



People of Nepal

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CHAUTARI  
CHICAGO TIMES



## Welcome to the 6<sup>th</sup> Edition of Chicago Chautari Times

*Far away in the sunshine  
are my highest aspirations. I  
may not reach them, but I  
can look up and see their  
beauty, believe in them, and  
try to follow where they lead.*  
Believe.... Word so simple  
has deep profound meaning.  
First you need to learn how  
to believe in yourself

because no one else will,  
until you do first. When you  
believe in yourself anything  
is possible. Life isn't about  
finding yourself, life is about  
creating yourself.

This edition of newsletter  
adds another great stories  
and articles from our fellow

contributors. Hope you are  
enjoying reading the  
newsletter and hope you  
continue to support us by  
providing your valuable  
feedback and comments.

- Editor

Sept 2009  
Volume 1, Issue 6

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## योग: कर्मसु कौशलम्

कर्मयोग श्रीमद्भागवत् गिताको प्रमुख प्रतिपाध्य विषय हो । जहाँ कर्मलाई बन्धन मानिन्थ्यो, त्याहाँ भगवान श्री कृष्णले पुरातन मान्यतालाई नविनतम स्वरूप प्रदान गरेर कर्मको नयाँ भावलाई स्थापित गर्नु भयो । “ वासुदेवः सर्वमिति “ संसारमा जेजति पदार्थ छन् ती सबैमा परमात्मा बिराजमान हुनुहुन्छ । जुनसुकै अवस्थामा र परिवेशमा पनि वहाँको अभाव हुन सक्दैन । क्रिया, कर्ता, कारयिता, कारण र क्रियाको फल यी सब भगवान नै हुन भन्ने भावना राखेर कर्म गरे त्यो कर्म बन्धन कारक हुँदैन । भगवानलाई भुलेर गरेको कर्म बन्धन कारक हुन्छ । कर्ममा भगवत् दर्शन नै ज्ञान र भक्तिको प्रतिफल मुक्ति हो भन्दा अत्योक्ति नहोला । किनकी सबै धर्म, कर्म, तिर्थ, आदिको प्रतिफल भगवत् दर्शन नै हो । “ या दृसी-दृष्टी ता दृसी-श्रुष्टि “ दृष्टी अनुसारको श्रुष्टि देखाइ दिने हुँदा साँसारिक दृष्टीलाई भगवत् दृष्टी बनाउदा कर्मको बन्धनमा परिदैन । संसारमा आएपछि कर्म त गर्नु पर्छ । निष्क्रियता सहज संभव छैन । शारिरिक रूपमा निष्क्रिय रहेपनि मानसिक रूपमा केहि न केहि कतै न कतै सक्रियता आउछैन । जब त्यहि बाटोबाट नगर्जि कन सुख छैन भने त्यसलाई स्विकार गरेर त्यस कर्मको मूल स्वरूपमा प्रवेश गरेर बुद्धिमत्ता पूर्वक यात्रा गर्नु नै श्रेयस्कार हुन्छ । फलाशक्ति छोडेर कर्म गर्ने हो भने सुख दुःखको अनुभूति हुन्छ । यो कुरा आज पनि अति चर्चाको विषय बनेको छ । फलको आशाले त कर्म गरिन्छ । फलको आशा बिना त कर्म संभव छैन भन्नेहरू पनि धेरै छन् । तर फलको आशाले गरेका कर्महरूले मानवलाई दुःख बनाएका धेरै उदाहरणहरू छन् । यस्मा आउने प्रतिफल आफ्नो हातमा नहुने हुँदा कर्म गर्नु आफ्नो क्षेत्राधिकार हो भने, प्रतिफल भगवत् कृपा हो । त्यसैले पनि परमात्माको शरणमा रहनु अति आवश्यक छ । जे मिल्छ त्यसलाई कृपा मानेर प्रसादको रूपमा स्विकार गर्नु नै शाश्वत सुखको मार्ग हो । कर्म ठुलो र सानो हुँदैन । आफ्नो कर्ममा इमान्दारी पूर्वक रहे त्यहि परमात्माको दर्शन हुन्छ भन्ने कुरा गितामा भगवान भन्नु हुन्छ “ स्वे स्वे कर्माणिय भिरतः संशुद्धम लभते नरः “ साँसारिक कर्मलाई परमात्माको पूजा बनाउनु नै इश्वर प्राप्त गर्नु हो । “ कर्म नै पूजा इश्वर भन्छ यो लक्ष्मी प्रसाद ” पूजा गर्न बसेर, घण्टि बजाएर, धूप बत्ति बालेर गरेको पूजा क्षणिक हो भने कर्म द्वारा गरेको पूजा शाश्वत हो । “ यद्यत् कर्म करोमी तद्दत्तं खिलम् शंभोऽवताराधनम् “ हे शंकर मैले जुनजुन कर्म गर्छु त्यो सबै तपाइको आराधनामा बनोस् भन्ने जगद् गुरु शंकराचार्यको उक्तको अनुसरण हामि सबैले गर्न सकौं पं . तुलिस राम शर्मा



Best Wishes to our  
Birthday Stars  
Submit your birthday  
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picture via email to  
[templetimes@people  
ofnepal.com](mailto:templetimes@peopleofnepal.com) by 20<sup>th</sup>  
of the month to be  
included in our next  
publication.

### Religious ceremonies in September observed in Nepal

September 3 – Indra Jatra  
September 5 – Shorha Shradha (16  
days of offerings to deceased)  
September 19 – Ghatasthapana (First  
day of Dashain)  
September 25 – Phulpati  
September 26 – Mahaasthami  
September 27 – Maha Nawami  
September 28 – Vijaya Dashmi (Tika  
Lagaune)

## Science and Religion – Part 2 of 2

In our previous edition, you learned about how science and religion is related to each other. In this edition, let's look at a couple of different areas of science and see how its concept can be found in ancient religious thoughts.

**Modern Psychology:** Hinduism emphasizes reliance on a guru or teacher to empower seekers with education, knowledge and techniques available. According to the ancient thought, parents are not only responsible for giving birth and nurturing child but they are also the first "gurus." According to the modern psychology, first five years of a child are the formative years to lay a solid foundation on which the edifice of life is then built during the rest of life and hence parents are the primary gurus during the formative period.

**Mathematics:** The *Bakhshali* manuscript from 400 AD covers mathematical topics such as fractions, square roots, profit and loss and interest calculations, simultaneous equations, quadratic equations, arithmetic and geometric progressions. *Sriyantra*, an ancient Hindu geometric drawing, incorporates various special numbers such as **pi**, and the irrational number known as the **golden ratio** whose value is 1.61803. (The golden ratio is found in the pyramids in Egypt and in Parthenon in Greece).

**Cosmology:** Hindu scriptures say that this universe lasts 310 trillion years, and then disappears for the next 310 trillion

years. This cycle repeats indefinitely. Present day cosmologists speculate that the universe is caught in an infinite cycle of expansion and collapse. Note the similarity to ancient thought. These scriptures also speak of multiple universes bridged by eternal time, a concept just now coming to the fore as "multiverse (multiple universes) theory". Many modern historians have documented that according to some ancient Hindu scriptures, the Sun is 108 Sun-diameters away from the earth and the moon is 108 Moon-diameters away from the earth. The modern scientific values for these figures are 107.6 and 110.6 respectively.

From Christian Fundamentalist point-of-view, God first created light - Science has also clearly established that light came first, and the last event of Creation was mankind, which also happens to be the most recent major event in a scientific time scale. Christians understand the early chapters of Genesis as separate acts of creation of all the different kinds of creatures. They see no necessary conflict between the Biblical text and an ancient universe, the evolution of stars, chemicals and living things. Their views are consistent with the scientific evidence available as well.

Buddhism welcomes scientific knowledge, recognizing it as another branch of learning about the natural order. As stated in Henry Steele Olcott's Buddhist Catechism, both Buddhism and

science teach evolutionism, "that man is a result of a law of development, from an imperfect lower, to higher and perfect condition". Both Buddhism and Science teach that all beings are alike subject to Universal law, "law of Karma", and "law of motion" that brings the universe into existence.

One famous statement of Einstein about Science and Religion connection is: "Science without religion is lame, religion without science is blind". Lord Kelvin, one of the most prominent scientists of the latter half of the nineteenth century, declared, "If you think strongly enough you will be forced by science to the belief in God." The insights science has given us, especially in the field of development of the universe, provide even greater reasons for faith.

Now in the end, I do not think science has a solid way to prove or disprove Religious beliefs but the positive debate that is going on in the scientific community in recent time may make some headway about it. All religions teach that we must do our Karma, that we must be generous, truthful, sincere, and faithful. All this is reasonable, and logically the way in which humanity can progress.



- Komal Dutta, IL

## My Career – By Pascal (age:7)

I am going to start my career by going to the University of Illinois. And study car engineering. I am first going to work at a car company. And then when I get rich, I will make my own company. I will call it the Adhikary car Industry. And then I will buy a million dollar Mansion. I will call the car that I make Adhikary. I will retire at the age of 60. And that's my career.



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for location and business hours.

Global Warming is all over the news. But what is Global Warming. Global Warming is where the average temperature of the Earth rises. Global Warming is increasing because humans are doing wrong to the environment. Burning fossil fuels (coal) and Deforestation are the two major reasons for the cause of Global Warming. Global Warming effects everything such as the Environment and the Economy.

Sir Nicholas Stern said that Extreme Weather can effect The Gross Domestic Product (GDP) by upto 1%. Global Warming effects agriculture which is a major part in everyday life. The world has many developing countries where agriculture is the main economic sector like Nepal. Global Warming will delay the monsoon season which Many South Asian farmers rely on. That will cause the many farmers to make loss of profits.

The Global warming effect to the world can be seen everyday. The polar ice caps and ice in arctic areas are

shrinking. Animals such as Polar Bears are losing much of their homes and their natural habitat. I was at the zoo and I saw a polar bear who was part green and part white. That is the color change of the animals in the arctic because of warmer temperatures. The sea level in many areas because of rainfall. This year in India monsoon season was delayed which caused many farmers to turn to the rain god. While that was happening there we had rain for days and days. Global warming makes areas in some parts have increased rainfall while others have less rainfall. The rain patterns have changed. While rain is steadily becoming scarce in areas, people in some areas are not getting water for everyday life.

Temperatures are rising in china 4 times faster than any other place around the world. Glaciers in Tibet are shrinking faster than anyplace on Earth. If all of this continues than lakes will become bigger and more floods and mudslides will occur. Go Green!!



Jyoti Adhikary

**Best Wishes to our Birthday Stars**

*Aug 27<sup>th</sup> – Deepa Phuyal*



*Sept 6<sup>th</sup> – Niraj Pant*



*Sept 18<sup>th</sup> - Durgha Sharma*

*Sept 15<sup>th</sup> – Komal Dutta*



Submit your birthday Information with the pictures by via email to [peopleofnepal@gmail.com](mailto:peopleofnepal@gmail.com) by 20<sup>th</sup> of the month, to be included in our next edition.

**What-if**

What if you found out that one of your friends didn't like you??? You would probably take it to heart and think that it was the end of your friendship. You wouldn't even try to figure out if it was true, instead, you would decide to breakup the friendship at that moment. This kind of immediate action can result in bitterness, which sticks to the back of your mind for life. You would probably spend a lot of unproductive time just pondering but your friends will not change his or her opinions for you. You must clear your mind as fast you can in order to shift your attention to the other good things.

Everybody talks about somebody who is not present. This is human nature. If you take everybody's judgment to heart, you will get lost in the crowd. You will never know what other people are thinking. Your personality is not intended to change, but you can change the way you think, change the way you accept, and change the way you see things in life to minimize this type of unwanted anxiety.

However, ending a friendship is not the solution. We are far away from our country and our loved ones. Our friends and only our friends surround us. Friends come in many shapes. Some friends will come and go. Superficial friends are just a waste of time. If you lose a friend, there will be another friend on the line, and then another after that one. If these types of patterns continue, you will fall apart. Just be yourself and do the things you enjoy and people who have the same interests and values will gravitate towards you. Allow your friends their freedom. Good friends are those who are drawn to you, while you are being yourself, doing what you love.

Let's just simplify our friendships. Let's share and celebrate with our friends.

**MARK YOUR CALENDAR – SEPT 5<sup>th</sup> 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](mailto:templetimes@peopleofnepal.com)**

# FIRST CHICAGO NEPALI MELA (FAIR) 2009

Brought To You By

American Society Of Nepalese Engineers (Chicago Team)

(www.asnengr.org)

## Location and Time

Aug 29<sup>th</sup> 2009 Saturday, 11 am to 5pm  
Deer Grove Forest Preserve, Grove 5, Palatine, IL

For more Details, Visit

www.peopleofnepal.com/chicagonepalimela2009.htm

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### Location and Time

Aug 29<sup>th</sup> 2009, 11am to 5pm  
Deer Grove Forest Preserve, Grove 5, Palatine, IL  
For details, visit, www.peopleofnepal.com

### Youth Column: Car Racing

Car racing has entertained the world since 1895. This started when there was a very small race in Paris, France. This idea was then taken by Nascar in 1949. Then it spread all over America. Later people came in thousands to watch the big events, the Indy 500 and the Daytona 500, to see the top racer compete. Racing isn't all fun and games the racers have to train for weeks to be prepared for one race. The racers can also lose their job if they don't win. So even though racing is entertainment it is very serious work.



Paras Adhikary (Age 11)

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- Blouse .....\$15 (\$20)
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- Live music performance by local Nepali Band and Nepali Kids.
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- Volleyball for adults
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- Beer and Soft drinks
- Stalls for Pasma Shawl, Jewellery, Miscellenous small Nepali items
- Lottery ticket (\$5 per ticket) - 1st prize is a brand new Desktop Computer, 2nd Prize is a Printer