

Prajwal Vajracharya's Visit Symbolizes Promotion of Newar Buddhism and Charya Dance in Hong Kong

Various Programs and Events Organized in Hong Kong during the Guruji's Visit

Rabin Man Shakya



Prajwal Vajracharya, was in Hong Kong visit from July 16-27, 2026 for promoting and enhancing Charya Nritya dances.

A program of Vajra dance performances was organized at the Kuan Yin Lecture Hall (Western Monastery) of Hong Kong Polytechnic University on Saturday, July 18, 2026.

The event, which was attended by 80 people, was hosted by Hong Kong Buddhist Studies Association (HKBSA) and supported by the Hong Kong Polytechnic University Buddhist Society.

According to Dr Tina Ho of HKBSA, before the performances, there was a small fire nearby, when the Vajra dance performers were doing makeup.



"Luckily the fire was extinguished and we started the performances on time", Dr Tina Ho said. Before the performance Dr Tina Ho give history and slide presentation vajra dance lineage in Hong Kong. Lianne Hunt(student of prajwal) who was first star. Then prawal star to going every year to teach and continue with zoom.

The Vajra dance program included Refuge Prayer, Sixteen Offering Goddess Dances, Pancha Tara, Amoghasiddhi and Aryatara, Vajravarahi, Vajrasattva, Padmanateshvara and Mahavairochana.



Refuge Prayer and Sixteen Offering Goddess dances were performed by Fionna, Mei Mei, Joanna and Pamela.

After that, Pancha Tara Vajra dance was presented by Shira Chan, Wing Yee Lui, Sin Ying Leung,

Patty Chan and Lok Yee.

Then, Amoghasiddhi and Aryatara Vajra dance was offered by Prajwal Vajracharya and Dr Tina Ho. Vajravarahi Vajra dance was featured by Saldon Wu. Likewise, Vajrasattva Vajra dance was rendered by Dickon Kong.

Similarly, Padmanateshvara Vajra dance was showcased by Dr Eliza Lau. Finally, Mahavairochana charya dance was presented by teacher Prajwal Vajracharya.

Meanwhile, on Sunday, July 19, an all-day workshop on Ali and Kali (vowels and consonants) was organized at Tung Lin Kok Yuen Wang Fat Ching She. The workshop in Hong Kong was attended by 29 people.



Conducting the all-day workshop, Prajwal Gururji threw light on Ali and Kali in Newar Buddhism, and also explained how to practice yogic way, elucidating the meaning of each vowel and consonant and how to use them in practical life.

During the workshop, Prajwal Gururji shed light on Ali-Kali, a sacred syllabary representing the foundational, energetic, linguistic and philosophical structure of Tantric practices.

Prajwal Gururji underscored the relevance of the unique Sanskrit-based Vajrayana tradition of the Kathmandu valley, and said: "Ali refers to the Sanskrit vowels, whereas Kali means Sanskrit consonants."



Ali (vowels) represent
Pragya, the feminine
principle, and primordial

state of Sunyata, clarified the Guruji adding: "Kali (consonants) represent Upaya, the masculine principle and compassionate action or phenomenal manifestation."

The Guruji provided detailed and comprehensive details about Ali and Kali to the Hong Kong participants.

Likewise, on Monday evening, July 20, a Dharma talk on Dakinis was held in Hong Kong.

Addressing the gathering, Prajwal Guruji said: "Based on a 1000-year old Newar Buddhist tradition in Nepal, a Dakini is a sacred female spirit, deity, or enlightened energy who represents wisdom, spiritual transformation and the dynamic feminine principle."

The talk on Dakinis focused on Dakinis as the energetic beings in female form, evocative of energy in space."



On Tuesday, July 21, an afternoon visit to Shingon Buddhist temple, the Hong Kong Mantra School for Lay Buddhists was organized for Guruji Prajwal Vajracharya. Refuge and Sixteen Offering Goddess Dance were presented on the occasion. The event was attended by 24 people.

On Tuesday, July 21, an evening workshop 'Praise to Avalokiteshvara Sloka' was held at Utpala Meditation Center in Hong Kong.

The Guruji, during the workshop, explained the meaning of Sanskrit sloka: lokeswaram shilam shantam amogha guna sagaram/ amitabham kritam mauli namami amogha pasanam//.

Delivering the Dharma talk, Prajwal Guruji stressed the significance and relevance of Lokeshvara in the Buddhist world.

Avalokiteshvara is the embodiment of universal compassion and has the softest, gentlest and most fluid of dances represented in the Charya nritya tradition, he said, from Nepal explained the Hong Kong participants about Avalokiteshvara's attributes, energy, form, charya giti, gestures, movements and Nritya from the Newar Buddhist dance tradition.

This is an ancient form of deity yoga meditation for physical transformation, refinement of emotions and spiritual awareness, the Guruji said.

Moreover, a Dharma talk on Vajradhatu and Dharmadhatu was also hosted by Hong Kong Buddhist Studies Association on Wednesday, July 22 at Utpala Meditation Center. Prajwal Guruji explained the importance of Dharmadhatu and Vajradhatu saying that they were there in the history even before the advent of the Shakyamuni Buddha. Prajwal Guruji underscored the significance and relevance of Vajradhatu and Dharmadhatu even for today.

Dharmadhatu is a Sanskrit term meaning the realm of truth, sphere of phenomena or dimension of all things, said the Guruji and added: "Vajradhatu means diamond realm or thunderbolt sphere in Sanskrit, representing ultimate reality, unchanging wisdom and the indestructible nature of enlightenment in Tantric Buddhism."

Prajwal Guruji also mentioned that Dharmadhatu and Vajradhatu are mentioned in Naamsangiti. Naamsangiti was preached by Shakyamuni Buddha for his disciple Vajrapani and his wrathful retinue in order to lead them into Buddhahood, the Guruji went on saying. Before



the advent of scientific discoveries, there were mention of seven oceans and other seas in the ancient Sutras, the Guruji stated.

Prajwal Guruji also examined the dimensions and realities of Vajradhatu rituals in Nepal as it is lived and practiced in Newar Buddhist traditions.

The Guruji gave detailed accounts of Dharmadhatu and Vajradhatu, saying that there are 220 deities in the Dharmadhatu Mandala and 53 deities in Vajradhatu Mandala. Prajwal Guruji also discussed in detail about Bhadrakalpa Bodhisattvas and Maha Bodhisattvas. The Guruji also showed rare slides to explain his teachings.



Furthermore, an empowerment (Dikchha) and teaching on deity Padmanateshvara was organized at Utpala Meditation Center on Thursday, July 23, 2026. The teaching was attended by 21 participants.

The teaching and empowerment was conducted by Prajwal Vajracharya. It is to be noted that for the practice and Sadhana of Padmanateshvara, an initiation or empowerment (Dikkchha) is always required.

Padmanateshvara

(Nasa Dyo) is the deity who represents performance arts, the yidam of Charya Nritya - the Lord dancing on Lotus, Prajwal Guruji told the Hong Kong participants.

Padmanateshvara's (who possesses ten hands) initial gestures is to indicate the wisdom of the heart, with the second one he touches heaven, with the third the earth. All the other symbols he holds in his different hands refer to the Buddha Dharma, and about one making decisions to follow this path, the Guruji said.

The initiation into Padmanateshvara is to incarnate the





wisdom by dancing, and by dancing, share it with all, said Guruji Prajwal Vajracharya.

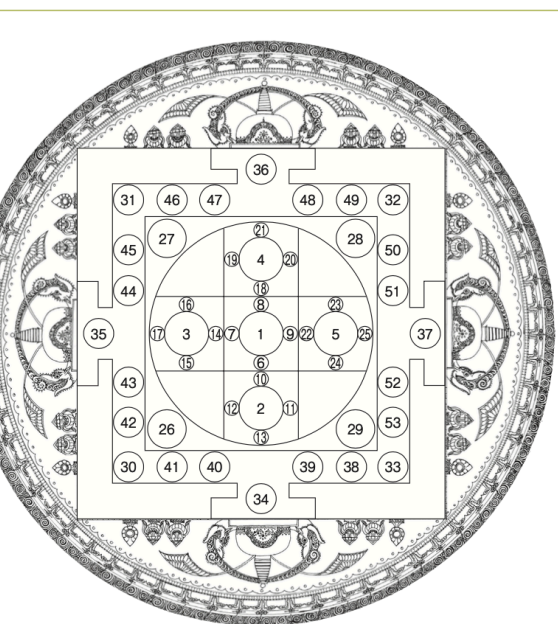
During the teaching, Prajwal Guruji also conducted the fundamental movements and dance teaching. Charya Nritya teacher Prajwal demonstrated hand and finger Mudra and showed different steps of the dance 'Padmanateshvara'. The teaching offered a wide spectrum in terms of practical and theoretical aspects of learning about the Padmanateshvara charya nritya.

A three-day Mahavairochana Charya Dance retreat (July24-26) was organized at the Hong Kong Buddhist Studies Association Sha Tin Center/ShareLife Holistic Institute. The retreat was participated by 12 Hong Kong Sangha members.

Saying that Mahavairochana is an eternal cosmic presence whose body, speech and mind are the universe itself, Prajwal Guruji stated: "Mahavairochana Buddha is considered as the Supreme Buddha among the five Dhyani Buddhas. This primordial Buddha represents the wisdom of Sunyata or essence of the Dharma realm meditation mudra."



Five Dhyani Buddhas are drawn together in a Mandala and Vairochana Buddha is in the center of the Mandala, the Guruji informed the Hong Kong participants.



The Guruji underlined: "Vairochana Buddha statues are mostly depicted in white color. If anybody meditates chanting mantra on Vairochana Buddha, it helps to vanquish ignorance."

While performing Mahavairochana charya nritya, the dancer utilizes visualization, hand gestures (Mudra) and yogic postures to manifest the internal qualities of

Mahavairochana, the Guruji added.

He said: "Mahavairochana charya nritya refers to a specific variation of charya nritya, a sacred, ritualistic Vajrayana Buddhist dance tradition belonging to the Newar Buddhist community of the Kathmandu valley."

The Guruji went on saying: "In this Charya nritya, the performer enters a deep meditative state to physically embody Mahavairochana who is the central cosmic deity among the Pancha Buddhas who represent the transformation of ignorance into the all-encompassing wisdom of reality."

The performer wears traditional crowns and symbolic ornaments representing the six paramitas. Mahavairochana is always depicted in white costumes, he reiterated.



The retreat was an opportunity for the Hong Kong participants to acquire comprehensive and detailed knowledge about Mahavairochana. During the retreat, Prajwal Guruji also explained the Sanskrit meaning of Mahavairochana charya giti.

Prajwal Guruji performed Mahavairochana charya dance at the end of the retreat. He also answered to questions of the participants.

According to Dr Tina Ho, during the retreat "we met typhoon signal No 8 & 9. So we left the site at 5 pm on second day but joined again on 3rd day afternoon to

continue the class."



Four Week-long Charya Nritya Transcendent Classes 'Praise of the Ancient' Wraps Up



A four-week long Charya Nritya transcendent teaching 'Praise of the Ancient' (once every Sunday - June 14 to July 12) was wrapped up on Sunday, July 12, 2026. The practical and theoretical classes were delivered by senior charya pedagogue Prajwal Vajracharya.

Every week, the teaching started with the chanting offered to Lord Padmanateshvara followed by Refuge and Sixteen Offering Goddess dances.

The four-week long Charya teaching was an opportunity that enabled participants to understand transformation of the body and awakening the mind with the Buddhist priest from Nepal.

According to Prajwal Vajracharya, Charya Nritya is a sacred, thousand-year old Newar Buddhist dance tradition from Nepal that combines physical movement, mudras (sacred hand gestures), and mantras as a form of moving meditation and spiritual discipline.

Prajwal Guruji maintained that Charya Nrityas have been practiced for centuries by Newar Vajracharya and Shakya priests in the Kathmandu valley. The Guruji added: "Charya Nritya integrates body, speech and mind through yoga postures, visualization, and devotional songs (Charya giti)."

The five weeks teaching focused on Charya Nritya of various Buddhist deities: Avalokiteshvara charya dance (Sloka), Aryatara charya dance (sloka), Manjushree charya dance (sloka) and Pragyaparamita charya dance (sloka), said the Guruji adding: "These charya dances embody peaceful deities to cultivate inner wisdom



and compassion."

Throwing light on the objectives of the four-week course, Prajwal Guruji said: "The purpose of the course was to provide a basic introduction with the yogic songs (charya giti slokas) and the accompanying sacred ritual dances (slokas) of Avalokiteshvara, Aryatara, Manjushree and Pragyaparamita.



Prajwal Guruji went on saying: "The Charya movements physically manifest the compassionate and peaceful attributes of Buddhist deities Avalokiteshvara, Aryatara, Manjushree and Pragyaparamita.

Prajwal Guruji, who is also chief pujari at the Vihara, during the teaching explained the meaning of Sanskrit slokas of Avalokiteshvara, Aryatara, Manjushree and Pragyaparamita.

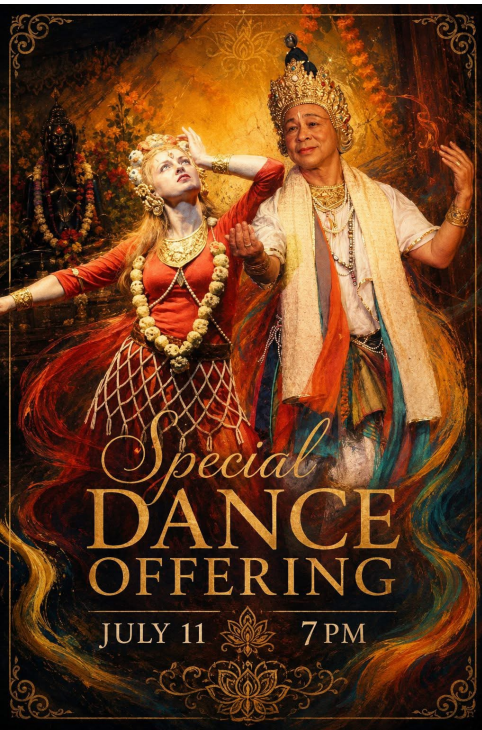
During the four-week course, the participants learned lyrics of the slokas of Avalokiteshvara, Aryatara, Manjushree and Pragyaparamita.

Also, during the teaching, Guru Prajwal also explained the meaning of movements, steps and Mudras of various deities' dances. How to liberate yourself, how to feel transformation, the ways to enlightenment through Charya tradition were the leitmotif of Guruji's four week long discourse.

In brief, the launch of the four week-long Charya Nritya transcendent classes 'Praise of the Ancient' marked a significant milestone in making this sacred, moving meditation accessible to global practitioners.



Special Dance Offering Event at Vihara Showcases Esoteric and Ancient Charya Nritya Dances



A Charya dance program 'Special Dance Offering' was organized on Saturday, July 11, 2026 at the Nritya Mandala Mahavihara in Portland by Dance Mandal USA.

Special Dance Offering event was attended by 30 people at the Vihara. Special Dance Offering was an amazing showcase of ancient, medieval and esoteric Newar Buddhist charya dances for the audience.

Refuge dance, 16 Offering Goddess - (Five Buddha Mandala Formation), Avalokiteshvara (sloka), Aryatara (sloka), Pragyaparamita (sloka), Kurukulla, Mahavairochana, Vajravarahi and Mahakala charya dances were presented on the occasion. The endeavor of new dancers-students of the charya class 'Praise of the Ancient' was praiseworthy.

The free event, presented by Dance Mandal USA in partnership with the Nritya Mandala Mahavihara showcased thousand-year old sacred Vajrayana Buddhist ritual dances.

The focus of the event was to preserve the Buddhist charya dances - meditational dances - that tell stories of the inner qualities and awakening of Buddhist deities.

The charya dance - Five Buddha Mandala Formation - Refuge Dance and 16 Offering Goddess Dance - was performed by Stacie Roderick (Achhovy Buddha), Chaney Connor (Amitabha), Ashley Low (Amoghasiddhi), Susan Morningstar (Vairochana) and Naveena Shakya





(Ratnasambhava).

Avalokiteshvara charya dance (sloka) was performed by Susan Morningstar. Avalokiteshvara is the revered, white Bodhisattva of universal compassion, a primary deity in Newar Buddhist tradition. Avalokiteshvara embodies compassion in its most recognizable form,

such as gentleness, softness and kindness. Avalokiteshvara's right hand makes a Varada mudra, the left hand holds a lotus, and above the head sits Amitabha Buddha wearing many tassels and five-color heavenly clothes.

Then, Aryatara charya dance (sloka) was offered by Ashley Low. Aryatara is green in color and embodies compassionate activity. She sits in a joyful ease pose with her right leg extended, always ready to come to the aid of beings. She gives generously with her right hand and holds a lotus of purity with her left hand at her heart.

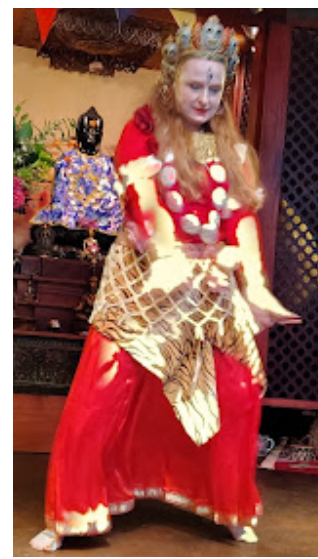


Subsequently, Prajnaparamita charya dance (sloka) was featured by Naveena Shakya. Prajnaparamita is the 'Spiritual Mother of All Buddhas'. She is often depicted holding a lotus flower in her left hand and the sacred text of the Heart Sutra in her right hand.



Moreover, Kurukulla charya dance presented by Anna Shustrova. Kurukulla is a sacred Buddhist ritual dance that embodies the deity Kurukulla, representing magnetizing energy and enlightened feminine power. Kurukulla is a female Tantric deity in Vajrayana Buddhism, associated with magnetizing enchantment and spiritual power. She is often depicted in red, symbolizing passion and transformation, and holds a flower, bow and arrow, representing attraction and influence.

Likewise, Mahavairochana charya dance was put on the stage by Prajwal Vajracharya. Mahavairochana charya nritya allows the practitioner to visualize and physically embody Mahavairochana - the central cosmic





Buddha of the Five Tathagatas, representing supreme enlightened wisdom and the ultimate truth.

Similarly, Vajravarahi charya nritya was displayed by Anna Shustrova. Vajravarahi is the mother of all Dakinis. Vajravarahi is invoked to destroy enemies. Vajravarahi is one of the most important female deities in Newar Vajrayana Buddhism. She is red in color and stands on a reclining body of Bhairava in dancing posture.

Finally, Mahakala charya dance was rendered by Prajwal Vajracharya. Mahakala is a wrathful protector deity, dark blue in color and awesome to behold. He is beautiful and splendid with his short and stout body, huge belly and angry face. He wears a tiger skin, bone ornaments and snakes and is destroyer of all fears. Like Vajrapani, Mahakala dances upon the negative forces that fuel the path to enlightenment. Mahakala is a mask dance.

All the charya giti songs for the charya dances were vocalized by Joshua Proto who also played Tinchu and Damaru for the dances. The dance event was moderated by Anastasia Roderick.



Spiritual Interaction with Suvarna Purnajan Bhante

A spiritual interaction with Ven Suvarna Purnajan Bhante was organized at the Nritya Mandala Mahavihara in Portland, USA on Wednesday, July 1, 2026. The spiritual interaction program, followed by a potluck dinner, was attended by 15 people in person at Vihara and 15 people on zoom.

Spiritual Interaction

With Ven. Suvarna Purnajan Vante
Wednesday July 1st, 2026, at 6pm Pacific Time



Free to join On line

<https://us02web.zoom.us/j/81543420523?pwd=b3ZCQ9yTWVIR2h2R2FrUjJMRnFLdz09>

Meeting ID: 815 4342 0523
Passcode: 8872

Dear Community,
We are honored to invite you to a special evening with Ven. Suvarna Purnajan Vante, a distinguished monk visiting from Nepal. Please join us for a spiritual interaction program followed by a community vegetarian potluck dinner.

Ven. Suvarna Purnajan
• Born in 1985 in Kathmandu Valley, Nepal
• Ordained in Sri Lanka Theravada Sangha Lineage in 1999 as service at the age of 12
• Obtained Higher ordination "Bhikkhu" in 2008 from Sri Lanka Mahavihara Sangha Denomination in Sri Lanka
• Eight Years of Monastic Training & Ordination Studies at Vibhadda Pirrama Monastic College, Colombo (2000-2007)
• Bachelor in Pali and Buddhist Studies - Paripalaya University, Sri Lanka (2010)
• Masters in Buddhist Studies - Kelaniya University, Sri Lanka (2016)
• Masters in Buddhist Studies - Kelaniya University (2019)
• Masters in Buddhist Studies - Hong Kong University, Hong Kong (2020)
• Buddhist Ministry Fellowship - Harvard University (2022)
• Dharma Teacher and Spiritual Counselor at Several Buddhist Institutes in Sri Lanka and Nepal
• Dharma Teacher and Spiritual Counselor at Mindfulness Meditation Center, Los Angeles (Since Feb. 2023)
• Currently serving as Dharma teacher and spiritual counselor at Mindfulness Meditation Center, Los Angeles (Since July 2023)
• Program Coordinator and Content Creator at MMCTV USA - Buddhist Community TV Channel in Los Angeles (Since Feb. 2023)
• Host By Portland Baha - www.portlandbaha.org

On the occasion, Prajwal Vajracharya, co-founder of Nritya Mahavihara gave a brief introduction of Purnajan Bhante. The spiritual interaction program was based on question-answer session between Prajwal Gururji and Purnajan Bhante and also with the participants of the

event.

What inspired you to become a monk?
Prajwal Guruji asked the Bhante. To this, Purnajan Bhante replied: "When I was a kid back in Nepal, I used to see many Bhantes. They used to give me candies and small gifts. The Bhantes were so kind and compassionate and not judgemental."

Replying to a query about different sects and yanas in Buddhism, the Bhante said that the root is the same and path to the enlightenment is the same. The teachings of Lord Buddha are relevant and useful in all Yanas and sects.



The Rev Bhante reminisced that his childhood was in limbo. He disclosed that he was diagnosed with anxiety and clinical depression during the childhood. The Bhante went on saying: "One of my friends noticed my behavior and he took me to the hospital where I was given a treatment by a psychiatrist. Then I came out from the darkness."

Further, the Guruji added: "It came to my mind to commit suicide. I felt myself as a failure guy. I was suffering from migraine. I was fed up with my life. My parents did not know how to fix me. I went to Anandakuti Bihar. They trained me for a month and then I was sent to Sri Lanka for 5 years, but later I decided to continue further studies."

Answering to a query on meditation, the Bhante said: "One of the misunderstandings that I found among the common people is - meditation happens on the cushion. Sitting on the lotus posture, close your eyes in a serene environment. That's ideal way of meditation. But meditation can happen while you are praying, chanting, eating, playing. We cannot divorce our life from meditation. It's always within us."

Responding to a query of Prajwal Guruji, he said: "Purifying your mind is very important. Your heart especially whenever your heart or mind is full of these three things - greed, hatred and illusion, we cannot be happy and peaceful whenever they exist in our mind."

At the end of the interaction program, the Bhante also replied to questions of the audience. In conclusion, the Bhante said: "It was a deeply insightful session, offering profound reflections from ancient Buddhist traditions and their practical applications in daily life for reducing suffering and awakening wisdom."

"My heartfelt gratitude goes to Prajwal Guruji for hosting the event and for all hospitality during my stay in Portland," he added.

Ven Purnajan Bhante, who was born in 1986 in Kathmandu valley in Nepal, was ordained in Sri Lankan Theravada Sangha Lineage in 1999 as a novice at the age of 12.

The Bhante obtained higher ordination 'Bhikhu Upasan Pada' in 2008 from Siyamopali Maha Nikaya Sangha Denomination in Sri Lanka.

Ven Purnajan Bhante is a distinguished Buddhist monk from Nepal with extensive monastic training, multiple advanced degrees in Buddhist studies and counseling and, currently serves as a Dharma teacher and spiritual counselor in the US.

Ven Suvarna Purnajan Bhante is actively involved in spreading Buddhism and mindfulness, and has been part of various Buddhist organizations and initiatives.



An Evening of Mantra and Sacred Song With Donna DeLory Accompanied by Joss Jaffe



On Saturday, July 18th, audiences were treated to a transcendent experience during "An Evening of Mantra and Sacred Song" featuring the globally acclaimed devotional artist Donna DeLory, beautifully accompanied by the multi-instrumentalist Joss Jaffe.

The night was a masterful blend of ancient sonic traditions and contemporary world music.

Donna DeLory's luminous, emotionally resonant vocals effortlessly filled the sacred space, guiding attendees through powerful chants and deeply moving melodies that opened hearts and quieted minds. Joss Jaffe provided

the perfect sonic tapestry, enriching each mantra with intricate instrumentation that added vibrant depth to the performance. Together, their profound musical chemistry and spiritual devotion transformed the concert into an intimate, uplifting celebration of community, leaving everyone in attendance filled with a deep sense of peace and joy.

Donna DeLory's remarkable artistic journey shines through in her newest album, *Sing to the Light*, created alongside guitarist James Harrah. Born from her successful battle with a life-threatening illness, the album captures profound beauty, serving as an authentic testament to the healing power of sound. For over three decades, Donna has been a massive force in the music industry. She toured the world with Madonna from 1987 to 2006, and lent her vocals to icons like Leonard Cohen,



