

Bhimratharohan Crucial Ritual in Newar Culture Bura-buri Janko of Ramesh and Kalpana Shakya Celebrated in California

Dr.Rabin Man Shakya



Portland, August 1 A Newar Buddhist ceremony for senior age, 'Janko,' was held for Ramesh Shakya and Kalpana Shakya in San Mateo, California on Friday, June 30, 2023. Mr Ramesh Shakya is a former professor at Amrit Science College under the Tribhuvan University in Kathmandu.



The Bhimratharohan ceremony of the Shakya couple was solemnized by Prajwal Vajracharya, chief pujari at Portland's Nritya Mandala Mahavihara, the only Newar Buddhist temple in the USA.

Bura-buri Janko related rituals, such as Homa Puja, Nag Puja, Kalash Puja and Bali Puja were ritualized by Prajwal Guruju.

According to Prajwal Guruju, "When a man or woman turns 77 years, 7 months 7 days and 7 hours, there is a special ceremony to perform. The Janko observance calls on the Goddess of long life - Usnisavijaya - to purify Karma and bestow the blessing of good health and long life span." Bhimratharohan is a crucial and essential ritual in Newar culture and important lifecycle ceremony in a life of a man, said Prajwal Guruju.



Interaction on Yoga Organized in Portland



July 21 ,A Yoga Therapy and Motivational Class for Healthy Living with Yoga teacher Subarna Lal Chitrakar was organized at the Nritya Mandala Mahavihara on Thursday, July 20, 2023.

The interaction with the Nepali Yoga teacher was attended by about 20 people. Prior to the starting of the Yoga program, Prajwal Vajracharya of the Mahavihara gave a brief introduction of Mr Chitrakar. Subarna Lal Chitrakar is a former colonel in the Nepalese Army. He has served and participated in Nepal Army's peacekeeping operations in a number of conflict-ridden countries across the world.



Speaking on the occasion, Chitrakar said:"If you want to live a healthy and happy life without a doctor, then you should practice Yoga."



During the brief one-hour Yoga class, Chitrakar threw light on Khatkarma, Hatha Yoga, Astanga Yoga, Food Therapy, Ayurveda Therapy, Natural Therapy, Yoga Lifestyle and Yogic Anatomy and Physiology.

Chitrakar - who has been on a journey of a spiritual life for 30 years - shared about spirituality, Yoga, Dhyana, Sadhana and natural way of living with the community members of Portland, USA.

The Yoga interaction program was followed by a vegetarian potluck dinner.



Tibetan Yoga Retreat Held at Portland's Newar Buddhist Temple

July 24, A week-end three day Tibetan Yoga Retreat was held at the Nritya Mandala Mahavihara from Friday-Sunday July 21-23, 2023.

The three-day weekend retreat which was conducted by Dr. James H. Bae, a doctor of acupuncture and Chinese medicine.



For 25 years, Dr. Bae has dedicated his focus on research, education and clinical work in the area of mind-body medicine.

Dr. Bae's particular focus is on the intersections of traditional Asian Medicine, Yoga and Contemplative Practice.



Weekly Activities in Vihara Continue

In July, as usual and as always, Dharani chanting on Zoom was conducted once a week every Tuesday. Manjushree Naamsangiti chanting was held on Full Moon Day of August 1, 2023. Similarly, Sadhana practice and Buddha Bhajan Singing Practice were held on each Wednesday evening. Likewise, the practice of singing Charya giti was performed in the mornings of every Friday.

