



People of Nepal

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TEMPLETIMES



NEWSLETTER



Welcome to the 5th Edition of TempleTimes Newsletter

Today I am reminded of my favorite quote from George Bernard Shaw

"You see things, and you say 'Why?'"

But I dream things that never were; and I say "Why not?"

You can dream what you want, but trying to achieve it,

is in itself a great achievement. Never give up and never say 'never'. Just eliminate the words 'NO', 'Never' from your dictionary. Have a can do attitude, and you are sure to succeed.

It gives me immense pleasure today to have completed the first quarter publications of our monthly

community newsletter. In the newsletter, we have tried to cover various interesting features that appeal to the readers of all age. The responses have been pretty good so far, but we all know we can do better. Keep your feedback and contributions coming.

- Editor

August 2009
Volume 1, Issue 5

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चरैवेति

यो वैदिक सुक्तले सम्पूर्ण प्राणि मात्रलाई जिवन्तता प्रदान गरेको छ । वेद द्वारा नै भौतिक एवं आध्यात्मिक ज्ञानको प्रादुर्भाव भएको हो भन्नलाई संकोच मान्न पर्दैन । किनकि आजसम्म उपलब्ध साहित्यहरूमा वेद नै प्राचीनतम ग्रन्थ हो । वेदको अर्थ नै ज्ञान हो । त्यो यति बिस्तृत छ कि यस्को अन्त नै छैन । “ सत्यं ज्ञानं अनन्तं ब्रह्म ” भनेर वेदको अनन्ततालाई उजागर गरिएको छ । जुनसुकै कुरा पनि वेदले सूत्रात्मक रूपमा बताउने गर्छ जस्को ब्याख्या मनिषिहरूको बिषय बन्ने गर्छ । चरैवेति यो वैदिक वाक्यले सक्रिय जीवनशैलीको पृष्ठपोषण गरेको पाइन्छ । अगाडि बढ्दै जाउ, गतिशील बन, केहि गर, निष्क्रिय नबन, आफुलाई कहि पनि नरोक – “उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत “ अर्थात उठ, जाग, केहि गर र श्रेष्ठता प्राप्त गर । यो आदिम ज्ञानले मानव जीवनलाई कति प्रभाव पारेको होला भन्ने कुरा सहजै अनुमान लगाउन सकिन्छ । किनकि त्यति बेला अहिलेको जस्तो बिकसित दुनिया थिएन । जे मिल्थ्यो त्यो नयाँ हुन्थ्यो । यी सूक्तिहरू प्राचीन भए पनि अहिले पनि त्यत्तिकै सादरभिक छन् ।

क्रियाशील जीवनमा अनन्त संभावना हुन्छन् । गतिशील नदी जसरी सागर सम्म पुग्छ त्यसरि नै क्रियाशील जीवन परमात्मा सम्म पुग्न सक्छ । पोखरीको निष्क्रिय पानी जसरी दुर्गन्धित हुन्छ त्यसरि नै निष्क्रिय जीवनमा धेरै विकृतिहरू फैलिन सक्छन् । जीवनका दुइ पाटा हुन्छन भौतिक र आध्यात्मिक यी दुबै पाटाहरूलाई साथ – साथमा चलाउनु लाई नै जीवन क्रियाशील भएको मानिन्छ । नभए एकांगी जीवनले पूर्णता प्राप्त गर्न सकिदैन । त्यसैले त आज यु.एस.ए आदि पश्चात्य मुलुकहरूले पूर्विय ज्ञानको आवश्यकता महशुस गर्न थालेका छन् । हामी पूर्वियहरू भौतिक समृद्धिका लागि पश्चात्य देशहरूमा आकर्षित छौ । आध्यात्म बिना भौतिक जगत अन्धो छ र भौतिक बिना आध्यात्म लंगडो हुने कुरा त सर्वविदित नै छ । भौतिक शरिरको आवश्यकता हो भने आध्यात्म मनको आवश्यकता हो । त्यसैले आध्यात्म बिना शान्ति सम्भव छैन । महाकवि देबकोटा मृत्युशैयाबाट बोल्दछन् “ आखीर श्रीकृष्ण रहेछ एक “ यो नै जीवनको सार हो ।

“ शरिरमाध्यं खालु धर्म साधनम् “ भनेर आध्यात्मको गहिराइमा पुग्न शरिर साधन हो र साधन सबल हुनु अति जरुरी छ । तर त्यो साधन अर्थात माध्यम जहिले पनि अरुका लागि हुने गर्छ । त्यसैले सबल पाँच भौतिक शरिरको माध्यमले आध्यात्मिक परम आनन्दको अनुभूति नै हामि सबैको अन्तिम गन्तब्य हो । जो भगवानले हामीलाई प्रदान गर्नु ।

पं. तुलिस राम शर्मा

Typed By: Sangita Subedi, Edited by: Bishnu Phuyal



Suggested New Names for the TempleTimes Newsletter

- Chicago Chautari Times
- Chautari Times
- Chicago Nepali Times

Please send your votes to templetimes@peopleofnepal.com by 20th Aug.

Religious ceremonies in August observed in Nepal

- Aug 5th - Janai Purnima (Putting Holy Thread)
- Aug 6th - Gai Jatra
- Aug 13th - Krishna Asthami
- Aug 20th - Father's day
- Aug 22th - Dar Khane
- Aug 23th - Teej
- Aug 24th - Ganesh Chaturthi
- Aug 25th - Rishi Panchami

A True Experience: Our trip to Sai Baba



Sai Ram! This summer, my sister Kshama and I had a great opportunity to go to Puttaparthi, India to see the physical presence of Satya Sai Baba for a week. After a long flight, a two hour bus ride from Bangalore, we arrived in Puttaparthi, a small village in south India.

In Prasanthi Nilayam, the ashram where the Swami resides, we were put up in a simple but clean and comfortable room. Tired from jet lag and the hot weather, we went to bed immediately eagerly anticipating Baba's darshan the next day.

The next day, the group leaders gave us some instructions. We were told to sit as a group and be very silent. In Kulwant Hall, we were amazed to see people from all over the world, Nepali, Brazilian, African, Indonesian, Chinese and many other nationalities. In spite of hosting more than six thousand devotees, there was pin drop silence in the hall.

The wait was hot and lengthy at times but with the Swami's arrival, all discomfort was set aside and he became the primary focus. With the Swami's

entry, the bhajans started. Seeing his physical presence for the first time was unbelievable. Attired in an orange robe, his face so intense that you couldn't take your eyes off of him, Baba went around Kulwant Hall in his wheelchair taking letters from his devotees, giving darshans and talking to some of them. He stayed till the bhajans and aarti was done before proceeding to his home. It was wonderful to sing and praise the Lord in Baba's physical presence. During our 8 days stay, we had a daily routine which included darshan at Kulwant Hall and bhajans with some personal time set aside.

A blessing in disguise: Our travel agent was unable to book our tickets for 4th of July, and could only accommodate us for July 6th. We were concerned about travelling alone via cab to the airport but left it all upto the Swami. Imagine our surprise and delight, when on the 5th, our dearest Swami called the remaining USA group inside, during evening darshan and gave permission for an interview. We couldn't believe it! A missed booking for the 4th turned out to be a boon to visit personally with the Swami. Each of us got a Pada Namaskar. Some devotees asked questions to Baba but we were so content to be so close to him that in our happiness, we burst into tears and couldn't talk to him. On being asked by a

devotee, "How can we serve you Baba?" Baba materialized a ring to him and said four things - "Think of God, Fear Sin, Be Happy and Serve the Poor." Swami's main message was "Be Happy" for most of us.

This was a life turning experience for us and we are very lucky to be there at the right time. Words can't describe how this experience has elevated us and given us lighter feelings. We don't know how to thank Baba for his lotus feet darshan. We would like to go again to Prasanthi Nilayam because it is a home for everyone no matter what race, color, or social status you are. It's a place with peace, kindness, simplicity, in short, heaven on Earth. The food and water served in the Ashram, though inexpensive, has such purity when served with devotion. People come from miles and miles seeking for Seva and humanity in this Ashram. People come to Satya Sai Baba, the source of all.

- By Kshama Adhikari & Bipashana Adhikari

Note: Edited to fit. Unedited version at peopleofnepal.com website.



Hug Your Children

We all live busy and hectic lives. There is work, family, house, study and many other pressures. It is difficult to put aside other daily pressures such as cooking and cleaning. One advice that has stayed with me is that we should take five minutes each day when we come home from work to hug our children and tell them that we love them. Time passes by so fast that our children will be grown up and independent before we realize it.

Our children also face pressures due to the fact that we are immigrants. Most of us were not born in the United States. Our children are exposed to at least two different cultures and maybe even more.

They need to function socially not only at school but also within our culture. Our children will face others who are not so positive about other cultures. They will need to solve problems and resolve conflicts. I feel that it is really important to convey to our children that we are there for them. We need to be open to discussing any issue that our children bring to us. It is how we handle these issues that will be the deciding factor for whether they will return to us with other issues later on. If we try to avoid issues then our children will probably not try to discuss them with us next time. We need to have firm boundaries for behavior but at the same time be flexible enough for communicating openly.

We should all try our hardest to do the best for our children. We eventually will have to let go of them, and hope that they have internalized all the lessons. That is all we can do. - By Rummy Pant



We're on the Web!

<http://www.peopleofnepal.com/startup/Community/temple/newsletter/>

Self Review

It is very important for all of us to maintain healthy habits and adopt healthy life styles. Life is not simple. Everyday is hectic, stressful and we all have many responsibilities. It is not easy for any of us to continuously be focused, successful, and happy. However, we need to do what we can and as quickly as we can to fulfill our daily schedules.

When things go wrong in our lives and when we don't get what we want, we become frustrated. Obsessively thinking about all the bad things that have happened to us can only drag us down. Sometimes, one problem leads to another and that leads to yet another. All of a sudden, our life may seem like a disaster. Instead of trying to solve our problems we may create an unpleasant and stressful situation. Most of our problems are nothing more than our own failure to accept things for what they are. Long list of disagreements, an unstable job, a bad economy, and even misbehaving children can all add to the complications in our lives.

How can you help your self? It really is simple: Have control over yourself. That makes you feel powerful. Positive attitude and consistent behavior help you put your



ideas into action. Negative thoughts can depress you, hurt you, and make you sick. Also, if you support yourself you can help support your family. You can be a good father, mother, friend and even a good social worker. You must remember that you are not alone in the roller coaster of life. You should always share your ideas with your friends and family. There are a lot of fun and cool things to enjoy as well; you just have to get out there and see what you are missing. You can avoid isolation by becoming an active member of your society. Reading about making simple changes in your life can inspire you. Reminding yourself of the good things in your life will motivate positive thinking so that you can overcome any misfortune.

Think about what you did yesterday, what you would like to do today, and how you can improve any time you get a chance such as while driving to work or taking a shower. This simple daily review will definitely help you uncover and realize the hidden potential you never thought you had! - By Jyoti Adhikari

Nepali Baba Visit in the US

All of you are familiar or know personally spiritual saint Shri Tej Nath Sharma, popularly known as Jagadacharya Nepali Baba. Among his many perfections, Nepali Baba is spending his life in prayerfulness without eating regular food for the last three decades. He has even stopped taking fruits for the last 10 years and is only taking few cups of tea per day. You can find many other achievements of Baba ji at

<http://www.nepalibaba.com/nepalibaba.html>.

Baba visited Chicago from July 16 to July 20 in his current trip to US. He spent time meeting with a number of Nepalese and Indians and worshiping in some of their homes. He stayed at Aman and Rewa Pokharel as well as Bishnu and Sharmila Phuyal homes. A gathering to worship Devi took place at Phuyal's resident on Sunday July 19, 2009. More than 60 people mostly Nepalese and some Indians families and friends attended the puja ceremony. All were very happy and felt fortunate to attend the puja conducted by such a renowned Hindu personality. Many of them also got the opportunity to counsel with him personally. He can be reached at 571 606 1220 until the first week of September in US.



Mark Your Calendar

Nepali Mela (FAIR) - Aug 29th Saturday, 11am to 4pm

Location: Deer Grove Forest Preserve (Between Dundee Rd and Quentin Rd) – Grove 5

There will be plenty of food, music and games etc. –
COME AND HAVE FUN

If you would like to:

- Set up your own stalls. (for eg, selling stuffs, exhibition, etc). The stalls are limited, and is on a first come/first serve basis.
- Promote your business
- Participate in various activities, like dancing, singing etc
- Volunteer

Please contact one of the members listed in the email announcement, alternately you can also email at :

templetimes@peopleofnepal.com

Courtesy: American Society of Nepalese Engineers (ASNEng)

MARK YOUR CALENDAR – SEPT 5th 2009 1 DAY WORKSHOP – 11am to 4pm

Background needed: 1) Nothing whatsoever! 2) No previous background with computers is assumed!

What you will learn: a) How to use computers effectively. b) How to trouble-shoot likely problems, if any: c) Be familiar with computer related terms. d) Most importantly, how to have fun with computers:

Who are the teachers? A group of engineers who has been working professionally with Computers for more than 10 years. Yes, they speak Nepali and English.

Where is the venue? It will be in a class-room setting in Schaumburg, Streamwood, Aurora area. We are in the process of finalizing the location.

How much will it cost? \$25.00 for the 1 day session. You will receive a booklet for your future reference. All the proceedings will go towards social services.

Hurry Up and Register – Seats are limited. For registration, email:
templetimes@peopleofnepal.com

4 Science and Religion – Part 1 of 2

In the fall of 2008 I traveled to Nepal to visit my family. During my visit I got a chance to spend some time with my Paternal Grandfather – a 76 year old retired English Professor. My grandfather has always been a non believer in religion and religious rituals. For him going to the temple and engaging in Bhajan and Kirtan seemed to be a waste of time. But it was different this time. I saw him participate in religious rituals and talk about religious belief with full faith. I was very curious to know how all this happened and as it turned out, he had read many books that explained the relationship between science and religion. Reading those books made him realize that religion and culture has a very deep meaning and that most of the things that we follow in our religion are backed up by strong scientific theories.

This whole episode encouraged me to do some research on how Science and Religion are related. After reading couple of books and doing some research on the Internet I found couple of amazing scientific facts about Science and Religion that will astonish you.

In considering Hinduism - not because it is more important than any other religion, but because this is the one that I am very familiar with – it does not appear strictly to be a religion. It is based on the practice of Dharma, the code of life. Vedanta explains that there is no conflict between science and religion and that in fact the two are complementary. In Hinduism there are two categories of knowledge – (i) *para vidya* – the spiritual knowledge, which includes knowledge of God, life and our purpose in life; and (ii) *apara vidya* – material knowledge, which includes scientific knowledge. Science is concerned with the welfare of physical existence. Religion is concerned with the wellbeing of the soul, including morality and ethics of life.

Hindus hardly leave any confusion regarding the worshipping of the Almighty. The worshippers basically believe in using the power of the nature for the betterment of life. For example, they use fire to dedicate stuff to the deities and use the burnt or 'literally cooked' food as the 'Prasad' of the god. Worshipping never meant to bribe a deity to provide the mankind with the necessities but literally was the form of expressing gratitude. The very foundation of the Natural Selection theory lies here. The deities or the powers of the nature do what they are ought to do. Hindus provide a clear deity family tree which is authentically scientific and indeed a philosophical expression. **To be continued** – *in our next edition, I will provide couple of different areas of science and see how its concept can be found in ancient religious thoughts.*



- Komal Dutta, IL

For Any stitching, altering needs, Contact

Renu Rai@630-687-4112

302 North River Street
Aurora, IL 60506

The pricing is as follows:

Alteration:

Pants simple.....\$5

Pants

special.....\$7

Kurta and other...\$10

Sewing:

Blouse\$15 (\$20)

Petticoat.....\$10

Best Wishes to our Birthday Stars
Submit your birthday information with the picture via email to templetimes@peopleofnepal.com by 20th of the month to be included in our next publication.

Youth Column: Six Flags

Six Flags Great America is a fun and scary experience. It's fun and scary because the rides look dangerous but they are also fun. Some of those rides are Super Man, Batman, The Demon, The Revolution, and The Eagle. One ride you'll never know it is as much thrill as the others is The Gotham Rail. First you go on a four-seat cart that makes twists, turns and every once in a while plunges straight down. So if you want to go to Six Flags you better be prepared.



Paras Adhikary (Age 11)

Come, Share and Advertise With Us

Email:

templetimes@peopleofnepal.com

Please share your stories, pictures, and be an active contributor.



Welcome to Curry Hut, an Indian and Nepalese dining concept here in the middle of Highwood. It is our little effort to bring you the taste of home cooked food from the huts of Rural India. Our recipes are very simple in nature but authentic in Indian flavour.

Please visit <http://www.curryhutrestaurant.com/> for location and business hours.

Bhajan Collection:

A record is being created for different categories of Hindu Bhajans to be used during the monthly Puja conducted by the Nepalese Community in Shree Radhey Shyam Temple. If you would like to share your Bhajans with us, please make a printout and submit to us during the monthly temple puja.

Contact: Komal Dutta
(komaldutta@hotmail.com)

Mark Your Calendar

NRN Townhall – Aug⁸ Saturday, 12pm to 3pm

Location: Mt Everest Restaurant, Evanston

Please RSVP by calling Ramakanth Kharel at 847-702-2565 or via e-mail to rama@mteverestrestaurant.com