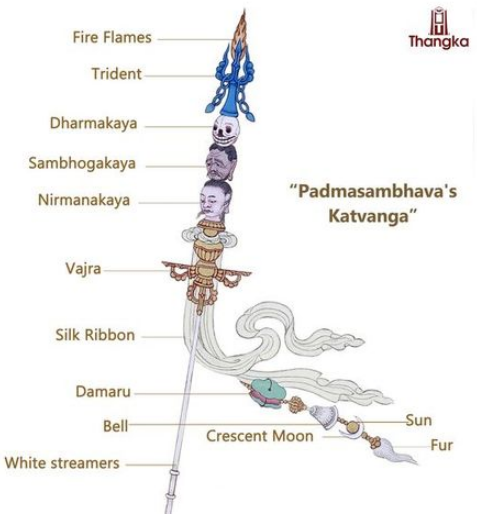
Tantra is an Ancient Asian Spiritual Philosophy,

Zoom Talk on Four Tantras in Newar Buddhism Hosted by Hong Kong Buddhist Studies Association

Rabin Man Shakya



An online teaching program on "Talk on Four Tantras in Newar Vajrayana Buddhism" was organized on Friday, June 12, 2026. The remotely held event on zoom participants was hosted by Hong Kong Buddhist Studies Association in collaboration with the Nritya Mandala Mahavihara in Portland, USA. Dr Miranda Shaw, Sadananda Yogi, Meadow Lisa Wong and Dr Tina Ho were among the virtual participants of the event.

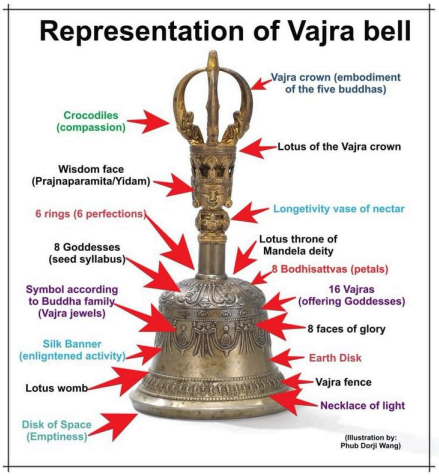
The talk on four tantras was delivered by Prajwal Tantric Buddhist priest from Nepal and a ritual master of the Charya Nritya dance tradition and other ritual forms.

Addressing the online teaching event, Prajwal Guruji said:"Tantra is an ancient Asian spiritual philosophy and system of practices aimed at expanding consciousness and achieving spiritual liberation."

Prajwal added:"Rooted in Sanskrit, it translates to -- to weave or instrument to expand -- and encompasses meditation, yoga, ritual breath work, and the celebration of the physical body as sacred."

Prajwal Guruji, a ritual practitioner of Mandalas, Tantra, Mantra, and Charya Nritya went on saying:"In Buddhist philosophy, the four Tantras -- Kriya Tantra, Charya Tantra, Yoga Tantra and Anuttarayoga Tantra -- refer to the structural categorization of esoteric literature practice path."

Each one represents a complete vehicle to enlightenment using different psycho-physical methodologies, said the Guruji.



Throwing light on Kriya Tantra (action), the head priest at the Portland's Newar Buddhist temple, said this is the ritual deity practice, the bliss of curing each other.

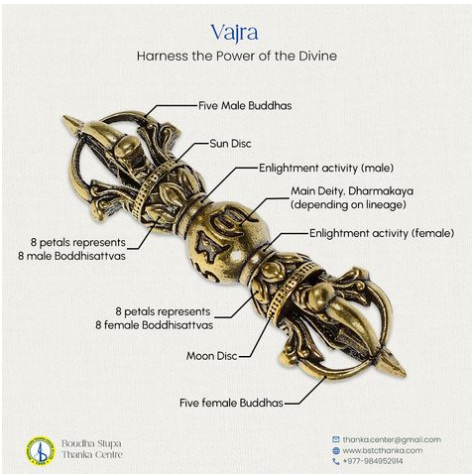
The Guruji maintained that external practices are the first of the lower tantra classes in Vajrayana Buddhism, focusing heavily on external ritual acts, physical purity and structural deity devotion.

Kriya Tantra is the root tantra, the foundation tantra and is ritualized based on Vasudharnama and Pancha Raksha Dharani, the Guruji stated.

Similarly, speaking about Charya Tantra (performance), he said that this is a behavioral deity practice, the bliss of smiling at each other.

It balances external ritual actions equally with internal meditative absorption, the Guruji explained.

Also known as Ubhaya Tantra (dual tantra), it acts as a bridge between simpler ritual actions and the advanced visualizations. The Guruji further shared that this tantra is ritualized based on Mahavairochana Tantra.

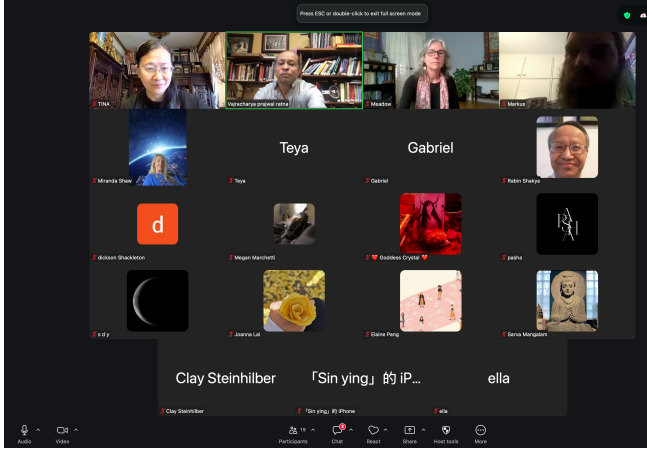


Likewise, highlighting on Yoga Tantra (union), Prajwal Guruji said:"It shifts heavily inward, focusing on Mudras, complex internal visualizations, and recognizing one's own Buddha nature.

Yoga Tantra is an integrated deity practice, the bliss of hugging each other, the Guruji further said.

The Guruji made it clear that Yoga Tantra is practiced with Yogavyash based on Tantra Sangraha and Sarba Parishodhana Tantra.

Prajwal Guruji mentioned that as far as Anuttarayoga (highest yoga) is concerned, this one is practiced based on Chakra Sambhara Tantra, He Vajra Tantra, Chatuspith Tantra, Kala Chakra Tantra etc.



He asserted that Anuttarayoga is the unexcelled peak practice, transforming subtle inner channels, winds and drops into instant awakening.

Highest Yoga Tantra empowerment is a profound, advanced initiation in Vajrayana Buddhism, the Guruji said of Anuttarayoga.

Anuttarayoga grants permission to practice deity yoga -- such as -- meditations on Heruka, Vajrayogini or Yamantaka -- to quickly transform the mind and attain enlightenment, the Guruji concluded.

At the end of the zoom teaching, Prajwal Guruji replied to the questions of the online participants.

Five-week Long Charya Nritya Transcendent Classes 'Praise of the Ancient' Kicks Off



A five-week long Charya Nritya transcendent classes 'Praise of the Ancient' (once a week every Sunday June 14- July 12) kicked off on Sunday, June 14, 2026 at the Nritya Mandala Mahavihara in Portland, USA. The practical as well as theoretical classes were conducted by Charya teacher Prajwal Vajracharya.

the participants will have an opportunity to experience the eternal vibration of sacred Sanskrit chants brought to life through the sacred geometry of Newar Buddhist dance.

Prajwal Guruji shared that this unique 'praise' embodies timeless spiritual devotion, transforming ancient verses into a living breathing meditation.



The Guruji expressed the view that based on the ancient tradition of Newar Buddhism, these sessions offer a rare opportunity to learn the sacred art of Charya Nritya.

Through this course, the Guruji viewed that the participants will learn to embody the enlightened energies of the Buddhas and Bodhisattvas, using the physical body to express deep spiritual realization.

Prajwal Guruji said the course participants will have an opportunity to learn Charya nritya slokas on Avalokiteshvara, Arya Tara, Manjushree and Pragya Paramita.

In these classes, participants will learn to channel cosmic truths through precise Mudra hand gestures and divine physical movements, transforming dance into a powerful, active Sadhana (spiritual practice), the noted Charya pedagogue said.

Alexandra and Nischal Mali's Wedding Solemnized

Vivaha (Sanskrit) and Ihipa (Nepal Bhasa) are words used for the word 'marriage' or wedding.



The wedding ceremony is the most significant lifecycle ritual in Newar tradition, both a cultural and religious celebration, according to priest Prajwal Vajracharya of the Nritya Mandala Mahavihara in Portland, USA.

The marriage of Alexandra and Nischal Mali was solemnized by Prajwal Vajracharya. The wedding ceremony took place at the residence of Nischal's parents Raju and Minu Mali in Beaverton, Oregon on Friday, June 26, 2026. Nischal and Alexandra

have made the decision to hold each other's hand and share their future together as husband and wife. In order to support their decision and their lives together, Nischal's relatives came to Portland from Nepal, the UK and other states of the USA. There were more than 100 guests at the religious wedding ceremony.



First of all, the religious wedding ceremony kicked off with the Sthapana Puja in which priest Prajwal Guruji not only offered ritual materials and objects but he also purified them. Also, he purified his own body, mind and speech.

Wearing a red sari embroidered with gold thread and dotted sequins, bride Alexandra and appropriately attired groom Nischal sat across from priest Prajwal Guruji, as he then guided them, as well, through the ancient words and movements of the Gurumandala Puja, in symbolic purification of their bodies, minds and speech.

Nepalese wedding rituals are unique and unprecedented in its culture and traditions. Jwola Nhaykan - Sinha Mu was interesting aspect of the wedding ceremony in which Prajwal Guruji reflected the good energy created during the ritual to bride Alexandra and groom Nischal.

Kisli was prepared with raw rice, coins and betel nuts, while Alexandra and Nischal prayed for good health and long life together. Tika consisting of yogurt, rice and vermillion powder was prepared by Guruji. Then, Guruji gave a blessing to the bride and groom. Next, Swayambar was the most important component of the wedding ritual in which the bride circled the groom and placed garland over his head and vice versa. Prajwal Guruji says that the circling binds their energies together.



After that, the bride and the groom exchanged wedding rings. As an essential

ritual, the groom then put Abir (vermillion powder) on the bride's head. According to Prajwal Guruji, red color symbolizes a promise as deep as bloom. This ritual was followed by Kanya Daan.

Later, there was Gwaya Sayeke ritual (sharing betel nuts) in which groom's family welcomed the bride and introduced their family for life-long relationship.

Thereupon, during the Dhau Sagan ritual, priest Prajwal Guruji gave blessings for happiness, prosperity and joy to the bride, groom and all family members.



At the same time, under Shiffala Lwakegu ritual, the heads of bride and groom were banged together, and groom's mother Minu Mali poured raw rice, flowers and fruits over their heads.

The wedding rituals concluded with Thayabhu feast and Khen Sagan in which wine, fish and eggs were offered to the bride, groom and other family members.

A lavish wedding party was organized the next day on Saturday, June 27, 2026 at Sheraton Hotel on the Airport Way.

Senior Age 'Janko' and Ihi Ceremony Held in Victoria,

A senior age 'Janko' religious ceremony of Bindra Shakya was held in Victoria, Canada. Bindra Shakya is the mother of Yogendra Shakya, Rajendra Shakya and Mallika Shakya living in Canada.

Janko related rituals, such as, Homa Puja, Naag Puja, Kalash Puja and Bali Puja were ritualized by senior priest Prajwal Vajracharya. Senior 'Janko' or



Bhimratharohan is an important lifecycle ritual in Newar Buddhism and Newar culture.

According to Prajwal Guruji, when a man or a woman turns 77years, 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.



Meanwhile, Ihi ceremony of Ira Gurung was also performed by Prajwal Guruji immediately after the Janko ceremony in Victoria, Canada. Ira Gurung is the daughter of Iroj Gurung and Mallika Shakya.

The word 'Ihi' is the short form of Ihipa which means wedding. Ihi ritual is a unique tradition in Newar culture. Also, Ihi like Bara Tayagu is an important lifecycle ritual for Newah girls. The first ceremony is called Ihi where dedication is committed to the Bel fruit (wood apple) by the young pre-adolescent girls. Second one is Bara Tayagu ceremony .During the Ihi event, Ihi girl was prepared like a little bride dressed in a fancy red and golden blouse, sari and shawl.



Puja Bha Dema consisting of Sinha, Swan, Jaki, Baji Ita, Goja, Dhup etc were carefully prepared for the ceremony. Auspicious Vajra and sacred Bell were used during the puja by Prajwal Guruji. Sukunda lamp was also lit. After Jwala Nhayakan worshipping and Sinha Mu praying, Prajwal Guruji gave a dab of Sinha to Ihi girl Ira and others who were present at the ceremony.

Buddha Laxmi Shakya, Pushpa Tulachan and Ami Laxmi Shakya travelled from the US to take part at the Janko and Ihi ceremonies in Victoria, Canada.

Garbha Shodhana Puja Performed



A Garbha Shodhana Puja for Teya Vajracharya was performed at the temple of Nritya Mandala Mahavihara on Monday, June 29, 2026, the Full Moon day. Teya's second pregnancy is running onto 4th month.

Garbha Shodhana Puja is a spiritual and religious practice designed to bless expecting mother and her baby with health, purity and intelligence.

The purpose of Garbha Shodhana Puja is to purify the body of expecting mother. This Puja is performed to cleanse physical, energetic and mental toxins from the parents before welcoming a new soul. Gurumandala Puja and other rituals were performed by Prajwal Guruji on the occasion.

Sira Daan Ritual Offered

A Sira Daan ritual was offered at the temple of the Nritya Mandala Mahavihara on Friday, June 26, 2026 on the 45th day of passing of Maa Padma Laxmi Karanjit.

Sankalpa Puja was performed during the Sira Daan ritual. Fruits, raw rice, ginger, salt, and beaten rice etc were offered to priest Prajwal Vajracharya by deceased's son Pramod Karanjit, daughter-in-law Sharmila Karanjit and daughter Bijaya Maharjan.

Maa Padma Laxmi Karanjit, who has been battling the age-related disease for last couple of years, passed away on May 13, 2026.

Religious Tributes Paid to Ancestors of Raju and Minu Mali



Ancestors of the Mali family were remembered and religious tributes were paid to them prior to the wedding of Nischal Mali amidst a ritual performance ahead of the wedding of Nischal Mali, son of Raju and Minu Mali.

The purification puja was performed by priest Prajwal Vajracharya at the residence of Raju Mali in Beaverton, Oregon.

World refugee day Celebration organized by Oregon department of human Service.

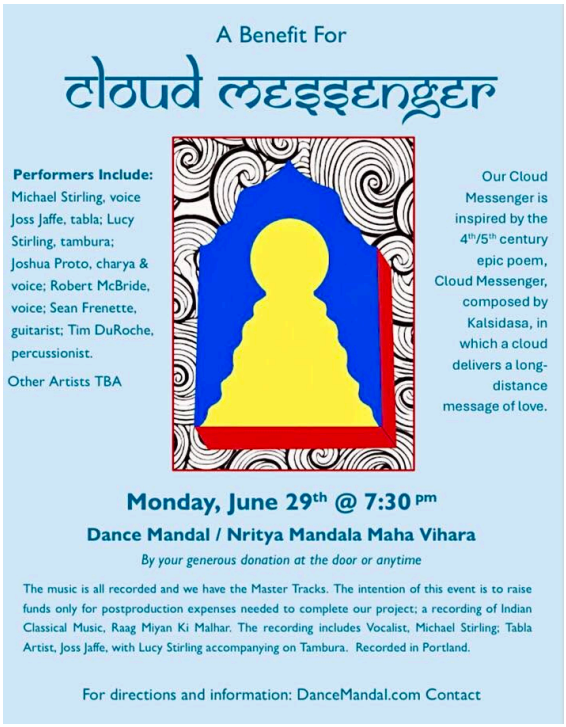
It was wonderful to immigrant and refugee communities across Oregon made this year's celebration truly meaningful on June 23 Tuesday



It was great performances were breathtaking, engaging, and deeply appreciated by everyone who attended. It was clear how much heart, effort, and dedication you put into them, and we are grateful for the joy and inspiration you brought to the event.on the occasion dance mandal performed Aryatara and Amoghasidhi by prajwal Vajracharya and Anastasia Roderick

Cloud Messenger live music program

It was first time in vihara with Benefit Fundraiser for recording project, Cloud Messenger. collaborator and brilliant tabla artist Joss Jaffe and



accompanying on tambura Miss Lucy we have completed our first professional recording of Indian Classical Music that will soon be released and available to listeners and music lovers everywhere. They have recorded Raag Mian Ki Malhar, a Raag associated with the monsoon season in India. Inspiration came from the 4th/5th Century CE epic poem composed by Kalidasa, Cloud Messenger. Yaksha, the subject of the poem, is forced to live alone, secluded far, far away from his beloved wife, who is in the distant Himalayan mountains. As the monsoon season is upon him, Yaksha sees a cloud floating nearby and requests the cloud to travel across the landscape to carry his message of never ending love to her.

In this way, descriptions of nature become part of the poem's emotional language and the cloud itself has transformed into a symbol of patience, hope, love and connection.



Joss, Lucy and I hope that our recording invokes that same spirit of the cloud, carrying the message of love.

What a blessing it has been to work with Joss and Lucy (and behind the scenes with my dear chela, Joshua Proto) and our very gifted recording engineer, Mr. Todd Boston to manifest the poetic and feeling of a project.

We hope to release the recordings to the usual streaming and download sites and offer a 12" vinyl LP via Band camp by late summer or September, when we'll have a public performance to celebrate it's release and availability.



The recordings are completed and paid for, but there's some post-production expenses to cover. Thus we are inviting everyone to this unique benefit fundraising event, offered by our super talented artist friends. They're joining with us to help bring our beautiful recordings to you.

The recording itself is very old school, simply my voice, accompanied by Joss playing tabla and Lucy and I playing tamburas. Michael voice is very exposed. The form is pure classical Indian vocal tradition: alap (the note by note improvised unfolding of the shape of the Raga, without tabla), violin (the abstract, slow tempo middle movement with composition, improvisation and tabla accompaniment) and drum (the faster groove section). Additionally. Lucy and I created the most astounding recording of tamburas, one that is shimmering and lustrous. I'm eager for everyone to hear it!

It is our prayer that you will come out to support our creative efforts and bring Cloud Messenger to completion.

Regular Activities Continue

In June, as usual and as always, Naamsangiti chanting was organized on zoom on the full moon day. Dharani chanting on zoom was conducted once a week every Tuesday evening. Similarly, Sadhana practice and Buddha Bhajan singing practice were held on each Wednesday. Likewise, the practice of singing Charya giti was performed every Friday morning.