

# NEWS LETTER

All year activity in Nritya Mandala/ Dance Mandal Temple

**Tuesday , January 1st, 2020**

## **New Year Celebration Purification Ritual Held at Nritya Mandala Mahavihara**

Rabin Man Shakya



A New Year Celebration Purification Ritual – Dhalan Danegu – was held at Nriya Mandala Mahavihara in Portland on Wednesday, Jan 1, 2020. The purification ritual which was held for about three hours was performed by Rev Guruju Prajwal Vajracharya. About 40 people – majority of them were local Americans – joined the Puja for purifying and reviving the old energy of the previous year and for overcoming obstacles and opening to fresh new potential through the annual New Year’s purification ritual at the Mahavihara. The Gurumandala Workshop trainees – Helen Appell, Anna Shustrova, Anastasia Roderick, Aleksei Dobry, Joshua Proto, Leson Baker, Gabriel Quitslund, Dina Shakya and Naveena Shakya – were also among those present at the purification ritual. Vajra (thunderbolt) and Gan (bell) were also used by all the Gurumandala participants.



The traditional community ceremony honored oneself and others by making offerings of purified elements and was guided by using one’s own mandala of sand. A special Puja Sankalpa consisting of Jaki, Sinha, Ita, Dhup, Swan, Jajanka, Taaye etc was carefully prepared for each participant who were seen sitting cross-legged in different lines inside the Portland Baha. On the occasion, a mandala – which is a circle or cosmic diagram for ritual or interior visualization, representing various realms of Buddhas and Bodhisattvas and their cosmic energies – was drawn for each participant. Also, three

Gojas on the sand Mandala were worshipped during the ritual. On the occasion, participants were also given time for a short meditation. They were later offered with Khen Sagan together with a fish and Thwon. Similarly, a long Pasuka (sacred thread) was used, spread, passed over to all the New Year purification ritual participants. It was an important component of the purification ritual.

Vajrayana tradition is based on Tantric Buddhism, so rituals performed by Rev Prajwal Guruju included using of mantras, dharinis, mudras, mandalas and visualization of deities and the Buddhas.



Rev Prajwal Vajracharya said that mantra is a word which means chanting or meditation, containing within it the sacred power and cosmic energies of a Buddha or Bodhisattvas. Rev Vajracharya went on to say that the Mantra protects the mind from negative mental states by invoking devine energies within oneself.



Purification ritual event was followed by dinner and an interaction on Newah culture and traditions by Daya Shakya who is also the president of Nepali Association of Oregon (NAO) and NRNA-NCC-USA Oregon chapter.

# Indian Music Concert

**Feb 8 ,7pm, 2020**

**beautiful concert with David Trasoff, sarode; Benjy Wertheimer, Esraj & tabla; Joshua Proto, tanpura.**

**it is move deeply for two hours.**

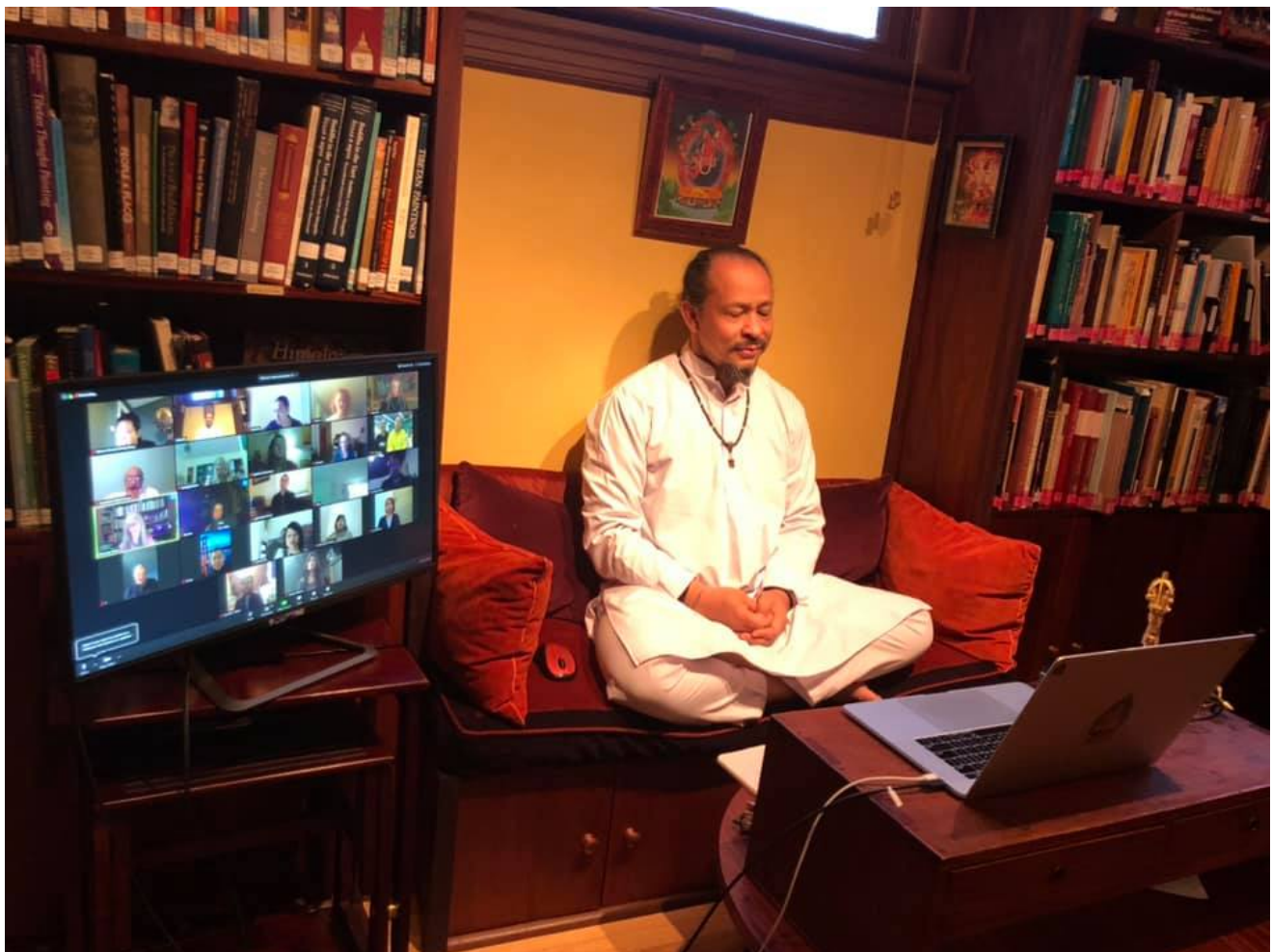


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# **prajwal Vajracharya talk about the Lineage(Vajracharya) with slide show and Vajrasattva practice**

**On April 4th Sat at 7-9pm, 34 people are attended, from 7 different country**





Vajra + acharya =Vajracharya( बज्राचार्य )priest among the Newar communities of Nepal and a Revered Teacher who is highly attained in Vajrayana practices and rituals. Vajracharya means “vajra master” The Vajracharya is the highest ranking of the Newar castes that are born Buddhist.

To become a professional Vajracharya must go through a number of rituals. The Vajracharya boy goes through a ritualistic process of initiation known as Vajravishekha, including shaving off the head as the buddha , in the tradition of monks since the time of Buddha

Many of the modern Buddhist scholars in Nepal belong to the Vajracharya tradition. There are several legendary Vajracharya priests from different parts of Kathmandu valley. Shatikaracharya, a king who turned into a powerful tantric priest and disappeared inside the cave in Shantipur Swoyambhu is well known for his expertise in Vajrayana Buddhist practice. He is still believed to be dwelling inside the Shantipura cave performing intense Sadhana. Vajracharya Bandhudutta, who was a disciple of the legendary Shatikaracharya. Leela Vajra, a Buddhist priest from Sakhu is believed to have built kashamandap from the wood obtained from kalpabrikshhya ( wish fulfilling tree) Similarly Surata Vajra, Vak Vajra, Sashwot Vajra, Manjuvajra ( Jamana Gubhaju) they are 32 of them famous Vajracharya priests whose folklores of magical and mystical deeds are popular among the people of Kathmandu valley

## Teaching on Vajrasattva

**Hosted by Dance Mandal Hongkong 30  
people attended April 25th Saturday at 6-8pm**



Vajrasattva means “Adamantine Being.” He is identified with the ultimate, formless state of Buddhahood, and represents the essence of all Buddhas. The purpose of meditating on Vajrasattva is the full purification of all negative karma, mindstates, and motivations. Meditation on Vajrasattva is central to Newar Buddhist meditative and ritual practices



**Mudra & Movement,  
hosted by pure land farms, CA  
April 25 Saturday 10-12 am, 97 people attended  
some commented on teaching**

Thank you so much for holding today's Zoom session on mudra. The information you explained was incredibly meaningful and helpful to my practice. In fact, once you explained the meaning carried in each finger, I danced the Refuge Prayer again and it became a new experience with the added understanding. Thank you so much!



The Buddhist deities  
embody hand mudras for  
purity, power, wisdom. We

begin our practice of Mudra and movement with the meaning and significance of each finger. Applying the appropriate gesture can heal the body. We go on to consider the full body positions of the deities as mudra, emulating the iconography in movement, breath, and stillness. The practice of deity yoga supports an appreciation of the inner beauty of the body and cultivates understanding of our personal mudras as unique expression. The workshop also includes

teaching on the stages of karma mudra, dharma mudra, and sahaja sundari mudra, which culminate in the realization of Maha mudra.

## May 7th 2020 Buddha Jayanti Celebration



This year Buddha jayanti quite differece than pass years, since we are quarantine there is no way to go full program but what we need to do we did. 108 butter lamp, 108 times refuge dance, Namasangiti chant, history telling ,open mic and Daya shakya give talk on Newah Buddhism.

**This is the text of the lecture the Daya Shakya presented to the community:**

**Namo Buddhaye ! Namo Dharmaye !! Namo Sanghaye !!!**

I bow to the three Gems of Buddhism. Without their existence Buddhism is not thinkable.

After achieving the enlightenment, the Prince Shidhartha from Kapilavastu region became the Buddha 2564 years ago. he survived till age of 80 years then took Mahapari Nirvana at Kushinagara on the same day he was born in Lumbini and achieved the Buddhahood at Bodhagaya . Hence the Day Baishask Purnima is the most auspicious day for the Humanity in the world.



History of Buddhism tells us the story of ups and down incidences in Buddhist countries. The root of Buddhism in Nepal is very strong due to faith and practice by followers. Although Buddha was born in Lumbini in the Tarai region of Nepal 2644 years ago, its practice is mostly centered in many countries including current Kathmandu Valley that used to be known as Nepal Mandala the Deva Bhoomi in the foot of Himalayas. Chronological history of Buddhism tells us that the Buddha traveled to Nepal Mandala to take a Darshan of the Swoyambhu Stupa still exist in Kathmandu valley.

The inhabitants of Nepal Mandala were inspired to establish many monasteries known as Maha Vihars to practice Buddha's teachings to maintain the Humanity and the fame of those Vihars were spread

out in high Himalayas and far away low land in current Indian continent. Hence many scholars and Gurus from various regions visited Nepal Mandala to gain the knowledge of Buddha's teachings.

Currently there are 18 in Kantipur, 15 in Lalitapur and 5 in Bhaktapur Mahaviharas are still running in own capacity. Beside those, there are hundreds of mini Vihars known as Vahila in Kathmandu as well as in Kirtipur, Panga, Bungamati, Lele, Banepa, Thimi, Trishuli, Gorkha, Arughat, Baglung, Pokhara, Tansen, Butwal, Surkhet. in west and Chainpur, Bhojpur, Dharan, Birat Nagar and many more places in the East.

During my life in Nepal I had opportunity of visiting all those places and got actual field work knowledge on practice of Buddhism.

The lesson from Buddha's teaching is that there are four Noble Truth that we all should aware of:

The Suffering (Dukhha ) is there, We all experience the Suffering , There is a way to know the Suffering, There is a way to eliminate sufferings

the knowledge on above four Noble truths can be obtained by following the 8 Noble paths taught by Buddha that is known as Arya Astangik Marga.

As a resident of Portland Oregon USA I am fortunate to follow my belief at the Local Nriya Madala Mahavihar the only one Monastery based on Nepalese Buddhism. On this occasion I will be speaking about "Buddhism in Nepal" today ( May 7th

2020 through the Zoom connection after finishing the Namasangati Chanting. Please check the Vihara Website: [www.dancemandal.com](http://www.dancemandal.com) for precise schedule.

On this auspicious day of Buddha Purnima I wish you all a very happy and enjoyable life with free from dukkha, wherever you reside. May Peace prevail in your family and save the living beings.

Bhavatu Sabba Mangalam !!!

**With Peace and Pray for soon recovery from current Pandemic sufferings**

**Bahu-jana Hitaaye , Bahujan Sukhaaye !**

### **Program for the Buddha Jayanti**

**9am-11am Guru Mandala Puja** we have 15 people joined

**2pm-3pm Namasangiti chanting\*** 20 people joined

**3pm-4:30pm to light 108 butter lamps, Refuge Prayer Dance & Song 108 times 30 people are doing internationally,**

**4:30pm 5pm Children's Program**– for Buddha's birth and life stories, birth of Buddha,

**5pm- Buddhism In Nepal present By Daya Shakya**  
open mic, any body who want to share, song, dance ,poem

May the day be dedicated to dispelling the darkness of ignorance and hatred and opening up a world of peace, contentment, and enthusiastic effort in altruistic activity~

## **Namo Buddha:**

**By Anastasia Roderick**

The increasing light of the first full Moon of Baccha Lâ 1140 (Nepal Samvat), Baishak 2077 (Bikram Samvat), or May 7th, 2020 (Gregorian Calendar), revealed a new challenge to the community of the Nriya Mandala MahaVihara in Portland, Oregon. On this day, at the time of the 2564th consecutive and profound, time-honored tradition of celebrating the Buddha in Nepal, the Governor of Oregon has declared a State of Emergency due to the COVID-19, and has issued a Stay-At-Home Order. This situation presented a unique environment, but not an obstacle, to the festivities— honoring Siddhartha Gautama Shakyamuni’s birth, enlightenment and parinirvana stage(death)— (called either, Buddha Jayanti or Buddha Purnima also, referred to as Vesak Day and Lumbini Day in Nepal).

Temple Priest Prajwal Ratna Vajracharya persevered, with his usual diligence to carry on the Dharma at the Temple by offering full participation in the festivities through the computer application of ZOOM. Preparation for the festivities were carried forth by Dina Shakya and Anastasia Roderick who, together with Guruju, polished both the inside and outside of the Temple— from top to bottom, with lots of Joy and Devotion in their hearts. The Dharmadatu Chaitya was carefully and tenderly oiled by Dina this year, and Prajwal took extra time to attend to the needs

of each Buddha, Bodhisattva and deity statue in the courtyard outside—in some cases adding gleem, in others— filling holes.

Nature participated in the festivities by providing Dina many beautiful Rhododendrons, Azaleas and Camellias to use in her flower arrangements for the altars of Buddha and Tara. In addition to hanging flower garlands outside the Temple and all around the altars— Dina worked patiently for hours creating fresh flower malas for all the directional buddhas of the Chaitya as well as a special malas for the main Buddha, Vajrasatta and Mahabhairava statues. The Buddha's winter dress came off, and for the celebration of his honor— Prajwal set a crown, given by sangha member Usnish Ratna Shakya, onto the Buddha's head. Prajwal then set a golden filigree necklace, provided by Temple co-founder Helen F. Appell, onto the luminous body. A precious silver coin necklace has also been generously donated by Dina Shakya when she brought it from Kathmandu a few years before.

The morning of May 7 began in the usual way with the daily ritual being done at 8am. Directly after, the vihara community gathered to perform a very special Guru Mandala Puja on this day, the 2564th anniversary of Buddha Purnima. The ritual was done to evoke the energy of the Buddha Siddhartha Gautama ShakyaMuni and was attended by the sangha community in Hong Kong led by Tina Ho, as well as the local students Navina Shakya, Josh Proto , Gabriel Quitslund and Selina Shakya in San Diego. The ritual was completed in two hours, at 11am.

After a short break for refreshment, the community gathered again at 2pm. With the addition of Daya & Jaya Shakya in the Temple, as well as the online ZOOM community— the chanting commenced: The Names of Manjushri —The Embodiment of Supreme Knowledge called The Namasangiti. The online community was greatly benefitted by the PDF file of the Namasangiti that was created by Gabriel Quitslund. A few years back Gabriel contributed his wisdom, along with the exemplary skills of Helen F. Appell, to create a Latin-script transliteration of the Namasangiti for non-devenagrhi readers that will hopefully be enjoyed for many generations to come. (Sarva-Mangalam).

After the: Chanting The Names of Manjushri, The Embodiment of Supreme Knowledge —was through, Prajwal requested Josh Proto, Charya singer and online participant to please delight our ears by singing the PanchaBuddha ChaCha (Charya) song (Gitti). At this time, there were over 25 participants online who enjoyed and watched as Jaya, Dina,Daya, Prajwal and Anastasia lit the 108 butter lamps offering. Thank you to Daya & Jaya Shakya who donated the 108 brass lamps, and— most notably Dina made by hand the wicks, without which the butter would have no way to illuminate our eyes.

At 3pm, sangha members from near and far, new and old— joined to create a beloved community in the first ever, historical, 108x dance of refuge via ZOOM! This particular practice is a favorite among the community. This year dancing together we aimed to get beyond the enforced separation of the Governor's Stay-At-Home



Order by uniting our bodies and minds with intention and taking refuge in Buddha, Dharma and Sangha. This dance is the foundation of all of the dance practices at this Temple and everyone is encouraged to take a benefit from the practice. Completing 108 refuge dances took approximately one hour and forty-five minutes.

Directly at 5pm, Prajwal delighted us with a lively oral-telling, with pictures, of the Life Story of the Buddha. He based it on the Lalitavitarā which is the text that is widely used, in Nepal and among the Newar buddhists in particular. Unfortunately, a technical issue with the internet connection provided an interruption in the story that was difficult to recover from in full. We will await a future time when Guruju will have to opportunity to expound further on the subject. The technical issue was solved in a timely way to support Mr. Daya Shakya's very informative and academic style lecture to the online community, through ZOOM. He spoke in detail about the history of Newar Buddhism both in Nepal and America His talk was full of information, details and he has generously provided the full text to be read here at anytime.

Daya also gave graciously of his time by answering questions from the online community many of whom were very grateful for his time in sharing his unique and deep knowledge of the Newar culture.

According to schedule at 6pm we have open mic. Tina Ho from Hongkong compose poem and sang, Dina did sort song and prajwal sang too.

At 7pm it was time to say good-bye to the online community and attend to the feast of the Buddha . After an offering of food to the deities, as is the tradition in Newar feasts, was made by Dina— The Shakyas, Guruju & I enjoyed a magnificent and symbolic feast representing the three jewels of buddhism:

Sangha — TUSCHI ACHAR, a sour salad made with cucumber.

Dharma— ALOO CHHOU, a spicy soup made with bamboo shoots.

Buddha— KHEER BHAJAN, a vegan rice pudding made with cardamon and coconut milk.

Additionally, Green Papaya Salad from Prajwal was enjoyed along with a fresh and spicy Chana Kya brought by the honorable Jaya Shakya. It is an honor and a pleasure to share meals and practice in this community. May the blessings and awareness of buddhism, and all spiritual practices, serve to light our way during this challenging time.

Sarva Mangalam.




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## Prajwal Inverview

<https://myrepublica.nagariknetwork.com/news/charya-nriya-dancing-for-enlightenment/>

## Article on charya

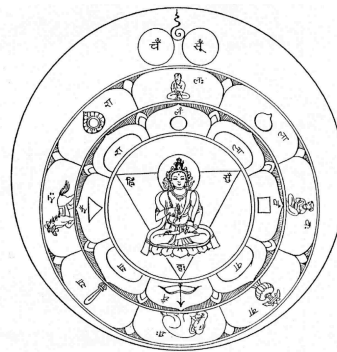
<https://www.shentongkalacakra.com/2020/04/28/sacred-dance-of-the-vajracharyas-charya-nritya-and-the-dance-of-vajrayogini/>

[fbclid=IwAR1\\_UoPBLCNqV32w8tCkKzNG2N7BE6vtEJom51924C3wEbvNCZrHG1NdzuY](https://www.facebook.com/IwAR1_UoPBLCNqV32w8tCkKzNG2N7BE6vtEJom51924C3wEbvNCZrHG1NdzuY)

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### Mandala and Body

Hosted by Dance Mandal Hong kong June 13th Saturday, 34 j



The mandala can be found abundantly in ancient texts like Kriyasamucaya, Sadhanamala, and Nispanayogabali. The understanding of the mandala is very important in Mahayana and



Vajrayana Buddhism. Three categories of the mandala have been mentioned: Kaya Mandala, Vaka Mandala, and Chita Mandala. When referring to the body as the mandala, the three are also described as outer, inner, and Secret – represented by different geometric configuration of symbols.

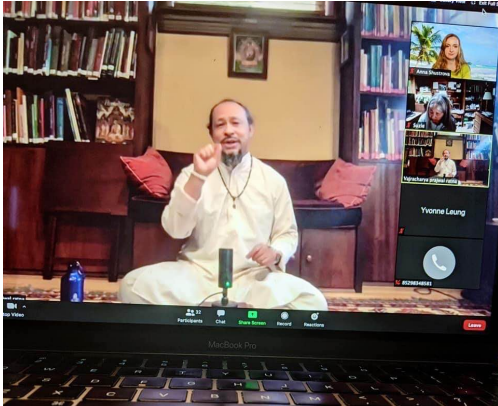
In various spiritual traditions, practitioners and adepts use mandalas as a guidance tool. Mandala represents wholeness and can be read as a model for the organizational structure of life itself. It is also a cosmic diagram that shows the relation to the infinite and a world that extends beyond and within mind and body.

## **Mudra & Movement Four Class Weekly Series**

**Hosted by Yangchenma Arts & Music / Pure  
Land Farms CA**

**May 30th-june 20th, Saturday,32 people  
attanted for four weeks**





**The Buddhist deities embody hand mudras for purity, power, wisdom. We begin our practice of Mudra and movement with the meaning and significance of each finger. Applying the appropriate gesture can heal the body. We go on to consider the full body positions of the deities as mudra, emulating the iconography in movement, breath, and stillness. The practice of deity yoga supports an appreciation of the inner beauty of the body and cultivates understanding of our personal mudras as unique expression. The workshop also includes teaching on the stages of karma mudra, dharma mudra, and sahaja sundari mudra, which culminate in the realization of Maha mudra. No experience necessary.**

## Where Goddesses Reign:

## The Female Cosmology of Newar Buddhism

Presenting By Dr. Miranda Shaw

June 28 Sunday at 10am we have 41 people join



From the earliest historical evidence to the present, Newar Buddhism has accorded primacy to female figures and forces in every sphere. Dr. Miranda Shaw will provide a visual journey into the female cosmology of Newar Buddhism, wherein goddesses reign at every level of the pantheon as sources of life, sustenance, protection, wisdom, and transforming power. The program features beautiful, evocative slides of images, sites, and rituals that Dr. Shaw photographed during her extensive travels in Nepal. She interweaves word and image to convey the powerful sacredness of divine females and the human women who embody them in ritual settings.



**Miranda Shaw, Ph.D., Harvard University, is a Buddhist scholar known for her inspiring and groundbreaking work on women in Tantric Buddhism, chronicled in her renowned book *Passionate Enlightenment*, which has been translated into seven languages. She is also the author of *Buddhist Goddesses of India*, a thorough and fascinating historic and iconographical study based on extensive research and deep engagement with the divine feminine. Dr. Shaw is currently completing a companion volume, *Buddhist Goddesses of Tibet and Nepal*, and writing a book on Charya Nriya to be titled *Dancing Enlightenment: Tantric Buddhist Dance of Nepal*. She serves as Associate Professor of Religious Studies at the University of Richmond and continues to explore and convey her discoveries about the profound sacred arts and embodied spiritual practices of Himalayan Buddhism. Free to join**

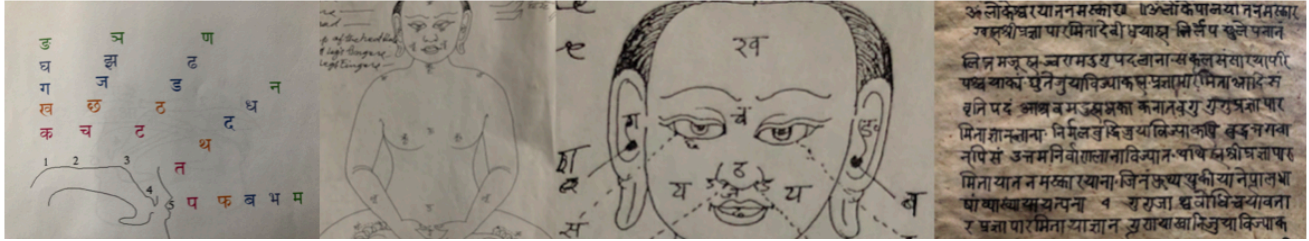


**Awakening Subtle body The Sacred Sounds of the Ancient Alphabet of the Deities**

**July 11th- August 1st,2020 Four Classes, 50 people attanced**

**Hosted by Yangchenma Arts & Music / Pure Land Farms CA**





**Devanagiri देवनागरी, the Sanskrit script, sometimes referred to as the “language of the gods” consists of 16 vowels and 36 consonants. Not just letters of an ancient alphabet, these syllables exist inside our subtle bodies on different points, which when stimulated have the effect of opening up and unblocking our subtle energy channels for the purpose of healing and opening both body and mind.**

**In this four week course, Prajwal Ratna Vajracharya will teach us these sacred syllables, their significance, and their specific locations in the physical body according to the ancient Guru Kula tradition. He will then share profound yogic methods for accessing and utilizing the potency of these points, including meditation, visualization, chanting, and physical movement.**

**Vajrayana Buddhist philosophy teaches that our bodies are a microcosmic reflection of the greater universe, therefore this process of cleaning and opening our energy bodies has not only a profound impact on our own health and mental state, but also benefits others, and affects the larger environment that we live in.**

**These are precious and unique teachings, very rarely publicly taught, which Prajwal has chosen to share for the benefit of students during these current challenging world circumstances.**



## **Month Of Goola Chanting Mañjuśrī Nāmasamgīti**

**Every day Chaning Namagamiti**

**8:30am-9:30am**

**to August 20 is over we have 15 people  
attanted, end of the Goola we have lunch party  
in laurelhurst park**



**The Nama-samgiti is considered amongst the most advanced teachings given by the Shakyamuni Buddha. Nama-samgiti was preached by Shakyamuni Buddha for his disciple Vajrapani and his wrathful retinue in order to lead them into Buddha-hood. The essence of the Nama-samgiti is that**

**Manjushri bodhisattva is the embodiment of all knowledge. The Nama-samgiti is a short text, only circa 167 verses and a prose section. It is a fraction of the vast Sutra. The Nama-samgiti contains all of the Buddha's dharmas. Therefore, all sentient beings should definitely study and recite the manjushri-nama-samgiti.**

<https://www.youtube.com/watch?v=6-Xje2kldt0&t=382s> Namasangity on you tube

<https://www.youtube.com/watch?v=o3v659rpzOQ> what others say about the chanting namasagity

Special Offer

**Dance and Talk On *Prajñāpāramitā*  
Hosted by Dance Mandal Hong kong  
August 15th Saturday at 6-8pm**



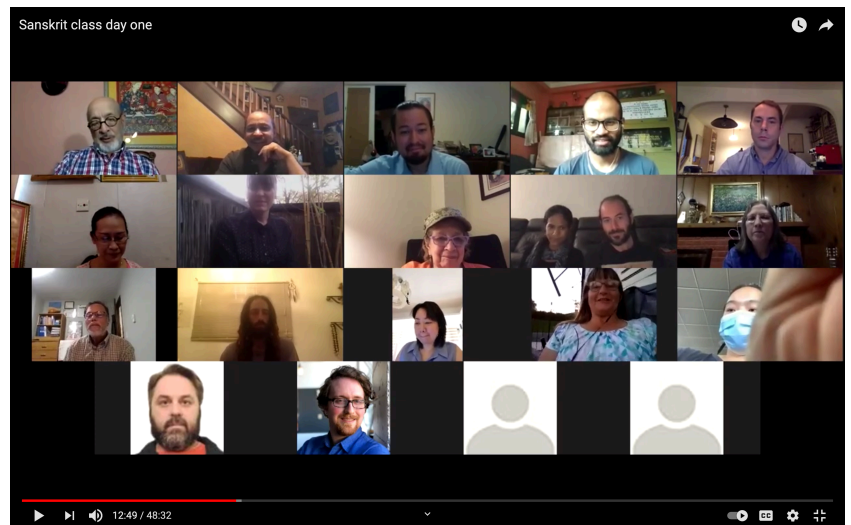
**Prajñāpāramitā: The Perfection of Wisdom** refers to this perfected way of seeing the nature of reality, as well as to a particular body of movement and to the personification of the concept in the Bodhisattva known as the “Great Mother “

## **Sanskrit Classes with Prof. Gautam Vajracharya Complied. We have 21 people attended in beginning and end with 12 people**



### **Month of September 1st-30th 2020**

During the entire month of September Gautama V. Vajracharya, the renown Sanskrit scholar who had spoken previously at the Tenth Anniversary on subtle distinctions between Tibetan and Nepali art, presented a daily Classical Sanskrit



intensive on Zoom under the auspices of Nriya Mandala Mahavihara. Having completed his Ph.D. in South Asian Languages and Literature at the University of Wisconsin Madison, Vajracharya was eminently qualified to guide his cadre of international students through the intricacies of the Queen of all Languages. His sessions were crowned by readings from the Sanskrit he created of the whimsical adventures of Crow and Owl and by “call and response” recitations by his students of beautiful and uplifting Buddhist slokas. His warm personality, erudition and obvious love of teaching made the class – which could have been quite tedious – a great success, in spite of Vajracharya’s unfamiliarity with the medium.

**Gautama Vajra Vajracharya (गौतम वज्र वज्राचार्य) is a Nepalese Sanskrit scholar specializing in the iconography of the India Subcontinent. Vajracharya was born into a Newar (Newah) family in Kathmandu in 1940. Vajracharya’s inclination toward Sanskrit and Iconography was a result of his family environment. His father and uncle were both Sanskrit scholars. It was this family tradition of studying the archaic language of the Indian subcontinent that led to Gautama attending a Sanskrit school called Samsodhana Mandala. The school itself was set up by his father, who was wary of the Western schooling model of holding exams.**

**He completed his Ph.D. in South Asian Languages and Literature from the University of Wisconsin Madison. Vajracharya taught at the University of Wisconsin for nearly 30 years and is a Professor Emeritus in the Department of Art History. He has published numerous works and books related to the Nepali and South Asian history extracted from the region's art.**

## **Sarada for chandra Mali Oct 6th**

**<https://www.facebook.com/minu.mali/videos/10223470916788642>**

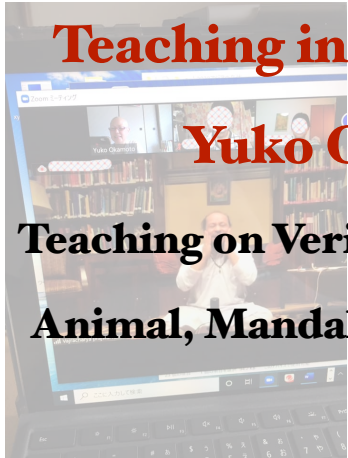
**<https://www.facebook.com/minu.mali/videos/10223470744224328>**



# Teaching in Japan Host by Dance Mandal Japan

## Yuko Okamoto Sept 18-Nov 4th 2020

Teaching on Verity on different Topic such as Kaya Vaka, Chita, Animal, Mandala body..... just to motive on Newah Buddhism



**Bara (gupha)  
pitakayagu August  
24**



# 2nd Janko (dev ratharahana or chardrarathahana Puja)

## 88 years, 8 months, 8 days

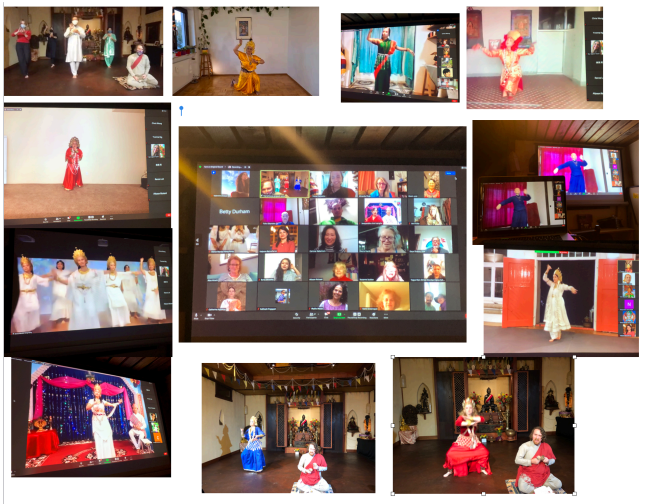
### On the Full Moon Oct 1st 2020 to Jagan Maharaja and Krisna Maharjan on there home







# International Charya Nritya Offering 6 Different Country Performing Oct 8th 7Pm



7pm Portland Time (West Coast time) Oct 8th Thursday 10 pm New York  
Time (East Coast Time)

Nepal Time 7:45am Oct 9th Friday

Hongkong Time 10am Oct 9th Friday

Japan Time 11am Oct 9th Friday

Chile Time 11pm Oct 8th Thursday

Germany Time 4am Oct 9th Friday

**1)First we all going to do Refuge dance and 16 offering**

**2) from Germany Ritu Vajracharya Manjushri**

**3)from Brazil Vesta Corradini Green Tara**

**4)From Nepal Kalpana Bajracharya Kumari**

**5 )from USA California Bunu Shrestha Vajrayogini**

**6) from Hongkong 6 people dancing Padhmanatewor ((Tina Ho, Eliza My Lau,Eliza,ly las,Monita Lau,Simone Ng,Chin chin Chang)**

**8) from Nepal Sangita shakya Lokewor with live singing by Swayambhu Ratna Shakya**

**9) from Japan Yuko Okamoto Arya Tara**

**10) from Germany sharhrazad Huisman pragmaparamita**

**11)from Portland Anastasia Roderick Nairatma**

**12) From Nepal Anupama Bhattarai Dahal's students dancing Panch Tara or White Tara**

**13) from Portland Anna Shustrova Vajrabarahi**

**End with birthday Celebration of Prajwal**



Participants on Zoom during the event

## **Mudra as an Agent of Transformation in Newar Buddhism**

### **Mudra in the Diamond Spheres presentation:**



# 11 Years Anniversary November 10 Tuesday 2020



**Nritya Mandala Mahavihara celebrates its eleventh anniversary amid pandemic**

link for the international performance video [Video link](#)  
Morning performance

[Try watching this video on www.youtube.com](http://www.youtube.com)

[Try watching this video on www.youtube.com](http://www.youtube.com)

Rabin Man Shakya



Nriya Mandala Mahavihara (NMM), which is the only Nepalese Buddhist temple in the West celebrated its eleventh anniversary in Portland, Oregon on Tuesday, Nov. 10, 2020 amid the ongoing coronavirus pandemic.



The eleventh anniversary of the Mahavihara started with the Kush Puja in the morning at the Mahavihara. The rituals of Kush Puja was performed by Mahavihara's co-founder and priest Prajwal Ratna Vajracharya.

Kush Puja is a Newah Buddhist Tantric ritual. The Puja is an esoteric one which usually is confined to the Newah Buddhist devotees who have been ordained with Nhikan Yayegu rituals at the shrines of the houses of the Shakyas and Bajracharyas.



Prajwal says, "Because of the pandemic, we are celebrating the temple's anniversary with social distancing and pandemic guidelines."

Kush Puja consists of different rituals with traditional and religious components. Among others, five grounding nectars in the form of five different kinds of alcohol and five different kinds of meat are used in the Puja.

In this Puja, emphasis is laid on Go Ku Da Ha Na, in which a cow is considered as a harmless creature, a dog is regarded as a sensitive animal, a horse gives continuity, an elephant is treated as a fearless creature, whereas Nara (or man) is known for his knowledge. The purpose of the Puja is to raise the consciousness of our own body and mind, says Prajwal.

On the occasion, 108 butter fed lamps were also lit. Similarly, refugee dance was performed by Prajwal Vajracharya and other Sangha members.

Kaula (Prasad) and Samaya Baji was served to the participants of the Kush Puja on the occasion. Bulla (a Newah style soup made of fermented rice) was the center of attraction of the Samaya Baji.

The other important part of the eleventh anniversary was the performance of Charya dances.

Charya dance program was launched on Zoom because of the pandemic. Charya dancers from different parts of the USA, Nepal, Hong Kong, Brazil and Germany demonstrated their wonderful and amazing talent.

Because of the time zone difference, dancing through Zoom was arranged in the morning and in the evening. Both morning and evening sessions of international



Charya dancing were moderated by Kuon Hunt, a member of the Sangha. In the morning session of the dance program, Yamuna Baker from Germany performed Vajrayogini, Saldon Wu from Hong Kong presented Kurukulla dance, Vesta Corradini from Brazil showed Arya Tara dance whereas Anupama Dahal's students from Nepal demonstrated a Pancha Tara dance. Similarly, Ritu Shrestha(Bajracharya) from Germany performed White Tara while Prajwal Vajracharya presented a dance 'Maya Jaal.'In the evening session of the dance program, a dance called 'Nairatma' was performed by Bunu Shrestha while Yogini Mandala was presented by Corinne Nakamura. A team of Charya dancers from Hong Kong including Tina Ho,Eliza La,Simone Ng,Monita Lau,Kerry Ho,Eliza Lau LY,Chin Chin Chang performed a dance 'Vajrasattva.'



A dance 'Arya Tara' was presented by Shahrazad Huisman from Germany, while Kumari dance was performed by Kalpana Bajracharya in Nepal. Likewise, Annapurna dance was carried out by Uppa Shakya, USA and Sky Dakini dance was performed by Anna Shrustova, also USA. And finally, a Mahankala dance was presented by Prajwal RatnaVajracharya.

The vocal rendition for most of the Charya dances was provided by Joshua Proto, a Sangha member.

About 65 people had participated in the Zoom dance program in the evening and about 50 people in the morning. Among them, notable were president of Maitripa college Yangsi Rinpoche, Prof Dr Linda Iltis from Washington, Prof Dr Miranda Shaw from Varginia, Helen Appell, co-founder of the Mahavihara, Dr Shubhash Ram Prajapati from Washington, Dr Mahendra Man Shakya (Physics) from California, Home Shrestha a Ph D researcher from Canada and so on.

In the last 11 years, Nriya Mandala Mahavihara has continuously served the sangha or community in many ways, and credit for this goes to co-founders duo Prajwal and Helen Appell.

In fact, many of Portland's Nepalese community activists coming from different spectrums have mentioned it as one of the quintessential aspects of Prajwal's unrelenting campaign to promote, preserve and protect the Buddhist traditions of Nepal.



The Mahavihara has provided a wide range of cultural, life cycle and calendrical rituals based on Newar Vajrayana Buddhism and Newah and Nepali traditions.

NMM has offered teachings and presentations, including by recognized scholars from around the world.

While the temple itself has been closed during the pandemic, NMM has continued in the same spirit with zoom classes on Dharma, Dharani, Sadhana, Sanskrit, Charya Giti singing, Charya dance and scholarly lectures. It has offered instruction and organized performances of Charya dances, as well.

**Nriya Mandala Mahavihara (NMM) is pleased to announce the 11th Anniversary Celebration of its 2009 consecration on November 10, 2020.**

In the last eleven years NMM has continuously served the sangha, or community, in many ways. It has provided a wide variety of cultural, life cycle and calendrical rituals based on Newar Vajrayana Buddhism and Newar and Nepali traditions. It has offered teachings and presentations, including by recognized scholars from around the world. It has provided instruction and organized performances of Charya dances, as well. Even during the pandemic, while the temple itself has been closed, NMM has connued in the same spirit with Zoom classes on Dharma, Dharani, Sadhana, Sanskrit, Charya Gigi ti singing, Charya dance and scholarly lectures.

We, the executive committee, would like to thank each of you who have supported the vihara from the very beginning. Your love and support will always help us grow.

Due to current requirements for social distancing, we are holding the anniversary celebration dance performances on Zoom

## Wedding with Sam Sakhya And Anuja gurun

### November 21th

It was a cruel cold/rainy Oregon day with a looming film of Covid in the air. I (Anuja) got married again-ish. We married each other in Brooklyn city hall Feb. 7, 2018 but our parents were insistent on blessing us in a traditional Newar ceremony {traditional Magar+Hindu ceremony yet to happen}. It has been their wish for a while since Sam is the last one in the family to get married and it was very important for his mom and dad to properly welcome his newish bride home in Oregon.

The ceremony took place in a Biharaa in Portland, one of its kind in America. During the ceremony, our priest invoked the energies of the universe to witness our Union, bless us, and protect us. We exchanged rings, we fed each other 84 dishes that Sam's mom and bhauju painstakingly made, performed several rituals, and received tons of presents.

The civil ceremony 2 years ago was real enough but this ceremony felt REAL REAL! Even though my parents could not be in the temple in person, they silently watched the ceremony over zoom and we felt blessed



PS: it was a family only ceremony. It was perfect.

Ghyampé to preserving good traditions!

Thanks for taking photos B'ma Votel

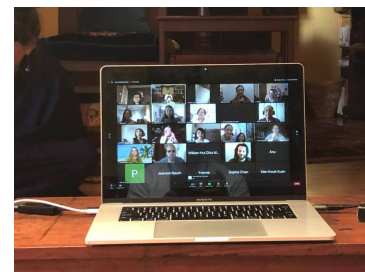
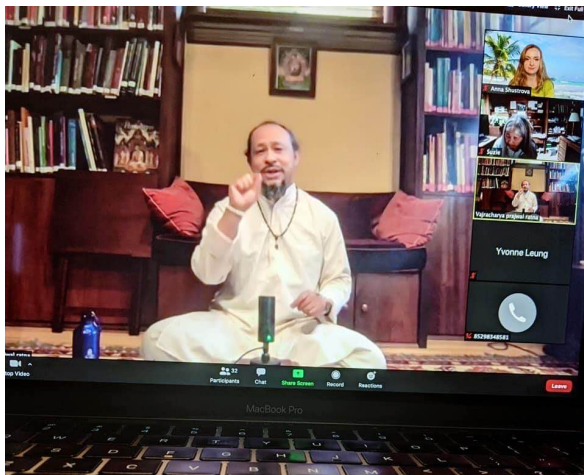
Video coming soon-ish (thanks for shooting David Votel)





# Saturday Nov 28th at 7:30pm Talk on Newah Buddhism Ritual, Birth to Death, Mudra, Host by Hongkong Sangha

[https://youtu.be/fpEp\\_5Vh2e4](https://youtu.be/fpEp_5Vh2e4)



# Sakimila Punhi Celebration

## Monday Nov 30th 5:30pm



Sakimila 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. It is with this purpose in mind that a Halimali Bwoyegu, an artistic display of different fried grains is made and Namasangiti chanted ( 160 Verses Of Manjusri teaching)

Happy Sakimila (Sakimana) Puhni

सकमिला (सकिमना) पुन्हीया लसताय् सकलयात भिन्तुना



Today or the very auspicious full moon day of Kartika N.S. 1141 is a Sakimila or Sakimana Puhni (सकमिला पुन्ही). The Newar Buddhists celebrate this festival exuberantly. This day commemorates the visit of Bodhisattva Mañjuśri in the Kathmandu valley in order to pay homage to Glorious Svayambhu Mahacaitya. This is explained in Svayambhu Purana which further narrates, “As a result of Bodhisattva Mañjuśri’s peerless devotion, the Adibuddha Svayambhu manifested himself in the form of five colored rays, the dharma-body of clear light (प्रभास्वर धर्मकाय). This was the embodiment of the unified wisdoms of Five Jina Buddhas.” According to the very text, on this particular day, the World Honored one Vipaśvi Tathagata planted the lotus seed in the middle of the Kalihrada lake (कालिह्रद दह) from which emanated the Luminous Form (ज्योतिरूप) of Lord Svayambhū. For this reason, this day is very sacred and auspicious for the Newar Buddhists of the Kathmandu Valley also known as Nepalmandala. This day marks the end of Kartika Sewa which is one month long devotional service to Lord Svayambhū and Bodhisattva Mañjuśri. Kartika Seva is intended to commemorate this special occasion on which the Newar Buddhists out of a sheer devotion visit the Svayambhu Sanctuary, sing the devotional Buddhist hymns and circumambulate the site while singing the hymns before dawn everyday. According to Svayambhu Purana itself, Guru Śāntikara Acarya consecrated (प्रतिष्ठा) Svayambhu Mahacaitya by covering the luminous form with a caitya structure. After completing the consecration, he entered Śāntipura shrine for a long-term retreat, to practice the yoga of breath control (अष्फाणक योग), keeping a wish-fulfilling lamp alight eternally. The Newar Buddhists celebrate this day by organizing the sumptuous feast in the sanctuary area. Specially in the evening, they draw maṇḍalas and the icons of Mañjuśri’s emblem from the cereals (हल्लिमलि) and recite hymns in front of the Svayambhu Mahacaitya and Mañjuśri Shrine. According to Chunda Bajracharya, in this particular month, the harvesting season is completed and all the crops & grains are brought home. The crops are red potatoes, taro, and peanuts along with grains, wheat, corn, and various kinds of beans. People bring them home from their fields. They are

offered fresh to the Buddhas first, then to other deities. (Chunda Bajracharya, Nevaḥ tajilaji-nakhacakha, p. 182). On this day, in the evening, a large number of people participate in the display of cereals (halimali) in front of the Mañjuśri Shrine at Svayambhu. Different hymn (तुत) recitation groups (those affiliated with Naga Baha, Naka Bahi, Bu baha and Uku Baha) from Lalitpur (The case study is limited to Lalitpur only) get themselves involved in depicting various symbols related to Mañjuśri, like the sword of wisdom (चन्द्रहास), a vase of plenty (पूर्णकलश), double vajra (विश्ववज्र), and a book of the perfection of wisdom (prajñaparamita text) with the elegant use of Halimali and fruits. They also worship the Svayambhu Mahacaitya and Mañjuśri while singing hymns and after finishing their hymns, they distribute the halimali to each participant in the ceremony. But deplorably, this year the Covid-19 pandemic has affected badly this age-old practice of Kartika Seva also.

Reference: Svayambhu Mahacaitya by Hem Raj Shakya, Nevaḥ Taijilaji nakhacakha by Chunda Bajracharya and Article: “The Worship of Mañjuśri in Nepal” by Miroj Shakya. All the images posted here are from the archive. ©Milan Shakya, 1977.

# Talk on Carya Tantra in Napali Language Tantra Charcha in Nepal

**Dec 1st Tuesday 7:15 am**

सम्पूर्ण महानुभावहरुमा नमस्कार ! तन्त्र चर्चा परिवारले निरन्तर आयोजना गरिरहेको तन्त्र परिचर्चा शृङ्खलाको बाह्रौं भाग २०७७/०८/१६ गते मङ्गलबार रात्री ९:०० बजे हुने भएको छ । यस शृङ्खलामा गुरुजु प्रज्वलरत्न बज्राचार्यले प्रवचन र अन्तर्कृया गर्नुहुनेछ । यस मालाको विषयवस्तु 'चर्या नृत्य तन्त्र: योग र मुद्रा' रहनेछ । विद्वान् गुरुजु प्रज्वलरत्न बज्राचार्य बज्रयान तन्त्र, चर्या नृत्य र नेवार संस्कृतिका विशेषज्ञ हुनुहुन्छ । नृत्यमण्डल महाविहार, पोर्टल्याण्ड, अमेरिकामा स्थापना गरि हाल त्यहीं रहेर नेपाली मौलिक तन्त्रलाई प्रवर्द्धन गर्दै आउनुभएका छ । यस कार्यक्रमको सभापति गुरुजु यज्ञमान पति वज्राचार्य हुनु हुनेछ । कार्यक्रम तलको जुम लिंक मार्फत हुनेछ । Topic: Tantra Charcha- 12 Time: इच्छुक महानुभावले कार्यक्रम सम्बन्धी केही जिज्ञासा भएमा बिना हिचकिचाहट सम्पर्क राखनु सक्नुहुनेछ । सन्दीप सापकोटा तन्त्र चर्चा परिवार दिनाङ्क:

२०७७/०७/१३ गते, शनिबार

<https://www.facebook.com/nepalisarvamnayatantra/videos/1328901970782196>

**हार्दिक निमन्त्रणा**

तन्त्र परिचर्चा प्रवचन श्रृंखला  
भाग १२

**चर्या नृत्य तन्त्र: योग र मुद्रा**

मिति: २०७७/०८/१६ गते मंगलबार  
समय: नेपाली ९ बजे बेलुका।

 ZOOM मार्फत जोडिनु होला।

Zoom Meeting ID: 847 1670 7076  
No passcode needed

**प्रवचनकर्ता**



गुरुजु प्रज्वल रत्न वज्राचार्य

**आयोजक**  
तन्त्र चर्चा परिवार

# Virtual Newah World Conference Dec 30-31

Hong Kong Sangha and Portland Vihara has presented  
Dec 30th at about 9am Portland time

<https://www.facebook.com/worldnewah/videos/220617246231856>

Celebrating 10th Anniversary of World Newah Organization

**GLOBAL NEWAH**

zoom ID: 861 9220 8233

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**THE NEXT MILESTONE**  
दिलिं नवा: - झानिया लंप

Virtual World Conference  
30-31 December 2020

**Ms Kuon Hunt**  
Presenter, USA

Nritya Mandala Mahavihara:  
Beginning Our Second Decade

organized by  
**World Newah Organization**

दुल्लिंमल globalconference@worldnewah.org ववपडज worldnewah.org/globalconference2020

**CHAPTERS** Nepal, USA, India, UK, The Netherlands, Germany, Portugal, Japan, Middle East  
**ASSOCIATES** Nepa Pasa Pucha Amerikaye, Newah Organization of America, Pasa Puchah Guthi UK, Guthi Australia, Pasa Pucha Belgium, United Newah USA, Newa Guthi New York, Newah Organization of New England, Candian Newa Guthi, Newa Cultural Society fo Alberta, Newah Nakha New York, Newa Pasa Pucha Spain Barcelona, Newa Pasa Pucha Spain Madrid, Newa Guthi Denmark, Newar Samaj, Hong Kong, Newar Samaj Saudi, Newa Guthi Kuwait, Newa Pucha in Korea, Rastriya Newa Khala Israel, Newah Puchah UAE, Newa Pucha Qatar, Newa Guthi New Zealand, Newa Khala Hamburg

Celebrating 10th Anniversary of World Newah Organization

**GLOBAL NEWAH**

zoom ID: 861 9220

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**THE NEXT MILESTONE**  
दिलिं नवा: - झानिया लंप

Virtual World Conference  
30-31 December 2020

**Dr Man Ying Tina Ho**  
**Dr Eliza Lau**  
Presenters, HONG KONG

Liberation through Dance

organized by  
**World Newah Organization**

दुल्लिंमल globalconference@worldnewah.org ववपडज worldnewah.org/globalconferen

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