

## Nepal Trip Begins! September 1st-27th,

by Teya DeSesa

Prajwal's Autumn tour was postponed, and he took this time to explore potential pilgrimage sites. During this period his friends and family gathered together, inviting him to be part of many ceremonies and rituals. Prajwal's trip began with visiting many Viharas as they displayed Dipankara Buddha (a previous Buddha who attained Enlightenment eons prior to Gautama Buddha) during Gunla Festival in Kathmandu, Nepal.



Prajwal was invited as chief guest for the Vajracharya club Futsal award ceremony. A week long competition among the Vajracharyas in different Viharas. He bestowed the awards to each winner.



### Exploring the Hidden Caves of Nepal



Unknown to most tourists, with Google Maps offering no help, Prajwal set out to find the hidden cave of Nagarjun ([History of Nagarjun](#)). Above lie two more caves, difficult to traverse during the current monsoon season, home to many aggressive mosquitoes and leeches, Prajwal and a



small team reached the second cave, called 'Buffalo Cave'. The third and final reachable cave, called 'Middle Cave' was a beautiful site to gaze upon, especially after hours of hiking and climbing countless stairs. There is a final cave which was not possible to reach due to timing and the need for proper trekking equipment. Prajwal spoke about his adventure: "A beautiful and stunning view of nature, not a single person to be seen during hours of hiking was a great experience and made memorable by blood offering for the leeches.



## Kathmandu & Patan Tour



Three Sangha members of the Vihara joined Prajwal for an educational tour of Kathmandu and Patan. Visiting many different temples and stupas, including Swayambhu and Bijeshwari. They received blessings from the living Goddess, Kumari, of Patan. They toured many important Viharas of Patan including Golden Temple, Woku Baha and Mahabodha Temple.

### Gallery Viewing and Meeting with Local Artists

Sanam Shakya (brother), Lok Chitrakar, and Ujay Bajracharya, Sharad Shakya. Amazing living artists and gallery owners which Prajwal met to talk about the importance of Newar art, its history and the inner meaning of its iconography .



## Gunlla

### Prajwal joined at Mantrasiddhimahavihara along

with his hometown temple members in chanting Namasangiti for Gunlla. Gunlla is celebration of the Tathagata Buddha (the first Buddha), saw a thousand petaled lotus blossoming, it took one month to blossom and blossomed with the radiance of rainbow colored light, planting the seed of the Dharma anything one does is multiplied one thousand time, making this a powerful time for Dharma practice.

The Dance Mandala Sangha diligently joined online to chant

Namasangiti everyday for an entire month, impressively taking turns chanting in the original Sanskrit. Sangha members joined from around the world, including Finland, Hong Kong, New York, with Prajwal joining from Nepal when he was able to. The final day of Namasangiti chanting was celebrated at the Vihara in Portland read in english that day. A dinner party was organized by Uppa and Suva Shakya who cooked traditional Newar cuisine for all sangha members and their friends and family.

### In Nepal Prajwal visited his hometown Vihara,

Mantrasiddhimahavihara (Sawalabaha), where he was initiated as a priest. All Vajracharya who read Namasangiti





for an entire month gathered and Prajwal gave an inspirational speech on the importance of Mantrasiddhimahavihara and its founding members who laid the foundation. Being a Vajracharya is the highest level of the path and it's time to motivate young Vajracharya to be honest, true, and follow the Tantric Path. Tantric practice is so important for the world at this time, as is learning Charya Nritya in a proper way for empowering mind and body, as well as healing mentally, physically and energetically.

### Ithumbaha and National Art Museum Tour



Ithumbaha Museum was built just this last year by a close friend of the Vihara. Because of these organizers, Prajwal and students were able to perform at this sacred temple in 2022. At this time Prajwal offered a lengthy speech on the importance of life in a Vihara and daily ritual practice.



The National Art Museum of Kathmandu has on display a series of works by Gautam Vajracharya, Prajwal's elder brother. Including a cosmic mandala of the Dharmadhatu and 108 Avalokiteshvara. Also on display images of Prajwal's father (Ratna Kaji Vajracharya) performing ritual and ritual objects.



### Pilgrimage to Padmasambhava Caves in Timal



Danda, Kavre. Organized by Ani Rajya Prabha Shakya, Uppa Shakya's older sister (September 19)

Eighteen people sat shoulder to shoulder in two Jeeps with the necessary four wheel drive to traverse the bumpy, winding roads leading to the sacred mountain tops of Timal, Kavre, the land Padmasambhava came to before moving on to Pharping. Although lesser known, this land is rich with the power of his meditation. One feels as if they are touching the

heavens once reaching the caves where Padmasambhava performed his activities.

“Far to the east of Kathmandu, beyond the rural hills, Yarinak, *Slate Mountain Forest*, lies in wait for the dedicated pilgrim. This cave and rocky cliff-face sheltered by the forest is where the Mahaguru retreated to practice Vajrakilaya, the *yidam* of enlightened activity.



### Dükyi Shechen, *Great Demon Slayer*



Here, Guru Padmasambhava took the name Dükyi Shechen, *Great Demon Slayer*. The figure of Dükyi Shechen is well known — both for removing obstacles and for providing protection from them. Precisely such obstacles were brewing at that time in the land of the *tirthikas*—sworn enemies of the Dharma. Supported by fierce yaksha lords, they were assembling in a place known as the Sandalwood Forest.

In response to this threat to the welfare of beings, the

Mahaguru’s kila-dagger flew of its own accord into the sky. Guru Rinpoché, as Dükyi Shechen, caught it with the vajra mudra, rolled it between his hands, and hurled it into the Sandalwood Forest. At the kila-dagger’s impact, the forest caught fire and burned down, its flames incinerating everything, even evaporating the lake at the heart of the forest. As soon as the fire burned out, the forest miraculously grew back, bigger and more beautiful than before.



The *tirthikas* were destroyed and their dark yaksha lords reduced to dust.

It is still possible to visit the rocky caves where Guru Rinpoché practiced and to find remnants from his time there. An extraordinary site for connecting with the Mahaguru’s wrathful aspect, Yarinak is where he perfected the practices for eliminating obstacles to realization of the essence of the path”.

[Excerpt of this historical site found here](#)



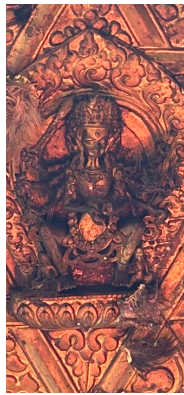
## Namobuddha (September 20 -21)



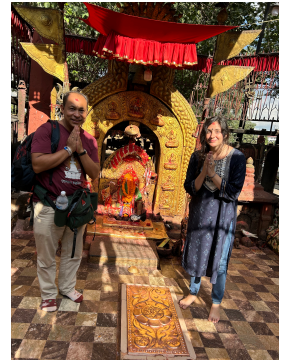
Prajwal guided three students to Namobuddha, where, in a previous life, Buddha cut his flesh to feed to a starving tigress and her young. Two hours from Kathmandu, this is a sacred place for pilgrimage where many monasteries and stupas have been build.

## Bhadrakali Temple (September 25)

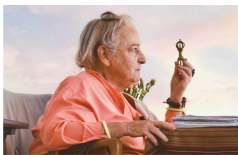
Bhadrakali was built by the ancestors of Prajwal 2,200 years ago.



Created by Shasotabajra, a great realized yogi, as well as founder of Mantrasiddhimahavihara, where Prajwal was initiated. Bhadrakali is a sacred temple for those who perform Tantric Practice. Bhadrakali is a wrathful female protector deity of Kathmandu Valley. Her image not likely to be seen outside of Nepal, she is old, sagging, and squatting atop negative forces. Her multiple arms holding implements of destruction, ready to dispel any obstacle. She resembles Khudakali (Palden Lhamo), and may be a manifestation. This is considered the oldest temple in Nepal for Tantric practice.



## Lama Lena - Introduction to Dzogchen, September 6, 2023



Lama Lena returns to Portland!

Tues. Sept. 5th from 6:30 - 8:30 pm: Introduction to Dzogchen  
and Wed. Sept. 6th from 6:30 - 8:30pm: Dzogchen View of 6 Paramita's  
These teachings are open to everyone. In the Tibetan custom, *dana* (Pali for generosity) is gratefully offered to Lama Lena & happily accepted for travel expenses.  
Teachings held at: Nitya Mandala Mahavihara 1405 SE. 40th Ave. Portland, OR.

Lama Lena (Dzala Kyaldro) is a teacher of Direct Mind Protector-realization (Dzogchen & Mahamudra) and a lineage holder of several Tibetan Buddhist traditions. Her direct approach and clear and direct style is revered by students around the world for her exceptional ability to share profound teachings in a clear, poetic, and humorous way.

Beginning in 1972, Lama Lena spent three years studying with Lama Thubten Yeshe at his monastery in Hong Kong and then spent several years in retreat and study with the late Khenpo Jigme Phuntsok Rinpoche in the mountains of Tibet. She has since been teaching and practicing in the West. She has been a frequent guest at the Nitya Mandala Mahavihara and has been teaching and practicing in the West for many years. She is a lineage holder of several Tibetan Buddhist traditions and is a highly respected teacher and practitioner. She is a direct mind protector-realization teacher and a lineage holder of several Tibetan Buddhist traditions. Her direct approach and clear and direct style is revered by students around the world for her exceptional ability to share profound teachings in a clear, poetic, and humorous way.

For more information, please contact: [prajwalnmm@gmail.com](mailto:prajwalnmm@gmail.com)

Lama Lena is a teacher of Dzogchen and Mahamudra, ‘the Great Perfection’ and ‘the Great Seal’, powerful meditative practices for revealing the nature of mind.

Her extensive studies beginning in 1972, she is a lineage holder of several Tibetan Buddhist Traditions. Her informal style is precise and direct and she is revered by students around the world for her exceptional ability to share profound teachings in a clear, poetic, and humorous way.

On a warm Autumn night a crowd filled the Vihara. Glowing with candle light and adorned with vases brimming with local

flowers, Lama Lena offered a simple, yet profound teaching and direct instructions on mediation techniques. Before she began, she assembled a group of volunteers to disperse the offering plates for local spirits. The volunteers were guided by the children attending that night in where exactly to place the offerings. “See the thing is kids can see land spirits, somewhere around adolescence you get distracted and lose the ability.” Lama Lena spoke to the group of children: “So what I need you to do is help the grown ups find where the land spirits are. When you play in a place,



there’s certain places that you like to play in better than other places, even though they’re right next to each other. That’s where the land spirits are.” She then took as much time as needed to address questions from the listeners, giving personalized guidance for each individual’s query, as well as checking to make sure they felt clear with her direction and had a practical, accessible meditation technique to take away with them. This event was gracefully organized by Phyllis Moses, a member of



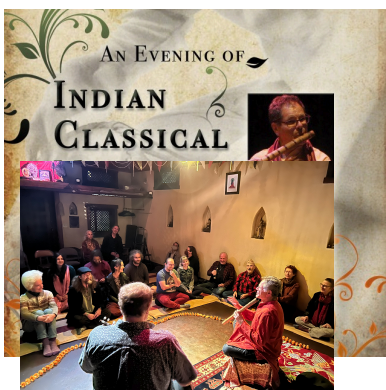
the Vihara.

“The view is an utter relaxation. You cannot get to it by tensing at it. You can only relax into it as the completely natural state.” - Lama Lena

Recording of this teaching can be found on Youtube [Introduction to Dzogchen \(Portland - 2023\)](#)

## **An Intimate Performance of Indian Classical Music: Sept 30th A Review by Michael Sterling**

“Under this beautiful full moon, and at one of the most high vibrational spaces/temples that I know of (Nriya Mandala Mahavihara), dear friends, Steve Gorn and Benjy Wertheimer gave a stunning and delicate performance of Indian Classical Music. Their offering of



Raga Chandrakauns was in observance of the Moon. Spirit manifest. The two musicians gave a delicate and thrilling offering of a high art form. Thank you both for your gifts of music. Thanks to Prajwal R Vajracharya for hosting (after being back in town only 1 day) and for his generosity. And Joshua Proto and Stormi for helping with admin. A high time.”



Sangha member and chef Bikram Vaidya cooked a traditional Nepali cuisine of Dal bhat to honor the musicians.

It was the second year anniversary of the passing of Prajwal’s brother, Mahendra. The Vajracharya family joined together to perform a death ritual. An all-day ritual and celebration was held at Prajwal’s family home. Two days following, Prajwal’s exciting and inspiring adventure in Nepal came to an end and the family once again gathered to give him a proper and loving send-off.



On the way to Portland, Prajwal had a seven hour layover in Hong Kong. Although it was a short visit, his students made it a memorable and heart-felt experience. They treated him to a delicious Dim Sum brunch and the group enjoyed sharing laughs and memories of his recent teachings and performance there a month prior. Some students even travelled two hours to join for the meal.

