

MARCH 2017
NEWSLETTER

96th EDITION

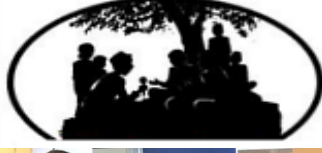
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announcements, articles,
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Chicago Chautari Times

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Welcome to Chicago Chautari Times - 96th Edition



Desire - Swami Ramsukhdasji

Excerpt from "All is God" by Swami Ramsukhdasji

If there is no desire what-so-ever within, then on attainment of worldly things there would not be any pleasure, and on not acquiring these or losing these there would not be any cause for pain and sorrow. It is only due to desires that one experiences both pleasure (happiness) and pain (unhappiness). These are pairs of opposites, which lead to bondage in this world. In reality, both pleasure and pain are one and the same. Pleasure is as such another name for pain, because the reason for pleasure and pain are – **“ये हि संस्पर्शजा भोगा दुःखयोनय एव ते । आद्यन्तवन्तः कौन्तेय न तेषु रमते बुधः ॥”** (Gita 5/22). **"All pleasures born of contact with worldly objects, are the cause of unhappiness."**

If a person has no desire whatsoever, then he rises above both pain and pleasure and attains bliss (anand). Just as the Sun, has neither day nor night in it, rather it is only constant illumination (light all the time), similarly in Bliss, there is neither pleasure, nor pain, rather it is bliss at all times. On experiencing this bliss (anand) just once, there is no feeling of deficiency ever with regards to the bliss, because that bliss is axiomatic, eternal and immutable (without any modifications). If it were possible to fulfill all desires, then we would strive to fulfill the desire to live, and if it were possible to save oneself from death, then we would endeavor to be saved from (to escape) death. But it is everyone's experience that all desires can never be fulfilled, and every being that is born, cannot be saved from death, then what is the gain in having a desire to live or fearing death? On having desire to live, birth and death cycle will continue, and the desire to live will also subsist! Therefore to become immortal while living, it is essential to renounce desires. I am not the body, because this body is changing every moment, but I (Swayam, Self) is constant there. If we were not constant there, then who would have the knowledge of this changing body? Knowledge of the changing is only possible by one who is not changing. This body is not mine, because I have no control over it, and I cannot keep it according to my wishes, nor can I make changes in it as I please, nor can I keep it with me forever. In this manner, when we do not accept the body as "I" or "mine" then the desire to keep it alive will also not remain. When there is no desire to keep it alive, then before departing from this body, one will realize immortality which is self-evident. **“नासतो विद्यते भावो नाभावो विद्यते सतः । उभयोरपि दृष्टोऽन्तस्त्वनयोस्तत्त्वदर्शिभिः ॥”** **"The unreal has no existence and the real never ceases to be" (Gita 2/16).**

Truth is truth and untruth is untruth. Therefore there is no fear of the truth or the untruth. If we are afraid of death, then too the body shall die, and without fear also it shall die. Only the mortal dies. So what is the new loss? Therefore it is useless to be afraid of death.

- Dr. Bishnu Phuyal



Bratabandha

A Bratabandha is a special event that all Nepali boys need to do. Bratabandha meaning is to follow the rules. I am going to tell you all about my Bratabandha. I found out you can't eat meat for a couple of weeks. When I heard I am going to do my Bratabandha I was excited and that all of my relatives are going to come to my house.

The first person to come was my mama then the rest of the people came. All of my uncles, aunts, mamas and cousins came to my Bratabandha. One the first of my things I have to do on my Bratabandha is the Purwang. The Pandit came to my house and put a tika on my forehead. The Pandit said some mantras then he measured some cloth with pieces of holly grass and said I need to wear this until morning also he said to take a shower without trying to get water on my head. Then the Pandit left and we set down the sleeping bags down and I slept on the couch. That's how my first day of my Bratabandha went. At night time more of my relatives came.

When I woke up I did the shower and wore new clothes. My dad got the Pandit and I did my second day of my Bratabandha I did some Pujas. After that my mamas cut my hair. I have a tupi [sikha]. I take a shower after I cut my hair, but not like an ordinary shower. I have to Bukuwa whole body by my sisters. After I take shower and my second day ended.

The third day is the big day. I had to wake up and take a shower and go to the temple and I saw both of the Pandits. One of them with some supplies and the other one at a coverless tent (chaduwa) thing a found out that I am going to do my Pujas there. After a bit of time the Pandit said I have to change my cloths. So I got new cloths on and did more Pujas. I wanted water, but I remember I can't eat until everything is over. I got a Janai and got a special Mantra by my Guru (Bhinaju) that I needed to say in front of the gods 8 times a day daily, but I needed to have fresh cloths. The Mantra is called the Gaytri Mantra. After the Mantras I can finely eat! I got new cloths, a suitcase, money, games a Nintendo 2Ds and a drown. I was so happy when I got my gifts. I had a fun Bratabandha !!!

- **Aarogya Regmi**

Spring



The bees buzz
Around the garden
Watching the flowers bloom
And brighten,

As the buds change
To growing petals
And into a vivid blur
Of colors,

Red, purple,
Orange, blue,
Pink, white,
Yellow, green,

All the colors in the rainbow
All together in a blur
Growing and growing
Until it blossoms,

As the flowers blossom
The bees buzz
Telling us one thing
Spring has arrived.

- **Arya Rimal**

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A Young Girl

It was a sunny afternoon. There was the distribution of the progress report of the students in a school that day. All the students were so excited and a bit scared too. This story is related with a brilliant student of the school, Preeti. Preeti is a young girl living with her parents in a housing. She always stands first in her class and is very hard-working. But one day....

On the day of the distribution of progress report, Preeti's parents were so happy and excited because all the time their daughter used to make a good progress. They all reached school. The teacher started to distribute the progress report card. All the students' report card were distributed. Only Preeti's was left. Her father thought, "Maybe Preeti has made a good progress this time also. So teacher is not calling her name till now. At last maybe they will give my daughter's card." The teacher called Preeti's name and said, "I am sad to say but this time your daughter hasn't progressed in any subject. She has got a very poor result." Preeti as well her parents were shocked. The teacher said her father to give more attention on her studies. Her father was so shocked and angry too. The program of distribution was over. All the parents moved from the school. Preeti and her parents reached their home. Her father started yelling on her. She requested him to listen her once but he didn't. Preeti was upset and she moved onto her room. She later told her mother, "Mom, nowadays papa is not helping me in my studies. Whenever I go to him for solving any questions, he escapes for a reason. If this continues I won't be able to progress in my studies." Her mother told her to study well and ask questions to her father whenever he is free. Preeti nodded her head and went back to her room and started to study. She worked very hard this time.

One day, Preeti wasn't at home. Her parents searched her everywhere but couldn't find her. Her father thought that because of his scolding she left the house. But it wasn't the truth. Preeti is actually an obedient and disciplined girl. So her mother was sure that she couldn't do like that. At around 5 pm. She came back to her home. Both the parents were happy. She had gone to her friend's house to study. She had informed her mother about this but her mother forgot. Her mother told her father what Preeti said to her few days before, "Mom, nowadays papa is not helping me in my studies. Whenever I go to him for solving any questions, he escapes for a reason. If this continues I won't be able to progress in my studies." Her father then realized everything and thought that scolding is not the solution for anything. He then started to help her in her studies. She improved a lot in every subjects this time. The teachers, parents and Preeti was happy at last.

Moral: Anger is not the solution for any problem. All parents should know that they shouldn't scold their children for a mistake. They should give attention to their children and their studies.

- **Sanskriti Phuyal**

Best Wishes to our Birthday Stars

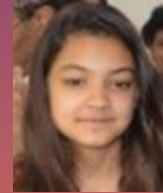
March 1st - Rhitom Mishra



March 5th - Prisha Shrestha



March 8th - Vani Rayamajhi



March 9th - Jai Kunwar



March 21st - Roshan Jamkatel

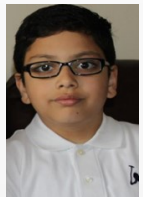


Submit your birthday Information with the pictures by via email to peopleofnepal@gmail.com by 20th of the month, to be included in our next edition.

News Flash : NAC Nepali School Activities Schedule for 2017 - Sign up Requested

Below is a list of proposed activities to be conducted in Nepali School for this year 2017. Please sign up for the activity you would like to lead along with your friends. It is on a first come first serve basis.

- March - Drama (Bhakta Pralad Skit) - Sponsor: Sarana Parajuli and friends.
- April - Debate
- May - Culinary and Mothers Day
- June - Essay Competition
- July - Sharing experience growing up in multi culture
- August - Arts Competition
- September - Fashion Show (Nepali Costume)
- October - Poster Competition on Dashain, Tihar, Newari NewYear
- Nov - Haajir Jawab (Question & Answer On Nepal 50% and around the world 50%)
- Dec - Story telling (Nepali Folk lores preferred) competition



Why The Giraffe Does Have A Long Neck?

Long ago there was a time were Giraffe had a short neck. One day Giraffe was walking down the road and then saw his friend Elephant. Elephant was a nice person but to greedy and trick-iesh. "I want some berries" said Elephant with a smile." I too want some berries 'said Giraffe. 'I am not talking with you 'said Elephant angrily. 'But what did I do 'said Giraffe surprised. 'You forgot my birthday 'Elephant said sadly. Giraffe looked surprised. We celebrated Elephants birthday last year and his birthday was on10/21 and it is 10/19.And Elephant wrote a note: Give me some berries .So Giraffe went to find some berries. When she was searching she found a group of pesky monkeys. They had a lot of berries but, she knows the monkeys won't share. So she waited until night then stole the berries but then one monkey saw her and pulled her neck. Soon all of the monkeys were pulling her legs and mostly her neck. After she escaped her neck was long. And that's how the Giraffe gets it long neck.

- Aarogya Regmi



म र त्तँ

सभ्य भाषा बोल्न नजात्रे म !
जानेर पनि....
सभ्य भाषा नबोल्ने तँ !
न राम्रो म न राम्रो तँ !
म राम्रो भईदिएको भए
तँ जस्तो भए पनि
देश यस्तो हुने थिएन !

मास्टर डिग्री र पी एच डी
गरेर पनि....
दाश भएको तँ !
स्वस्थ जीउ र बलिया पाखुरा
भएर पनि
गुलाम हुन रमाउने म !
ए हजुर यो काम जसरि पनि
हुनु पर्यो भन्दै ...
सुटकेस भरि पैसा
पाउमा चडाउने तँ ...!
त्यो हाम्रो मान्छे होईन
गलहत्याउनु पर्छ भनेर
चुक्ली लाउनि म!
बिगतको लेखा जोखा नगरी
अगस्तिको रुप धारण गरेर
जन्मे देखि नमरे सम्म
एउटै पाटीको झण्डा
बोक्ने तँ ...!
निर्वाचनको परिणाम
घोषणा हुन नपाउँदै
" मैले हजुरकै पाटीमा
भोट हालेको हुँ.....
हनुमानी बक्सियोस " भन्न
झिसमिसे मै पुग्ने म !
कांग्रेसको तँ माओबादीको म !
एमालेको तँ मधेसीको म !
राप्रपाको तँ नयाँ शक्तिको म !
न तैले चिनिस् तँ !
न मैले चिनें म !
म राम्रो भईदिएको भए
तँ जस्तो भए पनि
देश यस्तो हुने थिएन !

- सत्यदेव न्यौपाने