



BHAGAVAD GITA: Chapter 18, Verse 22

यत्तु कृत्स्नवदेकस्मिन्कार्ये सक्तमहैतुकम् ।
अतत्त्वार्थवदल्पं च तत्तामसमुदाहृतम् ॥ 22॥

yat tu kritsna-vad ekasmin kārye saktam ahaitukam
atattvārtha-vad alpaṁ cha tat tāmāsam udāhṛitam

yat—which; tu—but; kṛitsna-vat—as if it encompasses the whole; ekasmin—in single; kārye—action; saktam—engrossed; ahaitukam—without a reason; atattva-artha-vat—not based on truth; alpaṁ—fragmental; cha—and; tat—that; tāmāsam—in the mode of ignorance; udāhṛitam—is said to be

yat tu kritsna-vad ekasmin karye saktam ahaitukam
atattvartha-vad alpaṁ cha tat tamasam udahritam

TRANSLATION

BG 18.22: That knowledge is said to be in the mode of ignorance where one is engrossed in a fragmental concept as if it encompasses the whole, and which is neither grounded in reason nor based on the truth.

COMMENTARY

When the intellect is dulled under the effect of tamo guṇa, it clings to a fragmental concept as if it were the complete truth. People with such views often become fanatic about what they perceive to be the Absolute Truth. Their understanding is usually not even rational, nor grounded in the scriptures or in reality, and yet they zealously desire to impose their beliefs on others. The history of humankind has repeatedly seen religious zealots who imagine themselves as self-appointed champions of God and defenders of faith. They fanatically proselytize and find a few followers with the same kind of intellect, creating the phenomenon of the blind leading the blind. However, in the name of serving God and religion, they create disruption in society and obstruct its harmonious growth.



Is it your Birthday Today?

OCTOBER 2

Ruled by number 2 and the planet Moon. You are simple, friendly, cooperative and love peace and harmony. You are full of new and innovative ideas and simply a perfectionist in whatever work you decide to do, but you need to control your tendency to be moody, jealous and fickle-minded at times.

This year you would change plans more often than usual. You would be working closely with known people who would influence your decisions. Both your earnings and your expenses would be high. It is a period to spend as per your budget. Frequent and fruitful journeys are likely to keep you on the move. Later in the year, influence of a spiritual person would be a source of inspiration in your life. Health would definitely need more attention, especially for those suffering from asthma, bronchitis and high blood pressure. The months of December, April and July will prove to be significant.

8 Ways to Find the Courage to Leave Your Comfort Zone

It's easy to get into a rut. We feel comfortable, but not engaged. Things that used to excite us seem ordinary. The problem is that, we've let life become ordinary. We need to find ways – even small ones – to make life exciting again.

It takes courage to leave your comfort zone, but you will reap the reward of your efforts in spades. Discover why it's important to take chances. Use these eight tips to make your life extraordinary.

Why It's Important To Leave Your Comfort Zone

We've got ONE life to work with, and only so much time to live it. The secret to making life extraordinary is spending your time wisely. If everything in your life feels perfect right now, kudos to you.

You're doing something right. If, on the other hand, you feel like something's missing, it's time to change that. You're going to need to do something differently. This typically requires you to step (or leap!) out of your comfort zone. Once you make up your mind to live an extraordinary life, you can make it happen.

1. Set a goal and write it down.

The first step to leaving your comfort zone is to figure out your goal. Define it and write it down. You are more likely to achieve them if they're written.

If you're Charlie Brown and you dream of talking to the Little Red-Haired Girl, write, "I will introduce myself to the Little Red-Haired Girl and ask for her name.

I'll get her number, and we'll get ice cream after school next week." Don't sell yourself short by stopping at the introduction. Dream big and take it even further.

2. Imagine you have NO other option.

Now that you've defined your goal, imagine that you have NO other option but to go for it. Take away the choice element and convince yourself that it's something that must be done.

After living in seven different states, I didn't have much choice but to jump right into new situations. At first, I felt nervous about approaching strangers and making small talk.

I soon learned I needed to make the first

move if I ever wanted to make a friend. If you're not forced into a situation that makes you want to leave your comfort zone, pretend you do.

3. Smile – fake it 'til you feel it.

A smile is a magical thing. Even if you're faking it, research shows that you can make yourself feel better just by smiling. Our bodies work in amazing ways.

A smile will make you feel more confident as you tell yourself, "I can do this." Your smile also attracts others and they will smile back, providing that little extra confidence you may need. It's such a simple solution, yet one we often overlook.

4. Take it one step at a time.

If you're feeling especially timid about trying something new, you don't need to push yourself to the extreme. Set smaller and shorter term goals for yourself.

For example: I'm scared of heights, but I wanted to face my fears. So, I decided to try rock wall climbing. I broke down my goals into:

- Signing up for a class at the gym.
- Doing the training session.
- Picking three spots on the wall I wanted to reach.
- Reaching the top.

I never made it all the way to the top, but I did make it through the third step and I was proud of what I accomplished.

By breaking down your goal into smaller steps, you can measure your progress AND success can be reached in multiple levels.

5. Jump into the deep end.

Maybe you're not built to wade into the pool one step at a time. It may feel like torture to take it slowly. Rip off the band-aid or jump in the deep end and simply go for it.

Psyche yourself up before you jump by telling yourself you have the courage to do this. If necessary, get someone to push you from behind.

Imagine how good it will feel when you get to that new job or once you move to an exotic place. To get that rush, your only choice is to grab the opportunity while it's available.

6. Consider life without chocolate.

Think about your favorite foods, activities, places, and people. Now imagine your life without them. One of the main reasons to leave your comfort zone is that you don't know what you're missing until you've tried it.

Imagine never eating ice cream or never visiting the ocean because you felt afraid to travel, or try new things. What if you never felt confident enough to talk to the Little Red-Haired Girl.

The path not taken may be the one leading you to greater happiness, health, and success. However, you won't know where the path leads unless you start walking down that road.

7. Envision your better future self.

Give yourself the courage you need by imagining how your life will be enhanced by trying new things. Writing down your goal is an important step in achieving success, but so is envisioning the end product.

Picture your future self a month from now or a year from now. Imagine what that improved life looks like. If you imagine the worst-case scenario as well, you'll probably realize that it's not that bad. Focus your attention on your better future self.

Not only will this exercise help you achieve your goal, it will also give you the confidence you need to step out of your comfort zone.

8. Remind yourself that new possibilities keep us growing.

Trying new things energizes us and keeps us out of a rut. New possibilities are the spice of life. You may take up a guitar class or join a sports club. You may go after that dream job.

Even small changes, like taking a different route to work, can make us feel happier. Whatever step you can take towards making your goal a reality, you should take that step.

While this quote has been incorrectly attributed to Mark Twain, it's still sound advice:

"Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did."

You've got NOTHING to lose by trying. Go ahead; leave your comfort zone and see what happens.

Word Of The Day

CHTHONIC

adjective | THAH-nik

What It Means

Chthonic means "of or relating to the underworld." It is used as a synonym of infernal.

// Cleo compared entering her brother's basement bedroom to a descent into

chthonic regions: it was dark and odd-smelling, and she was a little frightened of what she might find there.

CHTHONIC in Context

"Before the backdrop of a magmatic cavern stand three adventurers: a warrior, a mage, and a trickster who, with a roll of the dice, are preparing to defeat a tentacled chthonic beast." — Christopher Cruz, Rolling Stone, 14 May 2024

Did You Know?

Chthonic might seem a lofty and learned word, but it's actually pretty down-to-earth

in its origin and meaning. It comes from chthōn, which means "earth" in Greek, and it is associated with things that dwell in or under the earth. It is most commonly used in discussions of mythology, particularly underworld mythology. Hades and Persephone, who reign over the underworld in Greek mythology, might be called "chthonic deities," for example. Chthonic has broader applications, too. It can be used to describe something that resembles a mythological underworld (e.g., "chthonic darkness"), and it is sometimes used to describe earthly or natural things, as opposed to those that are elevated or celestial.

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS.
SEND YOUR SOLUTIONS AT: EARTHNEWSROOM@GMAIL.COM

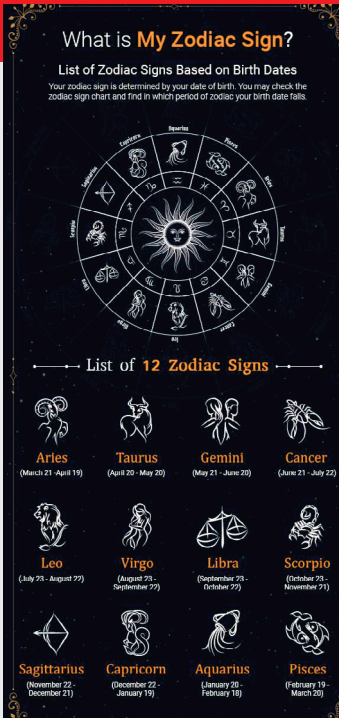
		3		8				
	9		2			4		
	6	2		9		8		1
					9	4		
4	8		5		6		3	9
		9	8					
3		6		1		5	7	
	7				2		6	
				3		9		

SOLUTION OF PREVIOUS PUZZLE

3	2	6	5	4	7	8	1	9
5	4	8	9	3	1	6	7	2
7	9	1	8	2	6	5	3	4
6	5	9	4	1	2	7	8	3
1	7	4	3	9	8	2	6	5
2	8	3	7	6	5	4	9	1
4	6	5	1	8	3	9	2	7
8	3	7	2	5	9	1	4	6
9	1	2	6	7	4	3	5	8

Solved By: Jigmat Dolma, Dolma Lamo, Sketma Angmo & Sonam Outhzar

STARS & PLANETS



■ **ARIES:** You may have gotten yourself tangled up in a deep mental drama over a series of recent incidents, Aries. Your mind may be working overtime in order to solve the riddles. It's quite possible that the reality of the situation is that you're simply making a big deal over nothing. Today is one of those days in which you will face the harsh reality that comes as a consequence of your over-the-top thinking.

■ **TAURUS:** You may feel as if your smile is unwelcome today, Taurus. It may seem to you like there's some sort of gloom and doom to people's attitudes that makes them unwilling to accept any sort of good news. Don't let this stop you from maintaining your own cheerful state. It's important that you not probe too deeply into the reasons behind other people's behavior now.

■ **GEMINI:** Keep careful track of things today, Gemini, for you will find that the smallest detail will make the biggest difference. Don't hesitate to go with your hunches when something simply doesn't sound right. Stay focused and try not to get caught off guard when emotional issues come out of nowhere and disturb your thoughts. Trust yourself regardless of what's going on around you.

■ **CANCER:** You may feel as if your hands are tied today and you're faced with absolutely no options, Cancer. Don't despair over a situation that seems insurmountable. Think of yourself as a terrific magician who can burst out of the strongest chains. You have tricks up your sleeve that can help you escape just about any situation in which you find yourself.

■ **LEO:** This is a good time to take a stand on an issue that you may have been vacillating about lately, Leo. People will lose confidence in you if you can't seem to make up your mind. What they don't realize is that you've been working overtime to process all the information. Now it's time to express orally what you've discovered mentally.

■ **VIRGO:** Today is one of those days in which you will be bursting at the seams to share big news with your friends, Virgo. Perhaps you just received an important package or piece of information and you can't wait to spread the news. Be careful about who might be lurking around, however, because there could be others listening in. They may not necessarily be acting in your best interests.

■ **LIBRA:** Your reluctance to speak could get you in trouble today, Libra. You may hesitate to share what you know for fear of what others might think. You should realize that you're using this as an excuse to hide what's really just selfishness. Share your knowledge with others and you will be amazed at the knowledge that comes back to you in return. Keep in mind that you may need to wait for it.

■ **SCORPIO:** There may be a great tension between you and someone older today, Scorpio. Perhaps there's someone who's adopting a sort of "parent knows best" personality that's starting to annoy you. Take a breather. Realize that this person isn't being critical or judgmental but just giving you advice. You should open your eyes and understand that this advice could be very useful.

■ **SAGITTARIUS:** There's apt to be a comfortable feeling about today that should make you feel quite secure and nurtured, Sagittarius. Perhaps you're feeling protected by a strong force, maybe an internal one, that's reminding you that as long as you stay within the lines, everything will be fine. There's a familiarity to things that will make it easy for you to navigate any rough waters.

■ **CAPRICORN:** You could feel like a rat in a maze today, Capricorn. Walls and long, narrow corridors take you around corners and through doorways, yet there's no indication that you're going in the right direction. Instead of wandering aimlessly, stop and ask for help. You might not have noticed that if you look up, there are knowledgeable beings there who are willing to give you advice based on their lofty perspective.

■ **AQUARIUS:** Don't get so stuck in your ways today that you insist on having the one true answer without really considering the options. You must be aware of a lot before you commit yourself one way or another. The people around you are apt to get annoyed with your narrow-mindedness, for this is how you will be viewed unless you stop and take a considered look at the whole picture.

■ **PISCES:** Quietly step into the background if things aren't going the way you'd like, Pisces. Don't try to stick your nose into someone else's business, even if you think you know the right way to proceed. People probably have strong opinions, and they won't be swayed in any direction. The best you can do is take care of yourself. You will probably find that this means you shouldn't be seen or heard.