

Charya Nritya is a Path of Deity Yoga in Motion.

Six-week Foundational Course on Charya Dance Kicks Off

Rabin Man Shakya

Rooted in the Vajrayana Buddhist tradition of Nepal, Charya Nritya, the sacred dance of the Newar lineage is a profound spiritual discipline where movement becomes meditation, and the body itself becomes the mandala of awakening.



Prajwal Vajracharya, co-founder of Nritya Mandala Mahavihara and one of the most senior Charya Nritya Guru in the world, said this while addressing a six-week long - Foundational Charya Nritya Series - which is being organized every Sunday from April 5- May 10, 2026 by US Dance Mandal in Portland, Oregon.

Underscoring the importance of Charya Nritya, he told the participants of the course: "With over a thousand years of unbroken lineage, Charya Nritya is a path of deity yoga in motion, an invitation to inhabit sacred form, refine perception, and awaken the innate wisdom held within the body."

In the teaching discussed how certain movements and Mudras effect health and create transformations in our bodies, how it heals our hands, feet and energy channels.

Basic understanding of the Mudra is important in Newar Buddhist tradition because without Mudra there is no Mahamudra, said Portland's Newar Guruju.

The noted Charya Nritya trainer said: "The Sanskrit word - Charya - means practice, conduct,





discipline or performance. The Vajracharya priests in the Kathmandu valley maintain a Buddhist dance tradition that dates back over a thousand years and has remained, for the most part, hidden from the world."

The Newar Buddhist Charya Nritya educator in USA - Prajwal - continued: "This ritual art is known as Charya Nritya which means - dance as a spiritual discipline.

The Charya dance pedagogue told the course participants: "You don't practice Charya as a form of entertainment. But you do it as a form of spiritual movement, as meditation, as prayer, as Sadhana."

The six-week basic Charya Nritya course laid the groundwork for all to-be-continued studies in the Charya Nritya dances of Nepal.

According to Prajwal Guruji, participants were able to learn about the history of the ancient and medieval practice, and train their bodies in the movements, exercises, finger, hand and foot Mudras, and techniques that are the foundations of the Charya Nritya and practice of the Refuge and the Sixteen Offering Goddess Dances.

The Guruji said: "This initial training lays the groundwork by focusing on the physical and spiritual alignment necessary for the deity yoga."

The Foundational Series refers to the core introductory training on Charya Nritya required before moving on to more advanced deity dances. Participants of the course begin by learning the thousand - year history of the practice, which was traditionally kept secret within priestly communities like the Vajracharyas and the Shakyas of the Kathmandu valley, Prajwal Guruji went on saying.

Prajwal Guruji stated: "1-2-4 step sequence



means a fundamental rhythmic movement where the practitioners shift their weight, hip and head in a wave-like motion to activate the central energy channel."

The Series includes specific exercises to train the body for the Tribhanga posture - a signature 'three fold' bend of the body at neck, hip and knees that connects with internal energy channels, he added.

Six-week Foundational Charya Nritya course was conducted for participants each Sunday for two hours at the Vihara in Portland. The course, which was divided into

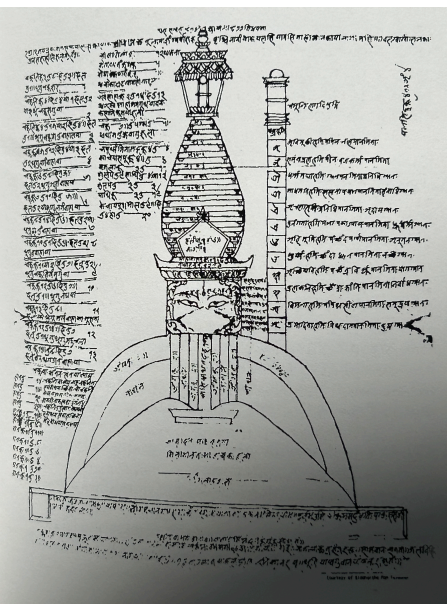


theoretical and practical classes for one hour each, is scheduled to be wrapped up on Sunday, May 10, 2026.

Zoom Teaching on "Ten Bhumis, Wisdom and Paramita"

A zoom teaching on "Ten Bhumis, Wisdom and Paramita" was organized by Hong Kong Buddhist Studies Association on Friday, April 24, 2026. The on-line teaching was conducted by Prajwal Vajracharya, co-founder of Nritya Mandala Mahavihara in Portland, USA.

The virtual teaching event was participated by 25 people on the zoom. Addressing the remotely held gathering, Prajwal Guruji



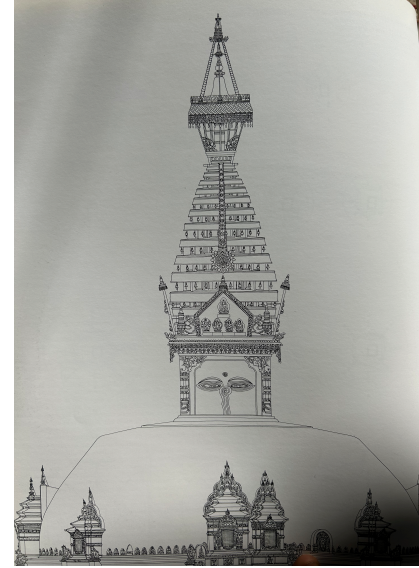
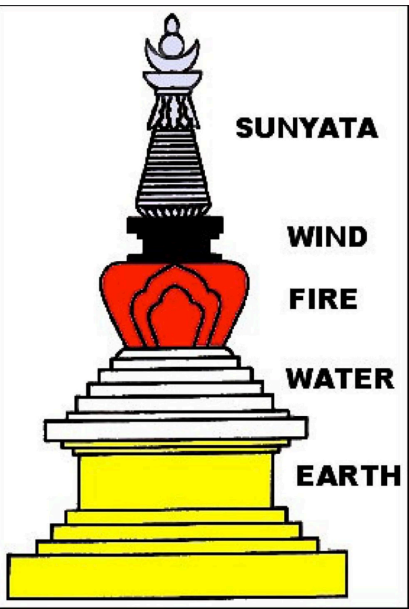
said that Ten Bhumis, Wisdom and Paramitas are interconnected.

The concept of Ten Bhumis comes from a Sanskrit word "Bhumi" which means ground or level, Prajwal Guruji went on saying: "In Vajrayana Buddhism, the Ten Bhumis are the grounds or progressive stages of realization a Bodhisattva traverses to reach

complete Buddhahood. Each stage represents a specific refinement of non-dual wisdom, a mastery of a particular perfection (paramita), and the systematic removal of emotional and cognitive obscurations."

Prajwal Guruji further said: "This is a powerful distillation of the Bodhisattva path. By refraining the Bhumis as degrees of stabilization rather than external milestones, you bridge the gap between traditional cosmology and direct experience."

Moreover, the Guruji added: "The inclusion of Nadi-Chakra purification is particularly insightful, as it grounds the abstract philosophical shifts of the Five Paths into a tangible, energetic transformation within the practitioner's body. This embodied aspect is often the missing link in comparative studies between Sutra and Tantra."

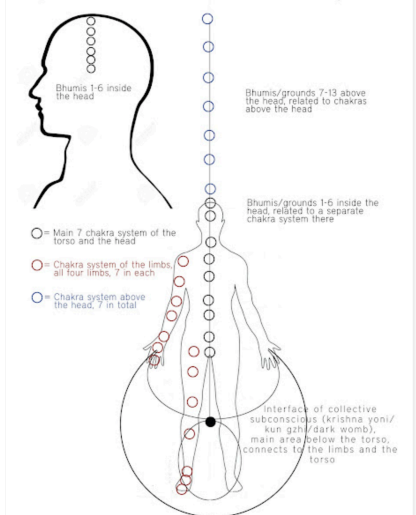


Throwing light on the symbolism of stupa, Prajwal Guruji reiterated that a stupa is a sacred architectural symbol representing the enlightened mind of the Buddha.

During the teaching on Ten Bhumis, Prajwal Guruji also analyzed the profoundness and relevance of Paramitas (perfections), Chakras and subtle body, Gyana (wisdom), Buddha nature, Dasha Karma, Dasha Visheka in Vajrayana Buddhism.

During the teaching, Prajwal Guruji elaborated the meaning of 13 Bhumis: (1) Pramudita Bhumi (2) Vimala Bhumi (3) Prabhakari Bhumi (4) Arcimati Bhumi (5) Sudurjaya Bhumi (6) Abhimmukhi Bhumi (7) Duramgama Bhumi (8) Acala Bhumi (9) Sathumati Bhumi (10) Dharmamegha Bhumi (11)

Open Heart Chakra/Bhumi-system



Samantaprabha Bhumi (12) Adhimukhi Bhumi and (13) Nyapomala Bhumi.

Five elements - earth (square base), water (hemispherical dome), fire (conical spire), air (crescent moon) and space (topmost jewel) are crucial in the structure of a Buddhist stupa, said Prajwal Guruji.

The central shaft of a stupa contains 13 tiers representing the ten stages of Bodhisattva development and three higher stages, Prajwal Guruji said, adding that each tier symbolizes different Bhumis.

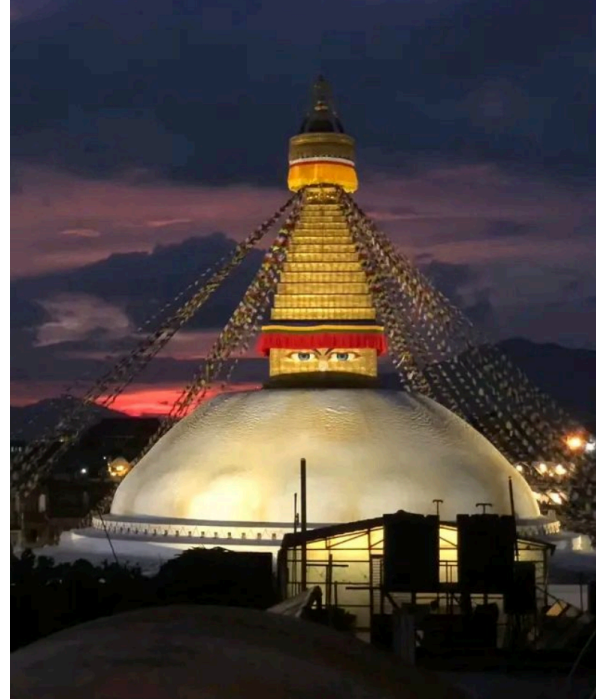
The Guruji informed the zoom participants that along with Swayambhu Mahachaitya, Boudhanath, Namu Buddha and Shreegha Vihara, there are 1,500 big and small stupas and chaityas in the Kathmandu valley.

During the on-line class, Prajwal Guruji also shed light on Dharma Dhatu Mandala and Vajra Dhatu Mandala. Likewise, the Guruji showed participants a number of precious and rare pictures and also answered to their queries at the end of the teaching.

Charya Nritya Blooms at NAO's 25th Anniversary Event

A program was organized on Saturday, April 18, 2026 at the Multnomah Arts Center in Beaverton to celebrate Bikram Sambat New Year 2083 and to commemorate the 25th anniversary of Nepali Association of Oregon (NAO) with a cultural program of songs and dances.

On the occasion, certificates of appreciation were given away by Consular General of Nepal in San Francisco Lakshuman Khanal to Prajwal Vajracharya of Nritya Mandala Mahavihara and other former office bearers of the Nepali Association of Oregon.





On behalf of the Nritya Mandala Mahavihara, two ancient and esoteric Charya dance: Rakta Ganesha and Annapurna Charya dances were brilliantly performed by Joshua Proto and Anna Shustrova respectively.

Rakta Ganesha Charya Nritya is a sacred ritualistic dance from the Newar Vajrayana Buddhist tradition of Nepal.

This Charya dance is performed to invoke Elephant Deity as a remover of obstacles and promoter of Dharma.

Rakta Ganesha has a red complexion - symbolizing power, life energy - an elephant's head, and a human body with multiple arms. Rakta Ganesha Charya dance was performed by Joshua Proto, a Sangha member of the Nritya Mandala Mahavihara. This is a mask dance.

Annapurna Charya dance was presented by Anna Shustrova, a Sangha member of the Vihara as well.

Annapurna Charya Nritya is a sacred ritual dance from the Newar Vajrayana Buddhist tradition of Nepal.

Annapurna is the Goddess of harvest. In Nepal, she is honored as Mother Earth. She is white in color with three eyes and has a great snake as her vehicle.

Her eight arms hold various implements in order to be of benefit to many different kinds of beings.

The Charya giti of Annapurna Charya Nritya was vocalized live by Joshua Proto, a seasoned Charya giti singer.



Interaction with Consul General Khanal

An interaction program with Lakshuman Khanal was organized by NRNA-USA-Oregon chapter at the US West Coast Hollywood Taekwondo School in Portland on Saturday, April 18, 2026.



Lakshuman Khanal is the first and recently appointed Consul General of Nepal in San Francisco, California.

Speaking on the occasion, Consul General Khanal said: "The Nepali Consular Office in San Francisco is new one which covers 11 US states including states of Oregon and Washington. Nepalese living in Oregon now do not have to go to Washington DC or New York for passport and other issues. They just can come to San Francisco consular office."

Addressing the gathering, Prajwal Vajracharya, co-founder of the Nritya Mandala Mahavihara in Portland and Spiritual/Cultural Director of NRNA Oregon chapter threw light on the activities of the Vihara.

The interaction program was attended by Daya Shakya, former NRNA-Oregon chapter president, Diwakar Maharjan, NRNA-Oregon chapter founder president, Raju Mali, NRNA Oregon chapter vice president, Bharat Banskota, former NAO president, Jangbu Sherpa, former NRNA Oregon chapter president, Neelima Ozha, female vice president of NRNA Oregon chapter, Alex Minu of Hollywood Taekwondo School and Rabin Man Shakya, Media Director of NRNA Oregon chapter and Sangha member of Nritya Mandala Mahavihara.



Buddha Jayanti Cleaning party



A bi-annual cleaning campaign was launched on Saturday, April 25, 2026 at the Nritya Mandala Mahavihara, Portland as part of preparation for the 2570th Buddha Jayanti celebrations.

Nritya Mandala Mahavihara, the only Newar Buddhist temple in the West, was built in 2009 with materials brought to Portland from Nepal. They have to be preserved and protected, taking into consideration the differences of climatic conditions between Kathmandu and Portland.

Meanwhile, writing on his social media platform on April 19, 2026, Prajwal Vajracharya said: "Buddha's birthday is approaching on the full moon day of Saturday, May 2, and we are so excited to celebrate Buddha Jayanti together at the Vihara."



The Guruji further added in his Facebook post: "To prepare our sacred space for this special and sacred event, we are hosting our bi-annual cleaning party on April 25, 2026." In his Facebook post, Prajwal Guruji emphasized the need for cleanliness and healthy environment in and around the temple.



The Pujaris, Sangha members and Nepali community members who offered help with cleaning activities were provided with lunch by Prajwal Guruji.

