

Global Vajra Dance Practice Day, 25 August 2019

Date : September 5, 2019



This special Global Vajra Dance Practice Day honored the 30-year anniversary of Rinpoche's first dream in 1989 at Khandroling of seeing the Vajra Dance performed by many Pawos and Pamos in a large hall.

The Wheel of the Vajra (How to apply the extensive Dance of the Vajra) was studied in the Text of the Song of the Vajra: it is found in the last pages of this text. In Merigar it was practiced in the following way; Tuns of 12 A Khalongdorjekar alternating the Dance of the Song of the Vajra (danced six times); the Dance of the Six Spaces that Liberate the Six Classes of Beings; the (Irregular) Om A Hum. Different versions of the Vajra Dance music was played continuously with at least one Pawo and Pamo in the Mandala dancing throughout the 9 hour practice period. The organizers were vigilant that Pawos were only males, which allowed space for them to enter the

mandala freely. Pawo and Pamos previously registered to dance that particular Tun by way of a Google Sheet online booking system. This Wheel of the Vajra practice culminated with a Ganapuja on Dakini Day dancing the Song of the Vajra during the Ganapuja in the Gönpa.



At Khandroling Pawos and Pamos practiced an 8 hour Tun on the Universal Mandala with 2-4 mandalas active. There is news of practice also occurring in Barcelona, Yanseling near Moscow, Dzamling Gar, Dejamling, Zhenphenling, Kunsangar North to name a just a few of the centers that participated in the Global practice. This Global Vajra Dance Practice Day was an embodied experience of harmonious collaboration amongst the practitioners from the organization throughout the world to the actual practice of the dance with Pawos and Pamos and culminated in the Ganapuja with all the practitioners.



My experience was that this practice of the Vajra Dance being longer than a normal Tun allowed for the mind to settle into a deeper state of relaxation and allowed the mind to entered into a different experience of the Dance with more integration in the movement and also the internal and external mandalas. I felt my practice of the Vajra Dance has gone to another level very quickly. It was a very beautiful experience. I feel so grateful for the beautiful gift of the Vajra Dance given to us by our Precious Teacher Namkhai Norbu.



Prima Mai has written that is hoped to have similar Vajra Dance events globally synchronized at least once a year. We certainly look forward to this opportunity.

Written by Maree Ploetz (Merigar West)

