



**BHAGAVAD GITA: Chapter 1, Verse 43**

**दोषैरेतैः कुलघ्नानां वर्णसङ्करकारकैः ।  
उत्साद्यन्ते जातिधर्माः कुलधर्माश्च शाश्वताः ॥ 43॥**

doṣhair etaiḥ kula-ghnānām varṇa-saṅkara-kārakaiḥ  
utsādyante jāti-dharmāḥ kula-dharmāś cha śhāśhvataḥ

doṣhaiḥ—through evil deeds; etaiḥ—these; kula-ghnānām—of those who destroy the family; varṇa-saṅkara—unwanted progeny; kārakaiḥ—causing; utsādyante—are ruined; jāti-dharmāḥ—social and family welfare activities; kula-dharmāḥ—family traditions; cha—and; śhāśhvataḥ—eternal

doshair etaiḥ kula-ghnanam varna-sankara-karakaiḥ  
utsadyante jati-dharmah kula-dharmash cha shashvatah

◆ **TRANSLATION**

BG 1.43: Through the evil deeds of those who destroy the family tradition and thus give rise to unwanted progeny, a variety of social and family welfare activities are ruined.



**Causes of Low Self-Esteem in Children**

**L**ow self-esteem in children leads to adults with low self-esteem. In fact, low self-esteem is one of the main reasons that people enter therapy with me. The reasons that they have developed low self-esteem are often varied.

Despite this, there seem to be some common themes that individuals with low self-esteem share. These are concerns that have plagued them, often their whole life, and followed them into their adult life.

Understanding what causes self-esteem in children will help these clients work out their emotions. Otherwise, they will continue to lose opportunities if it is not worked out.

If you are struggling with low self-esteem, it is encouraged that you seek some type of help and support to work through this problem. Therapy will help you be the best version of yourself that you can be.

It will also help future generations of children grow up with better self-esteem. So what are these common themes that cause low self-esteem?

**Struggling academically without parental or scholastic support increases low-self esteem in children**

Children who have a hard time in school or even in a particular subject are at an increased risk of suffering from low self-esteem. Especially if they do not receive the help and support they need at school or at home. Reach out to your child's teacher and guidance counselor to discuss the issues.

They feel "stupid," and ill-equipped. These kids have no way of knowing if others are struggling as well, but they often feel like they are the only person who does not understand.

This makes them feel like they cannot be successful, and that they are not smart at school. The sad thing is that with a little support, this issue can often be resolved.

All it takes is an adult figure to notice they are struggling and intervene. While parents and teachers are over-worked and tired themselves, perhaps if they understood the long-term implications of the matter, they would find a way to help.

Often it does not take much to help the student and turn the situation around. Have a conversation with your kids about bullies and not putting stock in other people's opinions.

**Bullying is another cause of low-self esteem in children**

Children and teens who are bullied, teased, and put down develop a negative self-image that can carry over into their adult lives. If parents, other trusted adults, or a solid peer group do not step in to undo the damage that a bully is causing, the individ-



ual can hold on to this pain. This pain can cause a negative self-image that lasts a lifetime.

A child that is told they are fat and stupid just a single time can hold on to that belief throughout their lives. They believe what the bullies are saying and internalize it.

Some even believe that they deserve it. There are so many individuals who grow up with low self-esteem and a negative self-image because not a single person stepped in and stood up for them.

Someone telling them that what they were being told was not true could have made a difference. Such a simple act of kindness or courage could change the way an individual views themselves for the rest of their lives.

At a minimum, they know that there was someone in their lives that cared enough to tell them differently. Praise your kids daily, and make sure they see you offer praise to strangers throughout the day.

**Another cause of low-self esteem in children is suffering trauma during a developmental time**

This could be physical, emotional, or sexual abuse. These kids need help to work through the trauma at this essential point in their lives. Otherwise, the trauma could have a permanent impact on the way the individual sees and feels about themselves.

Trauma can make the person feel like they did something wrong. They might feel like they were not good enough, or as if they deserved the abuse.

Being physically or emotionally violated leads many to believe that it was their fault. Even if they know it was not, they know no one stepped in and protected them or stood up for them.

This makes them feel like they were not worth that protection, or that there was a reason they were

traumatized. If they do not get help to work through these issues, they won't learn that what happened was wrong and undeserved.

Instead, these issues of low self-esteem and low self-worth follow them throughout their lives.

**Society and the media can also affect a child's self-esteem**

Despite progress, we still present young people with unrealistic images of what they should look like, and what makes people popular. From air-brushed pictures to models with unattainable figures, youth are left believing that this is what they are supposed to look like.

Then they feel worthless if this is not what they can achieve. Social media presents them with poor role models who are famous for displaying negative behaviors.

These people are praised for accomplishments that are not admirable. However, when the person cannot accomplish even a fraction of what they see, despite their hard work, they feel like a failure.

They do not realize that what they are comparing themselves to is not reality. It is not easily attainable.

They are left thinking that they are a failure because no one has stepped in and explained that what they are seeking is not reality. Teach them it is ok to chase their dreams but show them how to make an actual goal. Adults can point out what their kids have achieved. These same adults should help them set realistic goals that make them feel good about themselves.

Encourage them and give them the tools they need for success. We can all do our part to help improve the self-esteem of the children around us. Let's ensure the future generation has the right foundation to grow!

*Word Of The Day*

**GOURMAND**

noun | GOOR-mahnd

**What It Means**

A gourmand is a person who loves and appreciates good food and drink. Gourmand can also refer to someone who enjoys eating and drinking to excess.

// He was a gourmand who retired to New Orleans

to live close to the cuisine he loved best.

**GOURMAND in Context**

"... the deck sports a dining area with a barbecue and pizza oven for gourmands." — Rachel Cormack, Robb Report, 27 Oct. 2023

**Did You Know?**

When gourmand first appeared in English texts in the 15th century, it was no compliment: gourmand was a synonym of glutton that was reserved for a greedy eater who consumed well past the point of

satiation. The word's negative connotation mostly remained until English speakers borrowed the similar-sounding (and much more positive) gourmet from French in the 17th century to describe a connoisseur of food and drink. Since then, while the original, unflattering sense of gourmand has remained, it has picked up an additional, softer sense referring to someone who appreciates, and has a hearty appetite for, the pleasures of the table. More recently, gourmand has expanded beyond cuisine and into the world of perfumery: fragrances that evoke edible pleasures are called "gourmands."

**Is it your Birthday Today?**

**JANUARY 22**

Influenced by number 4 and the planet Uranus, you are energetic, methodical, and systematic and possess an attractive personality. You are highly social and helpful.

This year you will feel more secure with your prevailing job and your monetary position will also improve. Overseas ventures will be highly lucrative. This might not be the perfect year for matters relating to your heart and forming a matrimonial alliance. Money transaction however should be made carefully. Some losses due to speculation or hasty decision during this period cannot be ruled out. Businessmen will sign new and important contracts. The latter half of the year will see you undertake a pilgrimage, which will bring you mental comfort and peace. The months of January, May, July and September will be highly result oriented.

**SUDOKU PUZZLES**

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: [EARTHNEWSROOM@GMAIL.COM](mailto:earthnewsroom@gmail.com)

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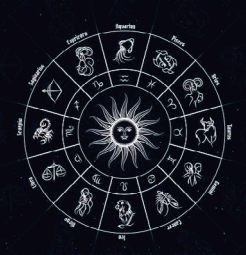
**SOLUTION OF PREVIOUS PUZZLE**

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

**STARS & PLANETS**

**What is My Zodiac Sign?**

List of Zodiac Signs Based on Birth Dates  
Your zodiac sign is determined by your date of birth. You may check the zodiac sign chart and find in which period of zodiac your birth date falls.



**List of 12 Zodiac Signs**



■ **ARIES:** You've always been interested in the arts, and now you want to explore that interest on a deeper level. A visit to a museum isn't likely to do the trick, Aries. Instead, why not enroll in a class or sign up for a lecture series? A few artists, in particular, capture your interest. Make it a point to concentrate on them first.

■ **TAURUS:** Errands seem to rule the day. You spend most of it in the car, running hither and yon. Don't be surprised if you run into an old friend you haven't seen in a while. The casual pleasantries you exchange could develop into something more. Perhaps you will discover a common interest and decide to build a business based on it. Keep your eyes (and mind) wide open.

■ **GEMINI:** The planetary configuration makes you likely to reap the benefits of all your hard work, Gemini. The little windfall you receive is nice, to be sure, but don't think of all of it as fun money. Put a good amount aside in a savings or investment account. You can use the rest to kick up your heels a bit. Why not invite a friend to dinner at the nicest restaurant in town?

■ **CANCER:** Keep your mind on the present, Cancer. As much as you'd like to be somewhere else, your daydreaming is getting out of hand. If you're sincere in your desire to explore other lands, begin some research. For now it's better to focus on any problems that make you want to run away. Open a dialogue with anyone with whom you've had a misunderstanding. You will find this brings immeasurable relief.

■ **LEO:** There's passion in the air today, Leo. You can feel it. The feeling is so strong that the air almost pulsates. What are you going to do about it? If you're in a romantic relationship, plan an intimate evening together, free of chores and daily tasks. If you're single, peruse your little black book and see if there are any relationships worth warming up.

■ **VIRGO:** Has the opposite sex always been so attractive? Today they seem especially so, Virgo, and capture your attention right and left. One person, in particular, you've always considered a platonic friend, but today seems interested in you romantically. Perhaps this person is just picking up on your vibes. He or she may make a wonderful partner, so don't immediately dismiss the idea.

■ **LIBRA:** Your poise and gracious nature serve you well now, Libra. The best thing you can do today is spend time around other people. Go to a party or other social gathering tonight. The evening is bound to be a resounding success as you radiate warmth and energy and people respond in kind. Allow everyone the pleasure of basking in your glow.

■ **SCORPIO:** Creativity and romance are a good combination, Scorpio, and today both are in top form. Why not get out the good stationery and craft a love note that will set that special someone's heart aflutter? Cater to your romantic nature, ideally with a partner at your side. Even if you're alone, a bubble bath will do wonders for your soul.

■ **SAGITTARIUS:** Is a bit of redecorating in order? This is a perfect time to spruce up your home. Rather than rush into a project that you might later regret, Sagittarius, it's better to spend the day with color and fabric swatches. Once you're happy with a scheme, then you can pick up a paintbrush. Think hard before making a decision.

■ **CAPRICORN:** You have the creative ability to make a real go of your music or writing. Why not put it to better use? Are you afraid to take the risk? Today you may be inspired to rise above your fear as you read a book or hear a piece of music that moves you to want to create one of your own. It's never too late to get started, Capricorn.

■ **AQUARIUS:** Prosperity isn't just around the corner - it's here, Aquarius. Your finances are looking better than ever. Don't rely on this money, however. The whole point of a windfall is that it's unexpected, and thus can be used for luxuries or indulgences that you wouldn't normally allow yourself. If you begin to spend a windfall before it arrives, it's no longer a windfall but just another paycheck.

■ **PISCES:** You've never looked better, Pisces. As a result, people are drawn to you and you have an unusually large circle of friends. This is fun but time consuming, as everyone seems to want a piece of you. Try to keep your feet on the ground. Don't let your vision become clouded by all the flattery you receive.