Third Virtual Teaching on 'Pancha Tara' Organized

Rabin Man Shakya

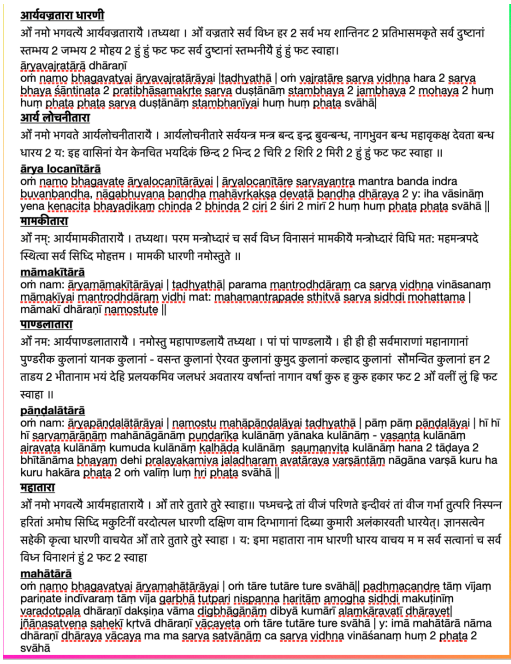
Portland, Aug 2, Tara was there well before the advent of the Buddha and Buddhism. Tara represents enlightened activities of all the Buddhas and that is why Tara is called the mother of all the Buddhas.

The zoom program on Pancha Tara, which was organized by Hong Kong Buddhist Studies Association on Friday, Aug 2, 2024.

The teaching on Pancha Tara kicked off with the praying for deity Tara - Om Tare Tu Tare Ture Svaha.

According to Prajwal Guruji, the emphasis this time was laid on the Mantra and Sadhana aspects of Tara.

Speaking on the occasion, Prajwal Guruji threw light on Guhyasamaj Tantra, Hevajra Tantra, Kalachakra, Chakrasambhara Tantra as well as the Tara deities in the Dharani recitation.



आर्यवज्रतारा धारणी

ओं नमो भगवत्यै आर्यवज्रतारायै ।तध्यथा । ओं वज्रतारे सर्व विघ्न हर 2 सर्व भय शान्तिनट 2 प्रतिभासमकृते सर्व दुष्टानां स्तम्भय 2 जम्भय 2 मोहय 2 हुं हुं फट फट सर्व दुष्टानां स्तम्भनीयै हुं हुं फट स्वाहा।

ārvavajratārā dhāraṇī

oṁ namo bhagavatyai āryavajratārāyai |tadhyathā | oṁ vajratāre sarva vidhna hara 2 sarva bhaya śāntinata 2 pratibhāsamakṛte sarva duṣṭānām stambhaya 2 jambhaya 2 mohaya 2 huṃ huṃ phaṭa phaṭa sarva duṣṭānām stambhanīyai huṃ huṃ phaṭa svāhā|

आर्य लोचनीतारा

ओं नमो भगवते आर्यलोचनीतारायै । आर्यलोचनीतारे सर्वयन्त्र मन्त्र बन्द इन्द्र बुवन्बन्ध, नागभुवन बन्ध महावृकक्ष देवता बन्ध धारय 2 य: इह वासिनं येन केनचित भयदिकं छिन्द 2 भिन्द 2 चिरि 2 शिरि 2 गिरी 2 हुं हुं फट फट स्वाहा ॥

ārya locanītārā

oṁ namo bhagavate āryalocanītārāyai | āryalocanītāre sarvayantra mantra banda indra buvanbandha, nāgabhuvana bandha mahāvṛkakṣa devatā bandha dhāraya 2 y: iha vāsināṃ yena kenacita bhayadikaṃ chinda 2 bhinda 2 ciri 2 śiri 2 miri 2 huṃ huṃ phaṭa phaṭa svāhā ||

मामकीतारा

ओं नम्: आर्यमामकीतारायै । तध्यथा। परम मन्त्रोध्दारं च सर्व विघ्न विनासनं मामकीयै मन्त्रोध्दारं विधि मत: महमन्त्रपदे स्थित्वा सर्व सिध्दि मोहत्तम । मामकी धारणी नमोस्तुते ॥

māmakītārā

oṁ nam: āryamāmakītārāyai | tadhyathā| parama mantrodhdāraṃ ca sarva vidhna vināsanaṃ māmakīyai mantrodhdāraṃ vidhi mat: mahamantrapade sthitvā sarva sidhdi mohattama | māmakī dhāraṇī namostute ||

पाण्डलातारा

ओं नम: आर्यपाण्डलातारायै । नमोस्तु महापाण्डलायै तध्यथा । पां पां पाण्डलायै । ही ही ही सर्वमाराणां महानागानां पुण्डरीक कुलानां यानक कुलानां - वसन्त कुलानां ऐरवत कुलानां कुमुद कुलानां कल्हाद कुलानां सौमचित कुलानां इन 2 ताडय 2 भीतानाम भयं देहि प्रलयकमिव जलधरं अवतारय वर्षान्तां नागान वर्षा कुरु ह कुरु हकार फट 2 ओं वलीं लुं ह्रि फट स्वाहा ॥

pāṇḍalātārā

oṁ nam: āryapāṇḍalātārāyai | namostu mahāpāṇḍalāyai tadhyathā | pāṃ pāṃ pāṇḍalāyai | hīṁ hīṁ sarvamārāṇāṃ mahānāgānāṃ puṇḍarīka kulānāṃ yānaka kulānāṃ - vasanta kulānāṃ airavata kulānāṃ kumuda kulānāṃ kalhāda kulānāṃ saumanvita kulānāṃ hana 2 tāḍaya 2 bhītānāma bhayaṃ dehi pralayakamiva jaladharaṃ avatāraya varṣāntāṃ nāgāna varṣā kuru ha kuru hakāra phaṭa 2 oṁ valīṃ luṃ hrī phaṭa svāhā ||

महातारा

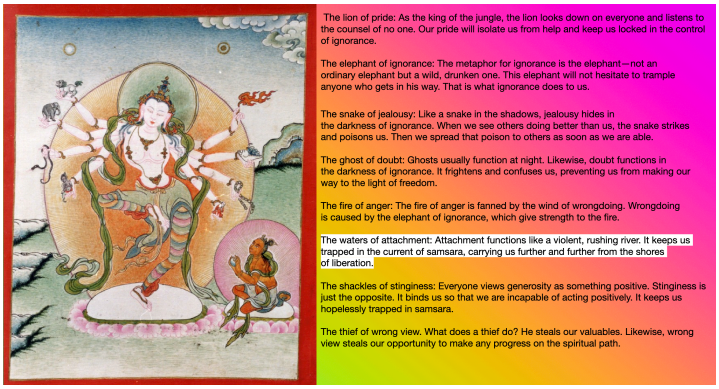
ओं नमो भगवत्यै आर्यमहातारायै । ओं तारे तुतारे तुरे स्वाहा।। पध्मचन्द्रे तां वीजं परिणते इन्दीवरं तां वीज गर्भा तुत्परि निस्पन्न हरितां अमोघ सिध्दि मकुटिनीं वरदोत्पल धारणी दक्षिण वाम दिग्भागानां दिव्या कुमारी अलंकारवती धारयेत्। ज्ञानसत्वेन सहेकी कृत्वा धारणी वाचयेत ओं तारे तुतारे तुरे स्वाहा । य: इमा महातारा नाम धारणी धारय वाचय म म सर्व सत्वानां च सर्व विघ्न विनाशनं हुं 2 फट 2 स्वाहा

mahātārā

oṁ namo bhagavatyai āryamahātārāyai | oṁ tāre tutāre ture svāhā|| padhmacandre tāṃ vījaṃ pariṇate indīvaraṃ tāṃ vīja garbhā tutpari nispanna haritāṃ amogha sidhdi makuṭinīṃ varadotpala dhāraṇī dakṣiṇa vāma digbhāgāṇāṃ dibyā kumārī alaṃkāravatī dhārayetl jñānasatveṇa saheki kṛtvā dhāraṇī vācayeta oṁ tāre tutāre ture svāhā | y: imā mahātārā nāma dhāraṇi dhāraya vācaya ma ma sarva satvāṇāṃ ca sarva vidhna vināśanaṃ huṃ 2 phaṭa 2 svāhā

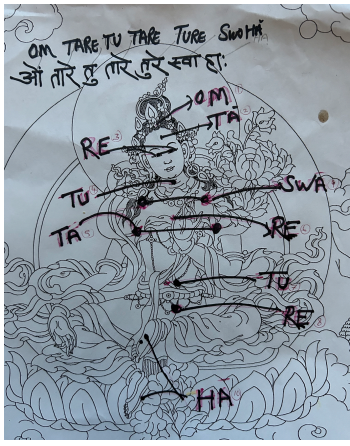
Prajwal Guruji's virtual teaching also presented an elaborate and comprehensive details about Lochani, Tara, Mamaki, Pandara, Vajradhatveshvari and so on.

Prajwal Guruji further went on saying that chanting Tara mantra hundred thousand times with the motivation of Bodhichitta will cause aversion of obstacles and hindrances.



Underscoring the importance of Tara deities, Prajwal Guruji said that in Hevajra Tantra, it is mentioned that Lochani, Mamaki, Pandara and Tara represent the four elements: earth, water, fire and air.

There are 108 Taras according to Newar Vajrayana Buddhism, and informed that 21 of them are prominent ones.



Tara means liberating from Samsara. In Sanskrit, Tara

means crossing, passing through . Tara brings forth life and she is the Great Compassionate Mother, and embodiment of wisdom and the great protectress. During the remotely-held teaching, each Tara is different and explained about the meaning and forms of Green Tara, White Tara, Vasudhara, Kurukulla and other Taras.

At the end of virtual teaching, Prajwal Guruji answered to a number of queries of the participants.

During the online presentation, the Guruji demonstrated precious pictures and Thangkas of different Tara deities.

TaraNyasa

ओं तारे स्वाहा oṁ tāre svāhā Touch to head
ओं तु स्वाहा oṁ tu svāhā. Touch to eyes
ओं त्ता स्वाहा. oṁ ttā svāhā forehead
ओं रे स्वाहा oṁ re svāhā. Ears
ओं तु स्वाहा oṁ tu svāhā. tongue
ओं रे स्वाहा. oṁ re svāhā. Heart

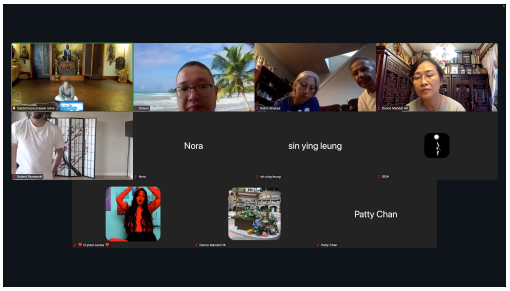
४ प्रत्यंग मन्त्र4 pratyaṃga mantra
ओं लोचने वसुधे स्वाहा ॥ oṁ locane vasudhe svāhā ||
ओं मामकी किरीकिरि स्वाहा ॥ oṁ māmakī kirīkiri svāhā ||
ओं तारे तुतारे तुरे स्वाहा ॥ oṁ tāre tuttāre ture svāhā ||
ओं पाण्डला वासिनी वरदे स्वाहा ॥ oṁ pāṇḍalā vāsinī varade svāhā ||

Help to all sentences being mantra best on tara tantra

ओं हुं हुं ह्रीं म म सर्वसत्वानां रक्षां कुरु स्वाहा ॥
oṁ huṃ huṃ hrīṃ ma ma sarvasatvānāṃ rakṣāṃ kuru svāhā ||

Take away the sickness
ओं तारे तुतारे तुरे मोक्षय जीवं वरदे स्वाहा ॥
oṁ tāre tuttāre ture mokṣaya jīvaṃ varade svāhā ||

During the zoom teaching, Prajwal Guruji chanted 'Pancha Tara' charya giti and also explained participants about the meaning of the Pancha Tara charya giti.



At the end of the virtual teaching, Prajwal Guruji together with the Sangha members presented the 'Pancha Tara' charya dance.

Prajwal Guruji Enthrals NAO Cultural Night Audience with 'Vajrasattva' Charya Dance

Portland, Aug 31 A cultural night was organized at the International Convention Center in Portland, USA by Nepali Association of Oregon (NAO) in collaboration with Nepal

Seattle Society from Washington and Nepal Cultural Society of British Columbia.

The NAO cultural event which kicked off with the national anthems of Nepal and the USA was attended by scores of Nepalese community members and some Americans. The chief guest on the occasion was the Charge d'Affaires of Nepalese Embassy in USA His Excellency Kumar Raj Kharel.

On the occasion, Prajwal Vajracharya, a noted presented a Charya Nritya 'Vajrasattva'. The Guruji's ancient and esoteric Charya nritya was liked and appreciated by the audience. Charya giti (singing) on Charya Nritya 'Vajrasattva' was very skillfully chanted by seasoned Charya singer Joshua Proto, a Sangha member of the Nritya Mandala Mahavihara in Portland.

The Charya Nritya 'Vajrasattva' is a part of the broader Charya Nritya tradition in Nepal with a history going back to more than 1,000 years. Charya Nritya is performed by Newah Buddhist priests known as Vajracharyas as part of their esoteric meditation practices and rituals.

Vajrasattva means 'Adamantine Being'

meaning pure, stainless, incapable of destruction or diminishment. Vajrasattva is identified with the ultimate, formless state of Buddhahood, and represents the essence of all the peaceful Buddha families.

Vajrasattva is peaceful in appearance, white in color, with one face and two hands, seated in Vajra posture. His right hand holds an upright gold Vajra at the level of the heart, while his left hand holds a Vajra-handled bell turned up at the left hip.

Likewise, Sangha member of the Nritya Mandala Mahavihara -- Uppa Shakya and her team from Hermiston, Sangha member Ambika Shakya and her daughter Anushka Thapa -- also presented beautiful Nepalese dances on the occasion. Furthermore, a noted Nepali singer and Nepal's Honorary Consul for Baltimore area Prem Raja Mahat together with Shanti Bhandari presented some popular Nepalese vocal renditions. Some other Nepalese artistes also offered songs and dances at the program.

At the end of the cultural program, Charge d'Affaires His Excellency Kharel honored all the artistes by presenting a token of gift on behalf of NAO.

Panjaran (Panchadan) Observed in Portland, USA

Portland, Aug 31,One of the important festivals of the Newah Buddhists 'Panjaran' was celebrated on Saturday, Aug 31, 2024 at the Nritya Mandala Mahavihara in Portland, USA.

Daya Shakya, Rabin Man Shakya, Anastasia Roderick and Adam Bidema were the Panjaran participants at Portland Baha's Panchadan celebration event.

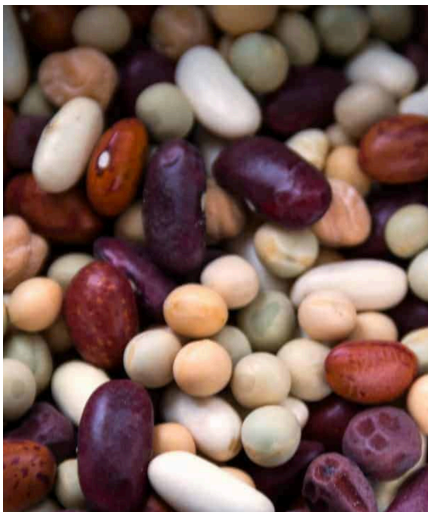
On the occasion, Buddhist scripture Daan Gatha was chanted by Prajwal Guruji, Daya Shakya and Rabin Man Shakya.

After the reciting of Daan Gatha as per Newar Buddhist tradition, different kinds of alms, such as, rice, peas, bananas, apples, candy, donut and money were given away by Prajwal Vajracharya, Kusumabati Bajracharya, Anastasia Roderick and Adam Bidema to all the participants. Raw rice was given to the Panjaran participants from the Gulpa. At the end of the Panchadan program at the Nritya Mandala Mahavihara, Portland's Panjaran participants were offered 'kheer' lunch with Aalu Achar and Malpa etc.

Gunpunhi (Kwati Punhi) Celebrated at the Portland Vihara, USA

Portland, Aug 19, Gunpunhi, one of the important Full Moon Days in Newar Buddhism was celebrated at the Nritya Mandala Mahavihara on Monday, Aug 19, 2024.

Gunpunhi is also called Kwati Punhi. Kwati is a soup of different beans, and Punhi means the full moon day. On this auspicious full moon day, the Newah people in the Kathmandu valley traditionally prepare and cook the Kwati soup.



Kwati is eaten as a delicacy and for health benefit, as well as for ritual and cultural significance.

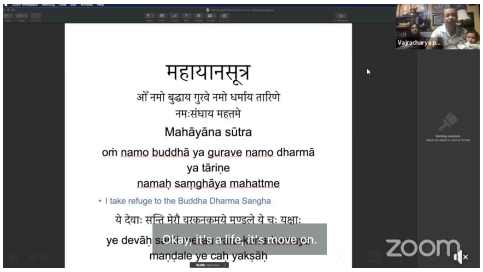
The ingredients used in cooking Kwati soup are: kidney beans, black-eyed peas, chickpeas, soya beans, mung beans, green beans, black beans and white beans.

The participants at the Gunpunhi celebration in Portland, USA were Daya Shakya, Joshua Proto, Adam Bidema and Anastasia Roderick. The Kwati soup was offered to the participants by Prajwal Guruji.

All the participants then took part at the month-long regular zoom Naamsangiti program after the Kwati event.

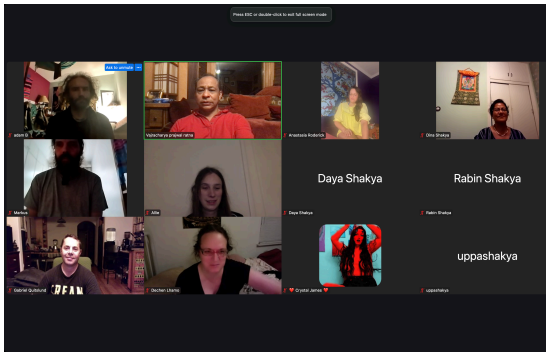
Naamsangiti Recited for a Whole Month to Mark Gunla Dharma

Portland, Aug 5, Gunla Dharma kicked off from Monday, Aug 5, 2024 onwards for a whole month. Nritya Mandala Mahavihara in Portland, USA has been observing Gunla Dharma for last six years.



The Mahavihara celebrates the Gunla Dharma by chanting Naamsangiti everyday for the whole Gunla month.

In total, about 25 people took part at the remotely-held Naamsangiti reciting from Oregon, California, Hong Kong, England and Australia, Finland,



Throwing light on the importance of reciting Naamsangiti during the Gunla month, Guruji Prajwal Vajracharya said that there are a lot of important Newah festivals during this month.

In Newar Vajrayana Buddhism, Naamsangiti is one of the most important preachings of Shakya Muni

Tathagata. It consists of 167 verses and mantra sentences.On the those Verses was

1st chapter Homage to Mañjushri in youthful form

2nd Six Verses in Reply

3rdTwo Verses of Beholding the Six Buddha-Families

4th Three Verses on the Steps of Manifest Enlightenment by Means of Illusion's Net

5th Fourteen Verses on the Great Mandala of the Vajra Sphere

6th Twenty-five Verses, Less a Quarter, on the Deep Awareness of the Totally Pure Sphere of Reality

7th Ten Verses, Plus a Quarter, Praising Mirror-like Deep Awareness

8th Forty-two Verses on Individualizing Deep Awareness

9th Twenty-four Verses on Equalizing Deep Awareness

10th Fifteen Verses on the Accomplishing Deep Awareness

11th Five Verses on the Deep Awareness of the Five Thusly Gone Ones

12th Mantra : Om – the total purity of all existents, By self-nature, non-truly existent, Through the vajra eye – a a am a: That which is the completely pure nature Of all existents takes the form, indeed, Of the completely purified Manjushri, The enlightening body of deep awareness of all Thusly Gone A a: – the heart of all the Thusly Gone, Take out, take out – om hum hri: Vanquishing master surpassing all, embodied deep awareness, Powerful lord of speech, the great one who ripens, The complete total purity of all the existents, stainless like space, Womb of deep awareness of the sphere of reality – a:

Final one Five Verses as an Epilogue

A Concert of the Deepest Truth Names of the Vanquishing Master Surpassing All, the Deep Awareness Being Manjushri, expounded by the Vanquishing Master, the Thusly Gone One, Shakyamuni, is hereby completed.

Wedding Ceremony Solemnized

Portland, Aug 18,The marriage of Aakriti Bajracharya and Ji Choi was solemnized on Sunday, Aug 18 in Tukwila, Washington.

The marriage rituals were chanted by Guruji Prajwal Vajracharya. Gurumandala Puja and other Pujas were performed by Prajwal Guruji on the occasion.

Aakriti Bajracharya is the daughter of Siddhartha Bajra Bajracharya and Amita Bajracharya, while Ji Choi is the son of Hyun Seok and Kyong Nam.