

JAN 2025  
NEWSLETTER

CHICAGO CHAUTARI  
TIMES - 190th Edition

HAPPY NEW YEAR  
2025!



# Chicago Chautari Times

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JAN 2025 NEWSLETTER

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## NEWSLETTER TEAM :

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## Welcome to Chicago Chautari Times - 190th Edition



### Yoga and Meditation

Yoga and meditation, rather just the practice of yoga, will lead to the acquisition of more subtle perceptions – Swami Vivekananda.

Yoga is a science. It teaches that desires and wants are in man that the supply is also in man and that wherever or whenever a desire, a want, or a prayer has been fulfilled, it is out of this infinite magazine that the supply came and not from any supernatural being (excerpt from Preface of Raja Yoga).

The soul merges with the supreme soul when one reaches the summit of yoga from long practice of meditation. It is similar to a drop of water that eventually blends with water of the ocean, no matter where the water drop comes from.

Vivekananda says, "The science of Raja yoga proposes to give us a means of observing the internal states - the law that abides equally and uniformly to all the human beings, even to all animals and inanimate."

It is believed that the first yoga - meditation – teachings began from Adiyogi Shankara to his seven disciples – the sapta rishi.

Also called Dhyana, the purpose of meditation is to relieve everything that are held in our chitta (mind), thoughts, memory, etc. Those are the cravings and aversions, the likes and dislikes, and also the accumulated karma from ages of our past lives. They manifest out in various intensity through our thoughts into the mind.

If we are shackled by these elements of the mind, which act like forces, through memories, we remain always bound and go in cycle persistently through the course of time – also called birth and death. But if we can exit from such a cycle, we become relieved from this cycle, which is called liberation. The method to achieve this liberation is through intense Dhyana (the meditation) for an extended time in life. Fortunately, each individual has one such way of getting liberation to exit from the knot of the bondage or the cycle of birth and death. One has to find the method among many that suits best. This finding is possible, according to Adiyogi.

Yoga in one sense is the cleansing of all the impurities in your body. For that one has to master in manipulating the composition of the five elements in the body. This mastery of manipulating the composition enables to achieve siddhi (attainment) and then it leads to liberation or moksha.

Yoga is not leaving life, nor leaving pleasures life brings. But it is rather the wise use of this life fullness for now and here and then beyond this life after the end of this physical existence. The yogis have emphasized and demonstrated this to us. It is us who need to understand the demonstration of the practice of meditation and their conduct from their life.

- Dr Bishnu Phuyal (Continued on page 5)



### Volleyball Game

For me, winning isn't always about 'winning' and beating others. Even though "Having fun is better than winning," is a very cliché saying, it's very true. I am a very competitive person and do like to win, but in some cases I lost the game but won at the same time.

Two years ago, I was at the end of the final volleyball game for our team. Our team had lost the past game so we wanted to end the volleyball season with a win. The score was 19 to 20, us losing by one point. Our team was moving slower and losing hope because we were getting more and more tired as the time went on.

It was the other team's serve. Our team passed it back, and the other team did the same. After a few back and forths, the other team missed the ball giving us the point. Our team jumped up and high-fived each other in excitement. With our regained confidence, we started trying hard again. The score was 20 to 20.

Now it was our turn to serve. We served nicely and the other team hit the ball back. We hit it back, nearly missing the net, getting us another point when the other team didn't return it. The score was now 21 to 20, if we got another point we would win.

The other team realized that they needed to catch up fast or else they would lose. They hit the ball to us after we served it to them. Everyone was playing their best, wanting to win. The other team beat us to the next point and it was 21 to 21.

Both teams needed at least 2 more points to win, so it was anyone's game. The other team served, but we missed passing it back and that gave the other team a lead. Now it was 21 to 22. If the other team got this next point, we would lose. My friend and I were tapping our feet on the ground, having a feeling we were going to lose.

The final serve was ours. We served it and the other team returned it. One of our teammates hit the ball, but it went straight up. Another member went for the ball, missing the net by an inch. The ball was slowly falling to the ground. Our team thought it was our loss until my friend tried to hit it. She barely made the ball over the net, but it went over. We all were excited because we thought this would be our winning shot. Our team gave quick "Nice work," "Good job," , and "That was great," to our other teammates.

The other team wasn't prepared for our hit, but one of their teammates hit the ball back to us, which we shot back, but missed the net by a little bit.

We all were looking down, a little disappointed in ending volleyball season with a loss, but we also felt something else. We felt proud. It was weird because we lost, but we did put up a good fight. Our team was commenting on how good we did and how that last pass was really good.

After the game, we went to an ice cream place to celebrate the last match. We didn't celebrate the loss,- and even if we won we wouldn't celebrate the victory- we celebrated the fact that we ended the season with a smile on our faces.

This was when I figured out winning was great and all, but what was better was us laughing. We weren't laughing because we lost, we were laughing because that was fun. Sometimes in life, you don't need to win, you just have to have fun no matter what, if you lose, if you win, or even if it's a tie.

- Sazisa Sharma

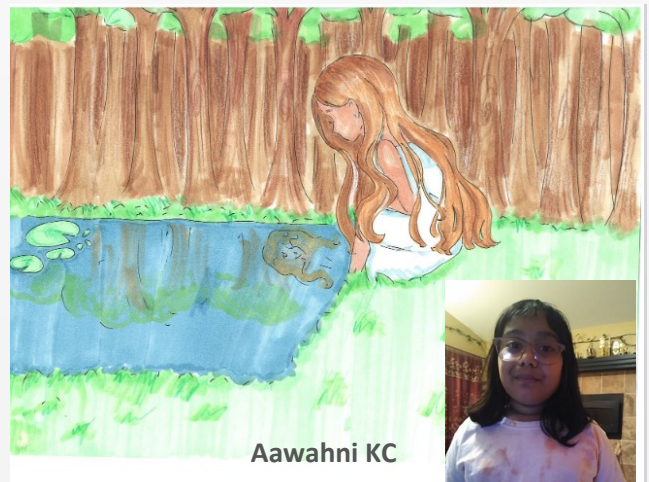
### Frozen Silence



lacy and delicate; snowflakes  
watch as they descend toward  
earth  
and as they settle  
the eerie nature  
of silence,  
bestowed upon the  
world

a fleeting moment  
yet the absence of noise  
is like a lullaby  
all movement drifts into sereni-  
ty  
and all movement, now  
at rest  
the world surrendered  
to stillness

- Aishani KC



Aawahni KC



**New Years Eve**

The first fun fact about New Year’s Eve is that the first New Year’s celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare January 1 a national holiday. Another fact about New Year’s Eve is Forty-five percent of Americans make New Year’s resolutions. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January. Each year, it is estimated that 80 percent of New Year’s resolutions are abandoned by February. About 1 million people gather in New York City’s Times Square to watch the ball drop. Times Square first hosted a New Year’s Eve celebration in 1904 with a giant fireworks show but when city leaders banned fireworks a few years later, the ball drop tradition was born in 1907. The first ball in 1907 was 700 pounds and was lit with 100, 25-watt lights. The current ball is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.

Some New Year food facts include eating black-eyed peas is a southern tradition said to bring economic prosperity in the coming year. If you include round food in your New Year’s meal, the shape symbolizes that the year has come full circle. In Spain, the tradition is to eat 12 grapes to bring you good luck. Eat one for each month. Lobster and chicken are both considered bad luck foods. According to superstition, it’s because of a lobster’s ability to move backward and a chicken’s ability to scratch itself backward.

Over 50 tons of trash are left in Times Square after New Year’s Eve celebrations. It takes 300 sanitation workers between 12 and 16 hours to clean it all up. Did you know that the confetti dropped in Times Square is holding secret messages. ABC’s ‘New Year’s Rockin’ Eve’ show is a long-standing tradition. The first Times Square New Year’s party was thrown for a newspaper.

Here are some traditions that other countries do for the new year. In Denmark breaking plates on New Year’s Eve is considered good luck. The Danes hold a tradition of throwing plates at the front door of family and friends’ homes to welcome good fortune for the new year. Did you know that Many Brazilians welcome the New Year at the beach? It is considered good luck to make seven wishes while jumping seven waves. They also do this while wearing white. One tradition people participate in on New Year’s Eve in Mexico to bring in a year filled with travel and new experiences. People will walk around with an empty suitcase or set it in the middle of a room and stroll around it. Russia does 12 seconds of silence before midnight Russians say thank you to the past year by remembering its most important events during the hours leading up to midnight, and they use 12 seconds of silence before the stroke of midnight to make wishes.

Those are all fun facts about New Year’s Eve. Happy New Year and let’s welcome 2025!!

- Reeva Baral

**Aavan Shrestha - Jan 4**



**Abeni Ghimire - Jan 8**



**Best Wishes to our Jan Birthday Stars**

**Maya Byanjankar - Jan 28**



**Utsav Joshi - Jan 13**



**Aaron Poudel - Jan 3**



**Kriti Pathak - Jan 23**



**Ruby Phuyal - Jan 9**



**Mandila Budhathoki - Jan 20**



**Avir Man Tuladhar - Jan 5**





## Sleevify

**Hello Sharks**, this is our invention, Sleeveify! Sleeveify is the sweater that's taking the world by storm, and it's the modern way to be comfortable. If you look, with just a push of a button, the sweater can change to a shirt. It is very important to buy Sleeveify otherwise you might not have the options to be more comfortable in our world. Don't worry, because Sleeveify costs just five dollars more than all the leading brands, and if you hit it at the right price, it could be even lower. Sleeveify offers many different types of sweaters, with fat, skinny, long, and short styles. We are asking \$500,000 for 5% of our company. Before you ask why so much, we should say that we have already sold 300,000 dollars' worth of product just this week. In total, we have already sold million dollars in one year, but we need help in advertising. If you help with Sleeveify, it can become the richest company in the world.

### What exactly is the problem?

Think about a time when you were very cold or very warm. With our sweater, your problem can be solved! This sweater is a modern invention, and the sleeves of your shirt/sweater can retract. For example, if when you went to somewhere in the morning when it was very cold, but when you came back it was warmer, you can completely change your clothes to be more comfortable. This sweater is especially beneficial for adults who work outside, such as construction workers, lifeguards, and even park rangers. And don't you worry, we have them in many different sizes, from toddler sizes all the way up to XXXL. Also, if you want to have the more stylish model, you can buy the model that has a retractable hood as well. It's a very easy way to be more comfortable in your life, and I hope you will buy one today!

### How can it improve people's lives?

People will buy fewer shirts because the sleeves are retractable. This means you will spend less money. Also, when you think it's cold and it's not cold you don't need to change your clothes for the weather because you can retract your sleeves. This will especially benefit the people who work outside and people who have long commutes to work. It's not specifically made for them so you can buy it no matter who you are. In conclusion, this saves money and time for everybody.

### How does it function?

There is an app that you need to install with the shirt, and this app has the controls. They can make short, long, skinny, and fat sleeves! Also, you can customize the colors and textures. If you're not convinced, just look at the app's ratings, because they are almost all 5 stars. Another thing, if you look at the other prices of the sweaters or shirts, Sleeveify only cost 5 dollars more than the other sweaters, and they offer a lot of nice things. It is very important to choose Sleeveify over the other sweaters because it is better in all categories!

- Prisha Parajuli



## Tips for High School

Highschool comes with a lot of changes. Growing up and maturing, studying and maintain grades, and stressing about social life too. That's why it is important to maintain a balanced life, so you don't get overwhelmed. Here are some tips to make high school life a little easier.

**Physical Health:** Maintaining physical health is important, such as sleeping, eating, and exercising properly. This helps the body to properly function throughout the day and helps with memory which is vital for school. This can make studying more easier, as you'll be able to recall things you've learned and understand what you've learned much faster.

**Mental Health:** Mental health is just as important as physical health. Taking care of mental health includes managing stress properly, spending time with friends and family, and proper self love and respect. It's important to take care of it because mental deterioration can lead to fatigue and low motivation. This makes school more harder as you'll be less likely to try.

**Studying properly:** Proper study habits are essential and necessary in high school. You'll be given lots of homework and material to studying in and out of school, so it's important that you know how to study that material. Another good habit is to get in the flow of studying little by little everyday. Pushing yourself with discipline helps set a habit in place. This can also help to create less homework pile up from procrastination. - **Stuti Dhungana**

## Editorial - Continued

There is no need to consider yoga will make you intoxicated from thoughts of beyond and ignoring things that exist before. Grab both with the practice of yoga. If you can get both, why to be contained with one? Possess this and that by acquiring and obtaining alertness and awareness, this and that, happy here and happy there, etc. Take everything you can, just not limited one. Everything created belongs to you if you remove the illusory wall created by our ego. Yoga can remove that ego-built wall to find out that many things exist and exist for yourself as well. They are unlimited. Grasp those things also using this limited life. This is equivalent to extending life beyond your narrow fortress wall.

All things together are named complete, immortal, infinite, etc. and you realise that from Yoga once reached its summit. Use of the finite life is meant to glimpse the infinite and be with that Don't get drowned in a puddle, its water will dry out. Strive the ocean and merge in that. Yoga shows that path to go to the ocean, yoga is the path. The science of yoga has shown that. Do you want to be an individual, lonely, separated like a single flower or do you want to be a lover of a Garland that has all the flowers of all the colors sewn together? This garland is the self-realizing that the individual soul is like the flowers but woven to become a garland. The garland is the supreme soul.

Follow the practice of yoga similar to the nonstop flow of the river's certainty to eventually to end at the ocean. You should be able to turn life similar to the flow of the river. Don't be a drop of water in a puddle. You will dry out to return back like a rain drop again and again. Life can slow down sometime like in a whirlpool, but don't get stuck in things. It's all your choice what you want to become. If you look, you will find help all around. Choose the one that can extend your self to realize your soul and merge to the supreme soul. With yoga you will be able to see this thing coming to you from a distance. If you walk in this path, the summit comes closer and closer for certain.

Yoga is just not for a pleasure that happens for a moment. Its effect enables your senses, your mind, your intellect and your intelligence to awake all the time. It helps to keep your attention, alertness, and awareness (aaa – 3a). This is not so while doing your yoga, it is continuous at every state of your action. But its prerequisite is a long hard work to reach that state. By 3a's means all the faculties and organs of a person are like matured to become receptive. At that state, one can make the right decision and take right action or reaction. The goal of making oneself in fullness of 3a's is not simple. It is similar to that of a habituated narcotic user finding difficulty in controlling emotion to avoid its use.

While narcotic has effect on physical body and mental state, presence of 3a's makes one physically capable to find possible physical health issues and keep the parts of our organs receptive for subtlety, and are able to response properly for decision necessary in an active way. Yoga changes a person of corporal character to a full blazed consciousness, which actually a person always is. Like any adept (siddha) reveals, we are nothing more than consciousness. It is only covered by a veil, so called maya (illusion). So, yoga can lift this maya-veil gradually from our vision to completely open when one becomes steadfast and progresses as the meditation practice matures. Yoga frees one out of physicality of compulsiveness to complete freedom and state of inebriation.

- Continued on next page 6



## Year Ends Today

Moment after moment  
Day after day  
And just like that  
Another year ends today!

Past is behind  
Away goes running  
Neither future arrives  
Only appears coming  
Yet another year ends today

Roaming in both  
Far from the moment  
Exhausting experience  
Have been my instants

No past nor future  
Holding to the current  
Must be better  
To believe in the present

Past is sold  
Future worth unknown  
My best bet will be  
Just trust the present

- Dr Bishnu Phuyal

**Editorial - Continued**

Use of intimacy, which is immersing in devotion (bhakti), also liberates us. And the use of intellect allows us to walk and gather knowledge and wisdom so that you can climb up towards the summit and be liberated. Use of neither of the two, that is when have no such thing as intimacy or no such thing as intellect, the one thing that still remains for our disposal is yoga. And following the practice of yoga liberates. Intimacy and intellect are like chains to shackle you if used for self. But when used for the sake of soul, they have the effect of giving you extra support lifting you higher that is to transcend. Sadguru says, "Yoga is an invitation from certainty to consciousness, from religiosity to responsibility, from the rigidity to roaring ecstasy of life itself."

When I look outside, I like to look out to help others. I am called egoistic or arrogant. When I look inward, I am being called selfish. Such are the calls of societies. Having only one puts a person in an imbalance state in life. It is like a heavier weight put on one side of the lever letting the other end rise. Our life of introvert-ness and extrovert-ness must also be put to balance the state similar to use of equal weight in the lever. The effect of intimacy, and the growth of intelligence born from yoga allows a person to stay in equilibrium and become super conscious. Life brings success, pleasure, and peace to individuals. And such a person is a great resource to others around.

Sources for further readings:

Om Swami – A million thoughts

Sadguru and Arundhati Subramaniam – Adiyogi, the source of yoga

Swami Vivekananda – Raja Yoga - **Dr Bishnu Phuyal**



**How AI can Help Create a Sustainable Future by Minimizing Food Waste**

Food waste is a worldwide problem which causes wasteful resource usage, greenhouse gas emissions, and the degradation of the environment. Reducing food waste can significantly reduce your carbon footprint. Wasting food not only wastes resources like water, energy, and labor, but it also leads to more greenhouse gases when food ends up in landfills. Artificial Intelligence can offer new tools to promote sustainability by reducing and managing food waste. With AI-powered tools, meal planning, waste tracking, and portion planning have been made easier to implement by the public.

Meal planning is the preparation of your meals in advance. It helps a person buy just what they need and save money. It also eliminates food waste through efficient use of ingredients. Ineffective meal planning leads to food waste due to consumers' purchase of excessive amounts of items. By predicting consumption patterns and suggesting appropriate portion sizes, AI can help by creating meal plans that use all of the ingredients, which decreases the likelihood of spoilage. Portion planning is a useful strategy that ensures you cook only enough food. It prevents extra food that may be discarded. It saves money on grocery bills and even reduces energy usage in the kitchen while preparing the correct amount of food to be consumed, which leads to more balanced meals that prevent overeating, helping people consume just the right amount of food to have better nutrition. Portion planning also allows only the exact amount of food to be prepared, reducing the leftovers that either spoil or become waste.

Tracking food waste can play a significant role in reducing waste at home, saving you money, and helping the environment. By keeping track of what you throw away, you can see your habits and make better choices, like buying only what you need and eating the food before it goes bad. Throwing away less food also helps the environment. Food in landfills creates a gas called methane, which is bad for the Earth. - **Purnima Pathak**



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TIKTOK !!!**

**NAC Temple Fund—  
Jan '25 Summary**

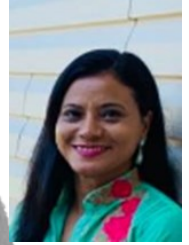
Thank you for attending Jan 2025 Monthly Puja, and for your generous contribution. Thanks to our sponsors, and our devotees, your presence, devotion and your contributions make it possible for us to give continuity to our regular Monthly Puja and Gathering. Here is the summary of our collection from Jan puja.

**Total Collection (Cash and Zelle) - \$915**

**Total Expense : \$275**

Temple - \$225 | Priest - \$50

The Tap

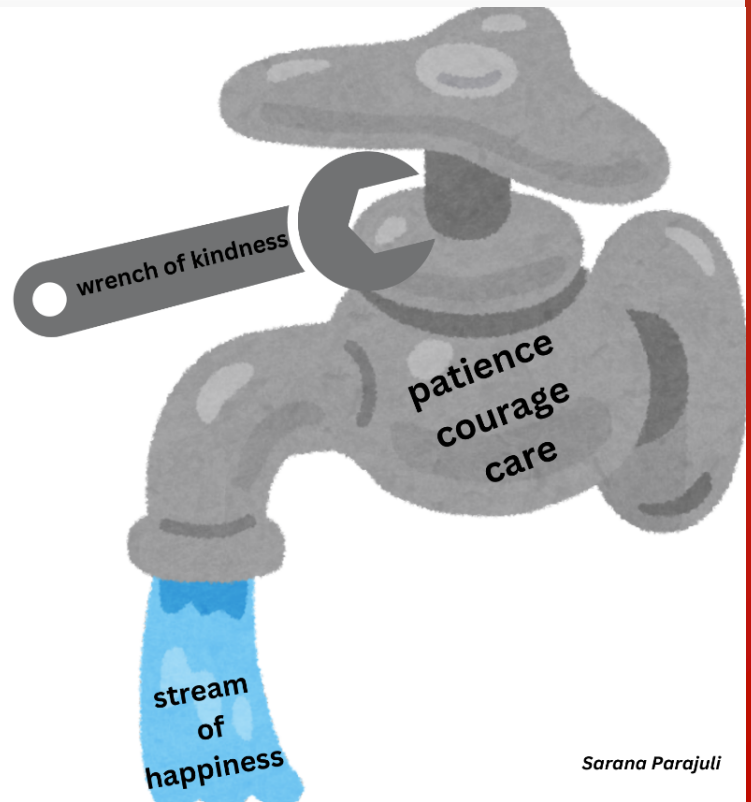


The Tap

*The tap stands alone  
in a quiet room  
clogged with frustration and sorrow  
dreams suffocated in the rusty spout  
The faucet once twisted  
freely pouring water of joy  
flowing stream of happiness  
But, somewhere, the spout suffered  
from pain and discomfort  
congested with complex emotions  
The tap stands alone  
with a faint hope  
waiting for a moment to drip*



*Faith takes the turn  
a gentle embrace  
from the wrench of kindness  
unclogs the spout  
drip-drip, splatter, gurgle  
the sound of pain echoes  
the water of feelings pours  
the struggle unveils  
layer by layer  
until the last layer  
Glimmers a ray of hope  
patience, courage and care  
sparkles the resilience  
The tap stands no more alone  
The faucet twists  
pouring clear water of joy  
flowing stream of happiness*



Let's be the wrench of kindness to unclog someone's tap.  
Let's be there for someone not to advice but to listen.  
Happy New Year 2025!

Sarana Parajuli

# HOMEMADE CANDLES

## Our Story

Pursuing my dream of entrepreneurship, I started a creative candle-making project with my husband during winter as a relaxing hobby. We enjoyed spending quality time together and began gifting our handmade candles to friends and family, who loved them. Encouraged by their support, we turned our passion into a small business. Selling candles has become a joyful side hustle, blending creativity and connection. Candle making is a simple, accessible craft that anyone can enjoy, whether for personal use, as gifts, or as a means of supporting a cause. With endless possibilities, it has been a fulfilling way to combine creativity and purpose.



HOME CANDLE



## Benefits

- Creative freedom
- Stress relief
- Therapeutic
- Eco-friendly
- A meaningful way to create thoughtful gifts



## Mission

My main goal for selling candles is to raise funds for Shree Saraswati Primary School in Sikharpa, Lele, Nepal. The school, where I first learned the value of education, serves children from families who struggle to afford basic needs. Many parents are farmers, and they cannot afford things like shoes, school uniforms, or supplies for their children. Through the sale of our homemade candles, I aim to provide warm shoes for these children during the cold weather.



## Contact Us

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## समयमै सचेत भया!!! - चौथो भाग

डा चिन्तामणिनाथ योगीले हालै सम्पन्न गरेको अमेरिकाको करिब एक महिने (२०२४, जुलाई ११ देखि अगस्त २० सम्म) यात्रा को आधारमा लिखित यात्रा अनुभव

### चौथो भाग

यस लेखको उद्देश्य कुनै शास्त्रीय व्याख्यान होइन र कुनै विद्वत्ताको प्रदर्शन पनि होइन, न त कुनै लेख लेख्ने प्रदर्शन वा अभिमान नै हो । तर मात्र आफ्नो अनुभव र अनुभूति सहित धर्मरक्षणाय, समाजकल्याणाय र नेपालीबन्धुहिताय केही विचारहरूको सम्प्रेषण र आत्मीय निवेदन हो। .....

### समयमै चिन्तन -

समयमै चिन्तन गर्न नसक्नु पनि विश्वव्यापी रूपमा नेपालीहरूको प्रवृत्तिगत समस्या हो कि? भन्ने जस्तो पनि मलाई लाग्छ। विगत करिब तीन दशकदेखि मेरो निरन्तर विश्वभ्रमण हुँदैछ। मेरो उमेरले पनि अहिले ६० नाघ्दै जाँदा मेरो जीवन प्रतिको बुझाइ अलि गम्भीर बन्दैछ कि भन्ने पनि लाग्छ। हामी समयमै चिन्तन गर्न सक्दैनौं, अनि फेरि पछुताउँछौं। हाम्रा पुर्खाहरूले हामीलाई दिएको सन्देश "चिन्तने का दरिद्रता? को प्रयोग भएन कि जस्तो मलाई लाग्छ। अथवा हाम्रो गाउँले उखान "जब पर्यो राती तब बुढी ताती" भनेको जस्तै हामी अहिले पनि उही पुरानो स्वभाव र प्रवृत्तिबाट डोरिएका छौं कि जस्तो पनि लाग्छ।

अमेरिका जस्ता सम्पन्न मुलुकहरूमा गएका मित्रहरूमा पनि अझै चिन्तन गर्न सक्ने क्षमता, समयमै योजना बनाउन सक्ने क्षमता र समयको व्यवस्थापन गर्न सक्ने कुशलता मैले अझै पनि खोजेको जति पाउन सकेको छैन। अमेरिका जस्ता सम्पन्न मुलुकमा बस्ने मान्छेहरूको योजना, कार्य क्षमता, समय व्यवस्थापन सीप र स्रोत आदिको परिचालन त अत्यन्तै उत्कृष्ट हुनुपर्छ नि। नेपालमा बसेका नेपालीहरूका लागि नमूना र प्रेरणा बन्नपर्छ नि भन्ने मेरो ठूलो आशा र दाबी पनि हो। तर खै किन हो? मैले धेरै ठूला ठूला देशहरूमा, शहरहरूमा र धेरै ठूला ठूला भनाउँदा सम्पन्न र सफल व्यक्तिहरूमा पनि त्यसको अभाव पाउँदा दुःख पनि लाग्छ। यानिकि हामी हाम्रै जीवन प्रति गम्भीर बन्न सकेनौं कि? हामीले समयलाई, कालदेवतालाई सम्मान गर्न सकेनौं कि? हामी अलि बढी व्यक्तिवादी भयौं कि? अलिकति माथि उठेर समाजको लागि, नेपालको लागि र विश्वकै मानवका लागि पनि मैले केही गर्नुछ र त्यसकारण मैले मेरो Capacity buildup गर्नुपर्छ है र मैले मेरो यात्रालाई रोक्नु हुँदैन है भन्ने बारेमा गम्भीरता, उदारता, दूरदर्शिता र संकल्प पनि पुगेन कि? भन्ने जस्तो पनि लाग्छ। त्यसकारण मेरो विनम्र अनुरोध छ- समयमै हामी सम्यक् चिन्तन गरौं, चिन्तनमा पनि चिन्तन गरौं। यसै सन्दर्भमा केही जीवन सूत्रहरू जुन आज अमेरिका लगायतका मुलुकहरूका लागि बढी उपयुक्त हुन सक्छन्, त्यस्ता केही चिन्तनहरू म यहाँ बुँदागत रूपमा निवेदन गर्न पनि चाहन्छु -

- केही वर्षदेखि म "विश्व अँकार महाभियान"मा पनि प्रमुखरूपेण सक्रिय हुँदै जाँदा तथा गुरुजन स्वामी साधुसन्तहरू र त्यागी तपस्वी मित्रहरूको साथ हुँदै जाँदा पनि मैले गहिरो रूपमा अनुभूति गरेको कुरा के हो भने हामीले हाम्रो समाजलाई मूलतः सनातन चिन्तनमा, हाम्रो मूल दर्शन र संस्कृतिमा नै जोड्न सक्नुपर्छ। आजभोलि कताकता विदेशतिर पनि ससाना सम्प्रदाय, स-साना धार्मिक समूह एवं गुरुवाद, पण्डितवाद आदिको पछि लाग्दा हाम्रो समाज झन् बढी विखण्डित हुँदै गएको हो कि? भन्ने पनि म यहाँ चिन्ता र चिन्तन व्यक्त गर्न चाहन्छु।

- परिवारलाई केन्द्रमा राखेर, व्यक्तित्वविकासलाई ध्यानमा राखेर अमेरिकामा र अन्य मुलुकहरूमा पनि अझ बढी प्रशिक्षणमूलक कार्यक्रमहरूको विकास गर्नुपर्ने हो कि? अझ गहन गम्भीर उच्च सत्सङ्गहरूको व्यवस्था गर्नुपर्ने हो कि? केवल प्रदर्शनपरक कार्यक्रमहरू र चाडपर्वपरक उत्सवहरू मात्र मनाउँदा व्यक्तित्वविकास, नेतृत्वविकास, चिन्तनविकास, निर्णयशक्तिविकास, सकारात्मक क्षमताको विकास आदि समयमा हुन नसक्दा कहिलेकाँही कुनै दुर्घटनाका अवस्था आउँदा टार्न नसकिने अवस्था पनि देखिएको हुँदा सबैले समयमै चिन्ता र चिन्तन गरौं है पनि भन्न चाहन्छु।

- नेपाली संस्कृतिको विशेषता भनेकै परिवार हो। त्यसकारण "धन्यो गृहस्थाश्रमः, विवाह धर्म आदि भनिएको हो। भगवान् राम र कृष्णलाई पनि परिवारमै चित्रित गरिएको कारण पनि त्यही भएर नै हो। परिवार नै हाम्रो धर्मको, संस्कृतिको, साधनाको आधार हो। परिवारलाई लिएर गरिने सुचिन्तन र सुकार्य आदि नै मूलतः सबैका लागि हितकारी हुन्छन्, कल्याणकारी हुन्छन् भन्ने कुरामा दुईमत छैन। तर विदेश जाँदा पारिवारिक विखण्डनका कुराहरू बढेको देखिन्छ। आवश्यकताभन्दा बढी विदेशी नक्कल गर्ने गतिमा गएर भौतिकवादको नाममा भोगवादी बन्ने सस्तो मनोवृत्तिको शिकार भएको देखिन्छ। तसर्थ "संयमः खलु जीवनम्" पनि नभुलौं है भनी निवेदन गर्न चाहन्छु।

- अमेरिकामा बस्नु भनेको केवल अश्लील वृत्ति, व्यवहार र स्वभावलाई अपनाउनु होइन। अथवा अन्य मुलुकमा बसेहरूले पनि त्यहाँको मात्रै नक्कल गरेर नेपालको परिवार व्यवस्था र पारिवारिक संस्कृति र संस्कारलाई नजरअन्दाज गर्नु होइन। यस्तो हुँदै गएमा भोलिको नयाँ पुस्ता कहाँ जाने हो? अहिलेका आमाबुवाहरू समयमै गम्भीर नबन्ने हो भने भोलिका दिनमा विखण्डित परिवारको पाप कसले बोक्ने? भोलिका दिनमा नयाँ पुस्ता विचलित हुने, दुर्व्यसनमा फस्ने, नकारात्मक बन्दै अनैतिक जीवनशैलीमा फस्ने अवस्था आदिको पाप अहिलेका 'मै हुँ' भनेर भड्किलो जीवन बिताइरहेका, प्रगतिवादी टाइपको, धनीमानी टाइपको, फुर्तिलो पाराको जीवन बिताइरहेका आमाबुवाले लिने कि नलिने? भन्ने बारेमा पनि समयमै चिन्ता र चिन्तन गरिनुपर्छ। - continued on next page

## समयमै सचेत भया!!! - चौथो भाग (Continued)

- यसै प्रसङ्गमा नेपालका साथीहरूले पनि युवाहरू त सबै बिदेसिए! मात्र भनेर चिन्ता गर्नुभन्दा पनि विदेशमा गएको बुद्धिलाई, श्रम, सीप, अनुभव र कुशलतालाई नेपालको हितमा कसरी प्रयोग गर्ने? भनेर सोच्नुमै बढी बुद्धिमत्ता हुन्छ। अमेरिकामा ठूलो शक्ति छ, ठूलो सम्भावना छ, ज्यादै ठूलो सीप र स्रोत छ। त्यो नेपालका लागि कसरी हितकारी हुन सक्छ? त्यस तर्फ हामी सबैले सोच्नुपर्ने हुन्छ। एनआरएनले पनि गम्भीरताका साथ सोच्न सक्नुपर्छ। केवल व्यापारको उद्देश्यले, अर्थोपार्जनको उद्देश्यले र नेताहरूसँग लहस्सिने रहरले ठूलाठूला कुरा गरेर मात्रै नेपाली समाजलाई नयाँ सन्देश, नयाँ प्रकाश दिन सकिन्न। गम्भीरता, दूरदर्शिता र उदारता सहित विदेशको असीमित क्षमता, सामर्थ्य, स्रोतसाधनलाई नेपालको हितमा प्रयोग गर्नका लागि व्यक्तिस्तरदेखि राज्यस्तरमा ठूलो चिन्ता र चिन्तन गरिनु अत्यन्तै अत्यावश्यक छ।

- नयाँ युवा पुस्तालाई नेपालसँग जोड्न सक्नु हाम्रो प्रमुख राष्ट्रिय दायित्व हो। एउटा पुस्ता भने अमेरिका जस्ता मुलुकमा गएर आर्थिक संघर्ष गर्दागर्दै आफ्नो विभिन्न प्रकारको न्यूनतम आवश्यकता र व्यवस्थाहरूलाई सम्हाल्दासम्हाल्दै खर्चिएको देखिन्छ तर नयाँ युवा पुस्ता जो त्यही जन्मेर हुर्केर, त्यहीँबाट शिक्षित र प्रशिक्षित भएको छ त्यसलाई हामीले नेपालसँग, नेपाली संस्कृति र संस्कारसँग समयमै जोड्नका लागि विशेष योजना बनाउनु अत्यावश्यक छ। त्यो नयाँ युवा पुस्तालाई दिने सपना ठूलो हुनुपर्छ; सीमातीत हुनुपर्छ। त्यसका लागि नेपालका आमाबुबाहरूले र अमेरिकामा आमाबुबाहरूले पनि ठूलो आकाशको उडानतर्फ प्रेरित गर्न सक्नुपर्छ। त्यो नयाँ युवा पुस्ता भोलि नेपालीभावमा फुर्किन सक्थ्यो भने हाम्रा लागि असम्भव केही पनि हुने छैन। हाम्रा दुःखदारिद्र्य सबै समयमै सजिलै सकिनेछन्। कुनै दातृ संस्थासँग वा विदेशी निकायसँग घुडा नटेकिने आफ्नो टोपी र आफ्नो धोतीको सम्मान र सुरक्षा सहित नै हामीले हाम्रो नेपाललाई फेरि सुन्दर शान्त विशाल बनाउन सक्छौं हे भन्ने कुरामा चिन्ता र चिन्तन गर्नुपर्छ।

- डालसमा भएको विश्वकै सबैभन्दा ठूलो नेपालीहरूको मन्दिर र विश्वमै नेपालीहरूको सबैभन्दा ठूलो नेपाली पाठशाला पनि आफैमा अत्यन्तै ठूलो प्रेरणाको विषय हो। ठूलो मन्दिर, ठूलो पाठशाला र ठूलो जनसंख्या भएको डालसमा अझ बढी उदारताको, अझ बढी दूरदर्शिताको, अझ बढी उच्चता र पवित्रताको विकास गर्नका लागि त्यहाँका समाजसेवी शिक्षासेवी, धर्मसेवीहरूले अत्यन्तै गम्भीर संवेदनशील नीति र व्यवहार अपनाउनुपर्ने पनि अति आवश्यक देखिन्छ। साथै अमेरिका लगायत विश्वभरिकै नेपालीहरूले पनि त्यो नमुनाबाटै केही सिक्दै सहकार्य गर्ने तर्फ पनि समयमै चिन्ता र चिन्तन गर्दा सबैको कल्याण देखिन्छ।

- अमेरिकामा अहिले नेपालीहरूको संख्या बढ्दै जानु हामी सबैका लागि उत्साह र आशाको विषय पनि हो। हाम्रो सनातन हिन्दू संस्कृतिको विश्वविस्तार (कृष्णन्तो विश्वमार्यम्) पनि त्यसैमा छ र हामी नेपालीहरूको भावना र भविष्य पनि त्यसैमा छ। नयाँ नेपाली पुस्तालाई नेपाली संस्कारमा भिजाउने आधार पनि त्यसैमा छ। त्यसैमा अझ उदार चिन्तन सहित "आर्ट अफ लाइफ एन्ड आर्ट अफ लिभिग" सिकाउन समयमै चिन्ता र चिन्तन गरिनुपर्छ है।

- अमेरिकामा अधिकांशतः भगवान् पशुपतिनाथकै मन्दिर बनेको हुनाले गर्दा पनि हामीलाई झन् बढी गौरव गर्नुपर्ने आधार देखिन्छ किनकि पशुपतिनाथ नेपालका हुन्, बुद्ध नेपालका हुन्। संसारमा बुद्धका मन्दिर जति भए तापनि, शिवका मन्दिर जति भए तापनि पशुपतिनाथको मन्दिर भने नेपालमा मात्रै छ र नेपालीहरूको बीचमा मात्रै छ। पशुपतिनाथको मन्दिर हाम्रो राष्ट्रिय एकता र चेतनाको प्रतीक पनि हो। यसका लागि जहाँ जहाँ मन्दिर बनेका छन् त्यसका स्वप्नहरूलाई, अभियन्ताहरूलाई, अग्रजहरूलाई, दाताहरूलाई, स्वयंसेवीहरूलाई हामी सबैले स्वीकार्न सक्नु पर्छ। अमेरिकाभरि छरिएका यी मन्दिरहरूका बीचमा पनि समयमै सुसंबन्ध, सद्भाव र सहकार्यको पनि उत्तिकै आवश्यकता पनि छ है।

- यसैगरी मन्दिरहरूको निर्माणमै हामी नेपालीको श्रम सीप सोच र संकल्प लायुपर्छ। यसैमा हामी केन्द्रित हुन सक्नुपर्छ। community center जस्ता शब्दहरूको आधारबाट गरिने नाटकहरूबाट हामी सबै समयमै सावधान हुनुपर्छ। नेपालबाट गएका गुरुहरूले पनि केवल प्रसेन्टेज पाइन्छ वा राम्रो शुल्क पाइन्छ वा दरिलो दक्षिणा पाइन्छ भन्ने आधारमा कम्युनिटी सेन्टर आदिका नाममा अनावश्यक नाटक गरेर समाजलाई misguide हुन बाट बचाउन सक्नुपर्छ। हामीलाई विदेशमा मन्दिरै चाहिएको छ। मन्दिर नै पुर्खाहरू प्रतिको ऋण तिर्ने हाम्रो पवित्र थलो हो, नयाँ पुस्तालाई हाम्रो मूल सनातन संस्कार संस्कृतिसँग जोड्ने मूल साधना केन्द्र हो र विदेशमा हाम्रो विशिष्ट पहिचान पनि हो। यसैमा हाम्रो पशुपतिको, बुद्धको, सारा देवीदेवताहरूको र पितृहरूको आशीर्वाद निश्चित छ। यसैमा सबैले चिन्ता र चिन्तन गर्न सक्नु पर्छ।

- एवमेव भागवत धर्मलाई श्रद्धापूर्वक संरक्षण र परिशीलन गर्नुपर्छ। यसलाई 'फण्ड रेजिग बुक' का रूपमा मात्र समाजमा प्रस्तुत गरिनुहुन्न। नेपालबाट सदाचारी, सात्विक, संयमी विशिष्ट साधुसन्तहरूलाई निम्त्याएर भागवत श्रवण गर्नुपर्छ है। शुकदेव-परीक्षित परम्परामा नजाने हो भने शास्त्रले पनि सराप्ला है।

- बुद्ध, गोरखनाथ, रत्ननाथ लगायत हाम्रा पूर्वजहरू, तपस्वीहरू र योगीजन पनि देश बिदेशको भ्रमण गर्ने गर्दथे, फेरी लगाउने गर्दथे तर जति विदेशको भ्रमण गरे तापनि विदेशिने रहर वा वासना भने कदापि थिएन तर अहिले विदेश जाने जुन क्रेज नेपालमा सुरु भएको छ त्यो केही हदमा आवश्यक होला तर त्यो भन्दा पनि बढी त अंधानुकरण नै हो, भेडा दौड नै हो। तथापि जे होस्, अब यो क्रेजलाई कसरी creative र constructive बनाउने तर्फ नेपालमा भएकाहरूले र विदेशिएकाहरूले पनि समयमै अत्यन्तै गम्भीर भएर सोच्न सक्नु पर्छ। पलायनबाट परायण तर्फ उक्लिन सोच, साहस र संकल्प सबैले गर्नुपर्छ।

- साथै नेपालबाट विदेश घुम्न जाने नेताहरूले पनि केवल पैसा बटुलेर, रक्सीमासु मात्रै खाएर, ठाउँठाउँमा मनपरी डुलेर, जस्तो पायो उस्तो फोटो मात्रै खिचाएर, समयलाई मात्र बर्बाद गरेर, आफ्नो पछाडि व्यर्थ हुल लगाएर अनि पछि नेपालमा फर्केर 'अमेरिकामा यस्तो गरेँ, उस्तो गरेँ' भनेर फलाक्ने सस्तो प्रदर्शनवृत्ति र तुच्छ सम्मानलाई समयमै परित्याग गर्न सक्नुपर्छ। विदेशिएका नेपालीहरूको आवश्यकता होस्, बाध्यता होस् वा चाहे रहर होस्, तिनीहरूलाई समयमै मर्यादित, उपयोगी र नेपालसेवी बनाउने तर्फ अत्यन्तै गम्भीर चिन्ता र चिन्तन गर्नुपर्छ।

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