll representing the *bahra Khaya*, the cave ghost, is prepared and put at one corner of the room.







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