

Reported by **Dr.Rabin Man Shakya**
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September 9, 2021

Macha Janko (Rice Feeding Ceremony) Held

A Macha Janko (rice feeding) ceremony was performed for Aayush Lohani, the son of Anjip and Soniya Lohani, in their home in south east Portland by Guru Prajwal



Vajracharya early this month. During the Macha Janko, also known as Annaprasana in Sanskrit, a mandala was drawn and Gurumandala Puja was performed by Guru Vajracharya. Gurujū used a variety of mantras, repeated offerings of the five elements in the form of flowers, fruit and rice, incense, water and candle light, as well as ritual objects to complete this Macha Janko

ceremony.

This important life cycle ceremony is a large family celebration in Nepal, as it is the first time the child is fed solid food. It signifies his movement from infancy to toddlerhood, where he will be more on his own, moving about, learning and absorbing more of the world around him, according to Guru Prajwal.

Not only was Aayush introduced to rice on during this ritual, he was fed a tiny taste of a wide variety of traditional foods. Gurujū Vajracharya concluded the day with prayers to Ganesh for the removal of all obstacles from the life and growth of young Aayush.

20 September, 2021

The Kumari, the Living Goddess, honored with Yenya Punhi



Yenya Punhi, one of the biggest cultural festivals of Kathmandu, was celebrated at Nritya Mandala Mahavihara with the recitation of Manjushri Namasangiti. Often this includes the making of samya baji, which the Kumari traditionally blesses, as she travels in her chariot throughout the city. The tasty samya baji, made of beaten rice, fried soy beans, ginger and dried meat, is then given to whomever comes to be fed.

It is to be noted that the mahavihara has been organizing Manjushri Namasangiti recitation on every full moon day of the month. Also, Namasangiti is recited daily at the Mahavihara during the month of Gunla in Nepal Sambat lunar calendar.

During the celebration Namasangiti was recited by Rev Guru Prajwal and 10 people at the mahavihara, with 10 other participants from Hong Kong, India, California and Oregon taking part on Zoom. Guruju then distributed samya baji to those present.

At a time when a lot of cultural heritage and religious rites and scriptures are on the verge of extinction, disseminating the sacred tantras and celebrating the ancient traditions is essential to keep them alive, said Rev Prajwal, adding, "That is why our mahavihara is dedicated to protecting, promoting and preserving these sacred things."



22 September, 2021

Mid-Autumn Moon Festival Charya Dance Offerings



Dancers and sangha members of the Dance Mandal Hong Kong Charya Nritya Sangha presented dance offerings on Zoom in honor of the Mid-Autumn Moon Festival. A wide range of charya dances were beautifully performed, including the Refuge Prayer (all), Sixteen Offerings (all), Singhamukha (Dr Tina Ho), Vajrayogini (Eliza My), Yogini Mandala (Saldon), Prajnaparamita (Ling Ling Lee),

Manjushree (Kerry Ho), Kurukulla (Eliza My and Simone Ng), Vajrasattva (Eliza Lau and Lau Monita), and Tara (Sophie and Chin Chin).

In describing the significance of the Singhamukha dance, Dr Tina Ho said that "The lion faced dakini (Singhamukha) symbolizes an enlightened female, like a lion king. Her red body represents love and compassion. The skull rosary or mala she wears represents the understanding of the many varied feelings and moods of sentient beings, the 51 mental factors, and the snake (naga) represents the treasure of her wisdom."

Speaking on the occasion, Rev Guru Prajwal Vajracharya discussed the importance of Charya Nritya, saying that charya dance is a meditational dance that tells stories of the inner qualities and awakening of Buddhist deities. Prajwal Vajracharya is highly revered and respected in Hong Kong as the main lineage holder outside Nepal.



Beloved Gurujal Prajwal Vajracharya Bereaved

Mahendra Ratna Vajracharya, brother of Rev Guru Prajwal Ratna Vajracharya, passed away in Kathmandu on Wednesday, Sept 15, 2021. He died of cardiac arrest at 58 years. Antyesthi samskara (funeral sacrament/ funeral pyre)

was held on the same day at Indrayani Karna Deep on the banks of the Bishnumati River in Kathmandu with full ritual traditions.

The late Mahendra Vajracharya was born to Astha Maya Vajracharya and Pundit Ratna Kaji Vajracharya, Buddhist scholar and ritual master. Mahendra, who had graduated as a Shastri from Varanasi, India, was also a Sanskrit scholar. He had edited *Dhi* magazine, devoted to Tantric philosophy.



Guru Prajwal Vajracharya was in mourning for a week. He performed Durgatiparishodhana dharani and appropriate rituals for the liberation of the deceased soul everyday for a week in front of the Buddha at the Nritya Mandala

Mahavihara. The entire sangha is saddened to know about the untimely demise of Rev Guru's brother, and extend heart felt condolences to Gurujal and his family members. May the departed soul be reborn in the Sukhavati Bhuvan.



Check EVENTS on this website to find upcoming special events. The following programs are held weekly every month and may be attended on Zoom by anyone. The Zoom access information is in the EVENTS listing.

Charya Singing Practice Held Every Friday Morning

Charya Giti practice is one of the many important activities being carried out by Nritya Mandala Mahavihara. Charya Giti practice is a deity yoga practice of Sanskrit singing, for which Guruju Prajwal will provide lyrics. These songs focus on the Buddhas, Bodhisattvas, Dakinis and philosophy of Vajrayana Buddhism.

Charya Giti practice is organized every Friday at 8 AM Portland time on Zoom, and participants may include people from Hong Kong, Germany, Canada, India, Washington, California and Oregon and so on. It is open to all who wish to join.

Dharani Chanting Held Every Tuesday Evening

Nritya Mandala Mahavihara has been organizing weekly Dharani recitation on Zoom each Tuesday at 6:30 PM Portland time for last couple of years. The objective in offering public recitation of these powerful ancient mantras is to provide participants with tools to soothe, help heal and protect themselves and others.

This is the only chanting program of this kind in the West, and helps to preserve this special heritage, which is rarely seen outside of the temples and homes of Nepal. Typically used to prevent misfortune, remove obstacles, heal and protect, Dharani are also used in lifecycle rituals and practices.

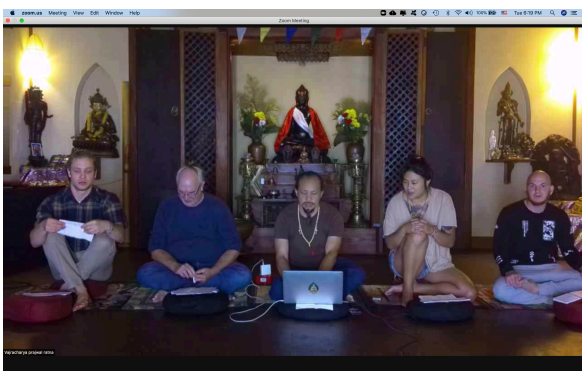
Sadhana Practice Each Wednesday Evening

Sadhana is a Sanskrit word that means spiritual exercise. Sadhana practice can bring positive change into one's life and has many benefits for mental as well as physical health. It can also be performed in order to attain detachment from worldly things.

Sadhana is a spiritual practice in which the practitioner invokes divinity, identifying and absorbing it into himself. It is the primary form of worshipful meditation in Vajrayana Buddhism. This Sadhana time also includes a Dharma talk by Guru Prajwal. Sadhana practice begins promptly at 6:30 PM Portland time on Zoom every Wednesday. Sadhana is followed by the Buddha Bhajans, below, for those who wish to stay on their Zoom link.



Buddha Bhajan Singing Every Wednesday Evening



Buddha Bhajan singing is another interesting addition recently added to the activities of the mahavihara. The Buddha Bhajans are devotional songs, joyfully sung and led by Buddha Laxmi Shakya of San Diego, California. They begin at 7:30 PM every Wednesday after Sadhana practice is over. It is a virtual program and may be joined, whether or not participants are participating in the Sadhana program prior.

The singing is followed by a Dharma talk by Rev Guru Prajwal, who discusses the importance of Buddha Bhajans like Dasha Paramita, Lumbini Yatra, Namu Buddhaye, Najato, Vasundhara Sharanam, Buddham Sharanam Gachhami and so on. It is open to anyone.

