

August 2025
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 197th Edition

Dharma protects who
protect it
धर्मो रक्षति रक्षित

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Welcome to Chicago Chautari Times - 197th Edition



A view on two human qualities - Winamrata and Ahankar

Winamrata (विनम्रता) in Nepali or Sanskrit closely means to humility, modesty, politeness, or courtesy. It is commonly perceived as the artefact of a person possessed with knowledge, wisdom, prudence or discernment. A person receives inputs from five senses, and thoughts. The source of thoughts arises from memory. What is happening in the process is that all the information arrives in the well of our mind. At that moment, a person with such quality correctly understands how to harness her or his intelligence and intellectual understanding truthfully. Information on the external objects arrived at the mind is processed by applying intelligence and personal experience stored within. Then by the application of reasoning and discernment, we arrive at state called intuition. Intuition is correct understanding or assertion for the meaning of the input. Any decision made before or during this stage may vary.

Similarly, any idea that arises in our thoughts are also weighed and evaluated by intelligence. It then finds way for discernment before the mind takes any action. A decision from the earlier phase is known as an act of intelligence, while one made at the intuitive level is considered prudent. In many instances, internal flow of thoughts just dissipates away, for which we may be aware sometimes or mostly unaware other times.

All the external objects manifested are the sources of input perceived moment after moment through the senses and our thoughts originating from our memories. Memories are life experiences, which reside somewhere beyond the mind. Like information on external physical objects, our mind also engages in acting upon non-physical facts such as personal opinions, morality, ethics, etc. flowing in our mind. In both cases, a point of decision is reached in interpreting the matter, which typically happens instantly - seems to have no time duration.

A common principle accepted by everyone is to observe the information received or listen to others' point of view well and humbly before acting or opining. This kind of habit allows one enough time to understand the matter well and gain insights. With this practice, our discernment power also grows and continues to grow with time and improves the experience. In simple terms, it is really giving time to think, evaluate and contemplate about the matter with patience before taking action. Such behavior shows essential respect for others. By engaging with worldly objects, putting effort in reflecting, and contemplating upon it using our discernment power properly, we internally nurture and develop the qualities of Winamrata. Such a virtue grows stronger through regular study, discipline, and self-restraint.

- Bishnu Phuyal, Ph.D. (to be continued on page 3)

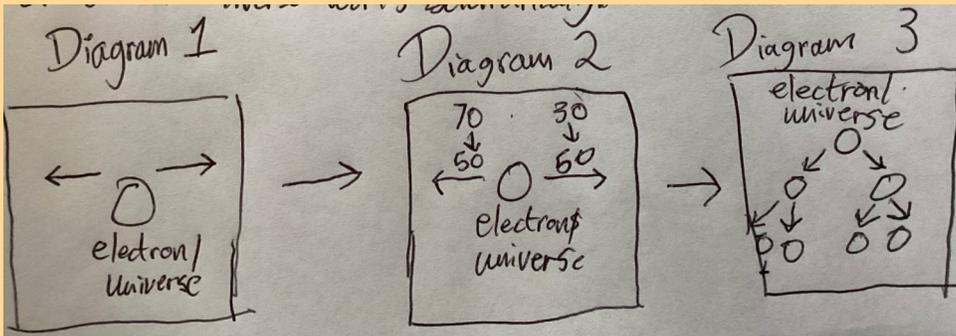
Chicago Chautari Times (CCT) has embarked its 17th years of uninterrupted monthly publications from April 2025. CCT would like to express deep gratitude to its subscribers and contributors, especially our young children and youths making this a platform to express their hidden talents via writings and arts.



Parallel Universe, or The Multiverse

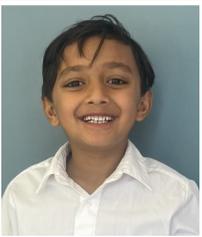
You are born in one world but die in another. What is this? Simple explanation, The Parallel Universe or in simple terms, The Multiverse. These includes our universe that we inhabit. This phenomenon is backed by science (more specifically, physics), and fiction (in details, SCI-FI). These universes could have different properties or laws in physics, which in some universe could defy it. Some scientific theories like the String Theory, (or the theory that says that the universe is not made from points, but from string-like matter). These universes are completely random, having different outcomes. It is like a chain, like a universe will split into two and double and split into four and etcetera. This phenomenon is linked to Quantum Mechanics, but specifically this part of Quantum Mechanics is called “Everett’s Many-World interpretation”, which states that every Quantum measurement causes the Universe to split into multiple branches, each with different outcome. Think of it as an electron that only moves left and right, but the odds are 70% left and 30% right. The odds now change to 50% to 50%, and that is how it endlessly multiplies. There are many other theories and explanations, I feel like this is the more accurate depiction. Concluding this strange phenomenon, you could live in one world, and die in another, but there are infinitely different universes that have you but in different and random outcomes.

A diagram to represent the electrons phenomenon



- Rasik Pant

Splatter - Umang Bhandari



Best Wishes to our August Birthday Stars

Abhay Byanjankar
- August 6



Alvin Chaogai
- August 7



Apnasa Chaudhary
- August 2



Arvik Baral
- August 1



Deepa Phuyal
- August 27



Delisha Shrestha
- August 31



Kartik Bahadur Raghubansi
- August 26



Submit your birthday information with the pictures by via email by 20th of the previous month.

- Contd. From page 1

Similarly, a person may exhibit signs of Ahankar (अहंकार). Its meaning is almost equivalent to arrogance, ego, pride, narcissism, etc. For this kind of human behavior also, we receive worldly objects inputs to our mind through the senses and internal thoughts raised from our memories. Even though the input source and channels are the same, we know that Winamrata and Ahankar represent fundamentally different traits. And again, even for same external input, one person may show sign of Winamrata and the other person Ahankara. Such plain differences are common things that we observe in life.

Our behavior becomes starkly different for the same matter or thing by and large when we have one or the other of these two traits. Society identifies the former as a virtue and the latter a vice. Winamrata is a good thing or virtue, and Ahankara is the evil or vice. We are recognized accordingly as per our behavior. At the same time, different people have different proportions of the two for different matters. In such cases, one may behave in a mixed way, differently in different cases and times, exhibiting the influence of the two distinctly different qualities. Our outward actions and behaviors expressing these qualities shape our image to others. Why does such a difference happen? Why we face different actions or opinions for the same objective fact is an interesting matter to evaluate.

The action of our mind to focus on a certain thing needs our conscious effort. Preventing our senses from wandering and putting our efforts into the matter at hand requires full attention. Letting our mind drift aimlessly, jumping from here to there or one through to another object or in the past or to the future is called wondering. Such wandering, which is distraction of mind jumping everywhere, is counterproductive and diminishes our energy and attention required. Focusing on a matter in hand at the present moment demands us to restrain such tendency with strength. It is this discipline we require for correct results and reward. This kind of habit leads us to a level called Winamrata. Various routine activities can be followed to assist us in arriving in such a position. Those activities will be discussed later.

While we face myriad things arriving through our senses and incessant flow of internal thoughts all the time, if we allow the senses to carry us away restlessly jumping from one object to the other, such instantaneous change of attention keeps us empty from gaining any insights or meaningful experiences. It is because our senses, by their nature, remain active and seem to have will of their own. We experience that they exhibit more power, as if they have full freedom of their own and we are carried away by them. Letting that happen makes us feel powerless of our own. Allowing the senses to become free like that, that is our inability to constrain them is how we become powerless. With that, we feel deprived of their control. Consequently, we fail to gain any insights upon any matter that arrives in our mind. Letting this happen gradually keeps us on the surface only and we cannot have ability to know anything deeply or truly. We remain to see what manifests but remain far from the true cause or the essence behind. So, we remain a person with no admirable quality. It can be compared to the fast run off of the momentary heavy rain unlike the longer mild rain that absorbs into the ground to feed the aquifer.

If we do not learn to control and shut down our senses as per our will, the senses and thoughts reaching the mind will continually elude us from concentration and applying our intelligence of knowing. We fail to gain knowledge and know the truth. The more we let this happen, the senses acquire more freedom, and we lose more control of our senses. This turns into our habit. We act on impulses. Habit lets senses act like master and us like slave. It distracts and diverts our attention away and deprives us of gaining any knowledge. Ultimately, we risk becoming subservient to our senses, losing capacity for attaining wisdom.

Now, as we see while all individuals receive input information through the same source and same sensory channels or outflow process of thoughts, people's actions and reactions can be very different. There must exist some kind of inherent discrepancies or internal inability for such difference outcome to occur. In subsequent writing, we will examine different factors that may contribute to such differences and discuss various strategies that can be followed to change our personal character from Ahankara to Winmarata.

- Dr. Bishnu Phuyal

NAC Walk Bike

My name is Riya Phuyal, and I went to the NAC walk bike a few weeks ago (July 26, 2025). Me and my cousin went together, and it was fun. We were early so we had to wait until the program started. After a while people started showing up. I was ready. Me and my cousin got in line and started walking. We were walking in the woods. My cousin started running so I did too. Everyone stopped walking because there were elks! But we only got to see the horns because the grass was too long. We turned around and walked back to the spot we started at.



When we got back there was a lot of food. I had \$20 but only spent \$10. I bought pink lemonade then I saw handmade toys and scrunchies. I went there but it was not time to buy them, so I reserved it for later because the bikers were not back. While we were waiting, me and my cousin saw few dogs. We played with them. They were so cute! I wish I had a dog. Some bikers started to arrive but not all of them, so we had to wait 10 more minutes. Once everyone came back then we started buying food. There was a momo contest for kids and adults. I entered the contest, but I didn't win but at least I got to eat momo. At the end there was a barbecue, but we had to go so we ate it at home. I had a fun time. Thank you so much for organizing such a wonderful event!

- Riya Phuyal



all ends

i'd been walking
through a field,
the most beautiful

ever seen.
with flowers radiant and the birds'
hum live;
their song mellifluous as ever.

as I walked, full of wanderlust,
I thought to myself:
"in a perfect world, would this field
ever end?"

wet dew crunching beneath my feet,
a sweet scent of nectar wafted
through the air...
trekking further, a lucent sun:
peeking through the verdant to cast
upon gold,
as shadows hinted the end of today.

plucking a flower, its beauty a sign:
each petal a memory, fleeting.
in a world in which all is pristine as
this,
would precious moments fade?
perhaps lost to the dark?

although beauty celestial blesses this
land,
what ever is a field without seasons'
embrace?
to end is to live, after all,
for each dusk holds the promise of
dawn,
and each petal lost makes way for
bloom.
in every farewell,
lies the whisper of hope and renewal.
- Aishani KC



Royal World

Once upon a time there was a Royal world full of Kings, Queens, Prince and other Royals. But there was a problem. The Royals got tired of them getting served, and their kids getting brainwashed by being treated so well. So, they hired two kids, Bobby and Jeremy. Bobby and Jeremy were known as “BoJe”. The BoJes job is to simply take samples from humans in the ordinary world by just doing what humans do there. Next day the BoJe changed into their human suits and met their boss/scientist named Teddy. Then, they entered the teleportation ring and teleported to the Ordinary World.

In the Ordinary World it was summer. So, they did sailing summer camp. There were a lot of other children there. So, they didn’t get much attention, which in their case is good, because the teachers didn’t suspect that they were from the Royal World. The first thing they did in the camp was something called a capsizing test. A capsizing is when the boat flips over on the side the majority of the centerboard is on. To uncapsize you push the centerboard down and get on the boat. Bobby and Jeremy passed the capsizing test. The BoJe ate some lunch until they heard someone screaming “High Dock, High Dock”. Jeremy jumped from the high dock so many times and also got pushed on purpose. But, Bobby did not even jump once because he was so scared of it. Then the camp ended. They said bye to their teachers and left. They then called Tommy to make an invisible portal that only Bobby and Jeremy can see which Tommy made within seconds. They spotted the portal and teleported to the Royal World.

Back in the Royal World, they gave a lot of samples about life in the real world to Tommy in the lab. Tommy passed on the lessons from the Ordinary World to the Royals. Royals used their learnings to help their kids live a more realistic life.

- Neeral Bhandary



Worship Isn't Love

Yet you still snap your neck trying to catch a stare that disappeared long ago.

Devotion is stripped from the stone all that is left is distance – and that distance is always hungry.

Worship isn't love
it's a tower you built
thought by thought
thoughts you have turned into stone.

As the tower grows
you shrink into the ground.
They do not look down anymore
even while the air thins
the higher they climb.

When they notice you
it is not your face –
but your broken bones
crushed beneath a weight
you gave to them
as nothing
but an inconvenience
in their step.

- Prisha Parajuli

Best Wishes to our August Birthday Stars

Luniva Shrestha
- August 27



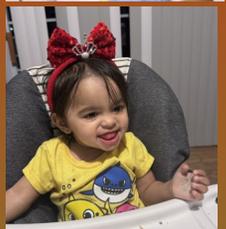
Manvi Wagle
- August 19



Samridhi Wosti-
August 9



Seisha Singh
- August 4



Sukriti Wosti
- August 18



Simrata Chaudhary
- August 8



Subodh Ghimire - August 30

Submit your birthday information with the pictures by via email by 20th of the previous month.



August

August is when school starts it's also national ice cream month. The average temperature is low 80s Fahrenheit - mid 60s Fahrenheit and it rains for about six days in the month.

August after the Roman emperor Augustus Caesar.

It is zodiac signs Leo Virgo August is also the month of harvest and it's the last month of summer in Northern Hemisphere, while is the last month of winter in the Southern Hemisphere.

August has two birthstones, a peridot and a sardonyx, and its birth flowers are gladiolus and Poppy. August is often cited as the most popular birth month. August was originally called Sextillis (means six months.) - **Avah Shrestha**

Sir Issac Newton



Do you know this English polymath? Yes, it is Sir Issac Newton. Known for his extraordinary work in physics and mathematics, he is best known for creating the laws of motion and universal gravitation and developing calculus by himself. His work deepened our understanding of the universe and opened our knowledge to much of modern science and engineering.

- **Rivan Panta**

Pros and cons of smartphones



Hi I am Sanvi Yadav and I am writing about the pros and cons of Smartphones. Some things that are good about smartphones like communication, talking to family and friends who live far from us, staying connected with the world via social media and retrieving valuable information etc. Communication is the vital function of smartphones. Another thing that is good about smartphones are in emergencies to get the needed help. You can also learn a lot of valuable information about the whole universe and also gain spiritual knowledge from it. I have started gaining knowledge about Ramanayan and Krishna from it as well. Some things that are bad about smartphones are that it gets you distracted and addicted. People don't get their work done because they are clinging onto their phones. I realized I was doing the same thing which was wrong using the smartphone. I was using the way I am not supposed to and I was getting addicted to it. But now I know and I am going to do the right thing using my smartphone and will try doing more productive work like learning how to cook and other things like reading, writing or coloring and productive learning etc., and spend less time on smartphone as much as possible. - **Sanvi Yadav**

NAC Temple Fund — August '25 Summary

Thank you all for attending August 2025 puja. And thank you for your contribution.

Thanks to our sponsors and devotees. Your presence and donation makes it possible to give the continuity to our regular monthly puja and gathering to imitate our religion and culture. Here is the summary of collection from August puja.

Total collection (Cash and Zelle): \$1737 (Includes \$500 check from ILPA for Walk&Bike.)

Total expense: \$290 (Temple \$225, Pandit \$50, Misc. \$15), Saving: \$947 + \$500 = \$1447

Number of NAC Trustees: 33 as of June 25

Total assets so far: ~\$200,000



The Barbecue Party -

Hi! Im Rajnish Yadav and I will be talking about The Barbecue Party.

First off the Food! The food was really good and I liked all of it.

Next off the games! there was a lot of games like Musical Chairs!

also VolleyBall! they were really fun!

Last but not least the whole party in general! It was really fun hanging out with my friend and family there! we did a lot of stuff together, so we made a lot of memories there!

That is all I have to say. So Thank you so much for reading this! - **Rajnish Yadav**

Fallen Angel



- **Aawhani KC**

NAC Walk Bike 2025 Summary

The NAC Walk Bike 2025 (July 26, 2025) to support education and mental health in Nepal was successful, thanks to the generous sponsors and dedicated community members. The event brought together families and individuals of all ages, promoting fitness and well-being while also making a meaningful contribution to enhancing education and mental health resources in the community and beyond.



The day began with a refreshing walk-and-bike adventure through the greenery, setting a refreshing tone for everyone. One of the most anticipated highlights was the Himalayan Momo Challenge, where momo enthusiasts of all ages came together, eager to test their appetites and compete by eating the maximum number of momo in the shortest time.

The kids' fundraising event was full of interaction and laughter! Each participant took turns drawing from the 'ASK ME' basket and answering thoughtful social-emotional questions—and they all did a fantastic job. Outstanding contributions from **Aadhya Subedi, Aishani KC, Aawahni KC, Anjali Das, Arvik Baral, Reeva Baral, Luni Shrestha, Prinsa Kumal, Ruben Kumal, Prisha Parajuli, Saina Bhusal, Suvav Bhusal, Shristi Hosakote, Stuti Dhungana, Srijia Kabra, Syon Gautam, and Deeya Phuyal** added a personal touch to the event, showcasing their love for Nepal and highlighting the talent and creativity of the younger generation. These young individuals displayed their entrepreneurial spirit by selling baked goods, refreshing lemonade, handmade jewelry, and beautifully crafted crochet items.

A big crowd favorite was the free Starbucks coffee station, keeping everyone energized throughout the day. In the afternoon, the youth had a blast playing volleyball and cricket, while the women joined in a lively game of Kabaddi before gathering for a delicious barbecue picnic.

The evening wrapped up with fun prize giveaways, heartfelt sponsor recognitions, and a special shoutout to our amazing chef, Mr. Peter Micheal Rodriguez, who poured his passion into grilling and serving up mouthwatering delights.

Event Video Highlight

<https://www.youtube.com/shorts/P9JwoexSGzk>

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