

SEPTEMBER 2025
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 198th Edition

Dharma protects who
protect it
धर्मो रक्षति रक्षित

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NEWSLETTER TEAM :

Ankur Sharma
Bishnu Phuyal
Yagna Pant
Binod Dhungel
Sarana Parajuli

CCT YOUTH TEAM:

Pramsu Parajuli
Krisha Pandey
Shristi Hosakote
Stuti Dhungana
Ayushka Joshi
Purnima Pathak
Anjali Das
Aditi Khanal



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Welcome to Chicago Chautari Times - 198th Edition



Freedom of mind and power of will

We know our mind is very unsteady. Unsteadiness or restlessness is its nature. Everybody understands that mind instantly can reach anywhere in place and any moment in time: past, present or future, and here, there and anywhere. It drifts from one thing to another: real or unreal, known or imaginable. It is really tough to make it stay at one thing or one theme more than a moment. It is that much instantaneous and that much unsteady, that much buoyant. If we contemplate upon it, or try to follow its' wondering, we find it mostly wondering, hardly focused on any point or thing.

Interestingly though, something within us knows this wonderful phenomenon well. But what we do not understand at all is when and how it has already jumped from one thing to another. This phenomenon is sort of deceptive even to the one who knows or realizes its nature. Apparently, the knower seems to know this only after the fact.

We settle that mind drifts away quietly without any hint, but the knower has this knowledge. The knower does not know what makes it switch from one thing to next. The knower also seems unaware who governs it and who commands to switch from one thing to the next? There seems to be no distinctive answer, except understanding that our mind is restless, need no rest and unrestricted to wonder anywhere and everywhere.

Therefore, this free mind has no constraints of any kind or limitations of any sort. It appears free to do anything, it may have a lot of deep-rooted desires. How to know what those desires could be? Nothing seems to be capable of applying restraint to its freedom. Likewise, it appears that nothing has any effect on controlling it. There tends to exist any law externally that applies to this free mind. So much so that it is apparently up to an individual what to think about or where to wonder around, a total freedom. But rather our senses seem to have effect to provoke it.

Such freedom of mind is bestowed equally to all. All the minds have same freedom without any partiality. Then we have to think how all the minds get this much of freedom equally, impartially and nothing restricting? And what for? We find it and experience it if we can somehow apply restraint, it or focus on a certain matter, a bit.

On the other hand, from our own inside with our own experiences, we know and say that we need to concentrate our mind or pay attention to each and everything important for us to achieve something tangible, something meaningful, something beneficial to ourselves or to others. For that, we have to control its freedom, which is we have to limit its wild mobility.

- 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.



The mystery of the past

Otzi the iceman is a mystery that everybody has tried to solve. 5,300 years ago, Otzi was climbing the huge alps of Italy. He was shot in an instant. He lay in the snowy alps, preserving his body from the past. Scientists predicted that he was on the run but in reality, he was not. Evidence that proves that he was never on the run is that he had a huge meal, half a pound of food consumed before his death. This would be ridiculous for somebody on the run because he wouldn't have the time to escape because by the time he would eat the meal he would've been tracked down and killed. My reasoning for this is because he would have a smaller meal and ran away. Another piece of evidence is that he was shot with an arrow from a far range. My reasoning is that he would've done a melee hand to hand combat if he knew that he was going to get tracked down. In conclusion, Otzi was an iceman who gave clues from the past generations and who the past generations were.

- Rasik Pant

Freedom of mind and power of will - Contd. From page 1

Otherwise, everyone knows a wildly wandering mind accomplishes nothing. So, we must not let the mind be unsteady but keep it steady. Steady minds can gain anything worldly or otherwise or to transcend ourselves to higher understandings. Any worldly gain or transcendental progress is possible only to those who have been successful to curtail restlessness and restrain the freedom of the mind, a mind that is bestowed to be free to choose or like.

We have our own experiences in such matters. So, the possibility of controlling our ability to check its freedom is also possible but not found in abundance among us but such achievement is found only in scarceness among humans. What we find or experience also is that a calm mind for a period of time is a method to tame it. Calming mind is allowing to have power of our will.

Hence, we say we have freedom of mind and also the power of will, both available at our disposal. And if we carefully use our will, we will be able to curtail the wondering and limit its freedom. Both are within us as if they are the two sides of the same coin, one remains in total freedom and another with potential to apply how much of that freedom to suppress and which thing to choose. This understanding is vitally important, and we know that very few of us have applied these powers, some have practiced it to some extent and some others completely failed.

Application of the freedom to act upon something upon some idea and take certain courses of action for one's benefit and curtail all the other freedom. It demonstrates that making mind steady for a certain period of time is possible. Using the willpower to select one thing and curtail all the other things is therefore a divine power each of us possesses. Inability to choose a useful one, letting mind remain in freedom and not controlling it through will power is not beneficial. Careful control and focus of mind are beneficial individually and collectively. Success and satisfaction or happiness arising with the understanding of these divine potential and powers are with us, within ourselves, equally available at all the time and place to all of us. No partiality, no limitations. It is our own experience, we have witnessed this, we know it in our memory and in our heart. We can also experience it externally everywhere with a bit of restraint in our mind. In summary, unwavering attention for a chosen objective is not restraining freedom; rather this is the application of the divine power of the freedom to think and use the will power to achieve that.

- Dr. Bishnu Phuyal

Best Wishes to our September Birthday Stars
Arohan Adhikari
 - September 1



Aashna Adhikari
 - September 18



Aditi Bhattarai
 - September 28



Aryash Adhikari
 - September 18



Chrisha Shrestha
 - September 5



Moksha Rijal
 - September 19



Nishan Pathak
 - September 30



Purnima Pathak
 - September 15



Sanvi Yadav
 - September 14



Shreena Gautam
 - September 30



Submit your birthday information with picture by 20th of the previous month.



Multiple universes

The word “multiverse” means multiple universes. Instead of just one universe where everything exists, the multiverse theory says there could be countless universes, each with different laws of physics, different galaxies, or even different versions of us. Some might look similar to our universe, while others could be completely unusual, maybe with no stars, no gravity, or particles that don't exist in our world.

Scientists didn't just make up the multiverse for fun. It comes from real science questions. There are a few main ideas that led to it. The first is the Big Bang Theory. Our universe started with the Big Bang about 13.8 billion years ago. Some scientists think the Big Bang might not have created just one universe, but many. The second idea is called cosmic inflation. After the Big Bang, the universe grew extremely fast. Some theories say this expansion could have created “bubbles” of space, each one of them becoming a separate universe. The third idea comes from quantum mechanics. In quantum physics, particles can exist in multiple states at once. Some scientists think every possibility creates a new universe. For example, if you flip a coin, in one universe it lands heads, and in another it lands tails.

Not all ideas about the multiverse are the same. One idea is called bubble universes, which says our universe is just one bubble in a giant space full of bubbles, and there could be endless other bubbles out there. Another idea is parallel worlds, which says there might be other universes that are very similar to ours. In those universes, there could even be different versions of you who made different choices in life. A third idea is called the many worlds theory. It says that every possible choice or event could create a new universe, so there could be countless universes all happening at the same time. The biggest problem with the multiverse is proof. Right now, we don't have proof that other universes exist. We can only see what's inside our own universe, so it is almost impossible to measure or test others. Some scientists say that if we can't ever detect them, then the multiverse is more theory like than science.

Even though we can't directly see other universes, scientists try to study the multiverse using math, physics, and other stuff from our own universe. They look at the cosmic background radiation, that's leftover energy from the Big Bang, to see if it shows signs of interactions with other universes. Some scientists also use advanced computer simulations to test how multiple universes could be. Even though this stuff cannot prove the multiverse exists, they help scientists explore the idea and develop new ways to understand the universe. The multiverse theory may sound strange, but it's based on real science and helps scientists explore big questions about space and reality. If multiple universes exist, it could explain why our universe has the right conditions for life, and it might mean there are other versions of reality we cannot see. Even though we do not have proof yet, studying the multiverse helps us understand the universe better and think about possibilities beyond what we can currently see.

– Anjali Das



Perfectionism

What is a concept that's
so good, never bad
Even so beautiful, like
gods given choice
As perfect as how light
shines day and night
“That's not possible, its so good, so clean
so Perfect”

Perfection is the prettier friend
That makes you wake up early mornings
And try so hard to look decent
While they effortlessly look divine
Perfection is that one student
Who doesn't study for anything
And yet still passes ever test
Perfection was my best friend
Part of me, family
That always clung to me
Trying to make me just like them
I remember them long ago
there when I was 5
Coloring in my drawings
Desperately trying to stay in the lines
Perfection stayed till I was 12
When middle school started
And everyone became cool
So I tried to go along with it
Perfection stayed till 15
When I thought I was smart
Then I started getting B's, C's, and D's
I didn't think it'd get in life so far
Perfection is everything, everywhere,
engulfs everyone
Perfection attacks you from behind
Wham, bam, with a slam
Perfection will give you a bear hug
When they think you have done a worthy job
Perfection is someone to let go
Because perfection wants copies
Perfection hates individuals
Who have beautiful, flawed traits and personalities
So take this as a lesson
To not let perfection haunt you
Because perfection in itself
Is not all that perfect as it seems
– Stuti Dhungana



The Cycle of Powerlessness

Addressing the matter at hand, the world is experiencing powerlessness, especially those with disabilities who are subject to negative attitudes and resistant to accepting help from others.

Researchers highlight that prejudice can make the struggles of disabilities worse, limiting their independence and causing them to feel helpless, “People with disabilities may feel that the barriers and negative attitudes toward them serve to augment their disabilities, decrease their independence, and enlarge their sense of powerlessness” (“Power”). The negative attitude mentioned in the quote shows how people with disabilities can make them question their abilities and the way they do simple daily tasks. All this can cause them to fall into a cycle of powerlessness. Society does not always provide accessible spaces for people with disabilities, causing them to be dependent on others. They cannot do simple activities themselves, and it enlarges their sense of powerlessness. This can cause them to feel that they do not have any power to help themselves, decreasing their independence.

Disabilities can also cause a person to feel trapped in a dimension where they have no power over their lives. This puts them in a spot where they need help but are too afraid to get or accept it, “Thus the dimension surrounding power and disability may put people in positions of needing help while also feeling resistant to accept help from others” (“Power”). Disability puts people in a position where they need help but refuse help from others or feel reluctant to. This can lower one's self-esteem and make them feel like they have no power to change their feelings. They feel like they are in a dimension where people with power surround them, while they feel powerless and have to watch everything happen from the sidelines. This demonstrates the truth about society because people with disabilities are getting used to having a negative attitude towards them and are afraid to accept help from others, causing them to fall into a cycle of powerlessness.

– Reeva Baral



Rooted Journey Reflection

Sunny, then cloudy,
Hot, then cold.

You're in the air so high—

Not low, fun or scary.

Arrive at a spot too much,

And then too many bites.

Growing into the mosquito season.

Go away—new places are fun.

Waiting for the next stop is awesome.

Back up high in the sky,

In a sleepy mood,

Middle of the night—see the hometown.

Feels like the motherland,

Dreaming of it all over again.

Summer break is awesome—

I learned more than I expected.

- Ruby Phuyal



ABOUT THRILLER

Thriller is a fiction genre in which there is excitement, suspense, tension etc. It is mostly related in movies. Thriller movies often bring the feeling of anticipation, anxiety and even fear in the audience. It typically features fast paced plots, unexpected twists, keeping the reader or viewer on the place. While they can

also overlap on other genres like horror, fantasy, and mystery, thriller prioritizes emotional experience of suspense and excitement.

TYPES OF THRILLER GENRE

Thriller genres have different types, such as:

Political thriller: - Explores political intrigue.

Crime thriller: - Centers around criminal activity and investigations.

Legal thriller: - Focuses on legal battles.

Domestic thriller :-

Supernatural thriller: - a genre that combines the suspense and excitement of thrillers with other elements.

FEATURES OF THRILLER GENRE

Fast paced plots: -Thriller often moves quickly

High stakes: - They often face danger or threats in real life.

Plot twists: - Unexpected event takes place in the scene.

Action-oriented: - Has both action and thriller flim.

So basically, thriller means suspense, tension and anxiety for the actor. It also creates a suspense for the reader and the viewer.

– Abhudaya Phuyal



Poetry Analysis

I am analyzing Edgar Allen Poe's poems *Lenore* and *The Raven* because they are connected. *Lenore* is a person mentioned multiple times in *The Raven*. The poem *Lenore* is about a man mourning and being angry at the loss of his wife. *The Raven* is about the same man starting to go insane due to the loss of his wife.

LENORE

The first paragraph of *Lenore* is the day of her funeral. It mentions the Stygian River which in Greek mythology the river Styx connects the Underworld and Earth. A bier is a portable frame in which a coffin or dead body is placed before burial or cremation. Another word that is mentioned is dirge which is a mournful song or poem.

The second paragraph of *Lenore* is the fiancé of Lenore being mad at the public. The first line "Wretches! ye loved her for her wealth and yet hated her for her pride;" shows an example of the previous statement. He also proceeds to call them evil eyes, and slanderous tongues. To be put simply the second paragraph is the fiancé being mad at the public for only liking his wife's wealth.

The third paragraph of *Lenore* is about how they think she went up to heaven. It also says things along the lines of: death is in her eyes but not in her hair. This implies that she is going to heaven due to the alive and good state of everything but her eyes.

Peccavimus is a word mentioned in the paragraph which is Latin for we have sinned. This is said by the public in response to the fiancé's words.

The fourth paragraph is about Lenore going to heaven and it being joyous instead of mournful. Occasionally people split this paragraph into 3 lines and 4 lines but in the example I've used it's 7 lines. The first 3 lines simply say Lenore has risen into heaven to sit beside God/ "King of Heaven." A word mentioned twice is "Avaunt" which means go away. In this context it is that Lenore has gone away from Hell. The last 4 lines simply state that the occasion is a good one because Lenore went to Heaven. Dirge is mentioned once again but a new word is "Paeon" which is a triumph or a joyous song.

In the end of this poem the fiancé is mourning the death of his supposed bride but by the start of *The Raven* he is beginning to go mad. Going off just the poems it's not clear how much time passed in between but based on his actions most likely not long. It says in *The Raven* that her funeral was in December but it doesn't say when *The Raven* takes place. He is already quite mad at the public for liking her only because of money. Then he gets a complete mood change from angry to happy when he realizes his fiancé went to Heaven.



Griefs Room

There it is, resting atop,
Among a golden frame.
An haunting spirit within,
In the room alone.

The memories lay, the stories relax,
For it only contributes to something else.
The candle lit and ready,
It keeps coughing smoke but won't die.

The fog departs, yet the ache lingers,
The room's reserved, with a being inside.
One that only I can see,
One that only I can feel.

The chair remembers more than I do,
It's very soul splits my reality.
It's occupied my soul,
And has swallowed my mind.

I've fallen into a spiral of nothing,
All with just the pain lasting,
I can't feel anything anymore,
My grief shall be everlasting.

It shalt stay in this room,
Hope it doesn't come out.
But it will always be attached to me.
For leaving it should not be.

- Syon Gautam



Roald Dahl: A Writer

Roald Dahl is a very famous British author. He was born in 1916 in Wales. He wrote books for children and young adults. His books were very funny and scary. Normally he named his books wired like Trunchbull, Mr. Bucket, Charlie Bucket, etc.

Roald Dahl used to be a World War II pilot. He enjoyed watching the wild life in Keniya during his flights. But his plane crashed and he survived fortunately. After the crash he started writing books for children and he wrote about the crash in his first published writing. He wrote many famous books and some of them are Fantastic Mr. fox, Charlie and the chocolate factory, The BFG, Maltida, etc. He

is very famous for writing children fiction books.

He got the idea of writing the book Charlie and the chocolate factory because he got to taste the Cadbury in chocolate factory when he was in school. He died at the age of seventy in 1990.

Some facts about Roald Dahl are as his parents were from Norway and later, he migrated to United Kingdom. He stood six feet and six inches tall. His nickname was Loft. He was also a diplomat and an intelligence officer. As he had experience in different fields, his books are also very interesting. - **by Anup Phuyal**



Violin 🎻

My name is Riya Phuyal. I just started playing the violin. It's very fun to play and it's not as hard as we think. Since I just started playing, I don't know that much stuff about it. I do my violin class at school. I had to choose an instrument in

5th grade at my school. I had an options pick band or orchestra. I chose orchestra. Band and orchestra are different because in band we play instruments that we need to use our mouth. In the band the instrument will be broken apart and we need to put it together, but in orchestra the instrument is already set up for you to play. In orchestra, we don't play anything with our mouth. Orchestra is not just the violin there are also more... They all look the same, but they just get bigger. So, if we want to learn the big instrument, we can choose a cello or bass. We use a thing called a bow. All instruments in orchestra use the bows. There are also strings on the violin. We use the bow to make the sound of the violin. At my school, we get little prizes if we practice everyday basis. You need to take care of your violin or any other instruments. The Instruments are VERY fragile. If it breaks, it's gonna be expensive to pay for. If we don't want to buy the violin (or any other instruments) we have an option for just rent it. It will be less money if we rent it. Don't let any instrument be left in a car because it could melt or crack due to extreme weather. If you play the violin or any other orchestra instruments, please don't touch the horsehair! The bow is made from horse's hair and it makes the violin's sound.

Namaste!🙏

- Riya Phuyal

NAC Temple Fund — Sept '25 Summary

Thank you all for attending Sept 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 emulate our religion and culture. Here is the summary of collection from June puja.

Total collection (Cash and Zelle): \$665

Total expense: \$279 (Temple \$225, Pandit \$50, Misc. \$4), Saving: \$386

Number of NAC Trustees: 33 as of Sept 25

Total assets so far: ~\$200,000

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