



BHAGAVAD GITA: Chapter 7, Verse 21

यो यो यां यां तनुं भक्तः श्रद्धयार्चितुमिच्छति ।
तस्य तस्याचलां श्रद्धां तामेव विदधाम्यहम् ॥ 21॥

yo yo yām yām tanuṁ bhaktaḥ śhraddhayārchitum icchhati
tasya tasyāchalām śhraddhām tām eva vidadhāmyaham

yah yah—whoever; yām yām—whichever; tanum—form; bhaktaḥ—devotee; śhraddhayā—with faith; architum—to worship; icchhati—desires; tasya tasya—to him; achalām—steady; śhraddhām—faith; tām—in that; eva—certainly; vidadhāmi—bestow; aham—I

yo yo yam yam tanum bhaktaḥ śhraddhayarchitum icchhati
tasya tasyachalam śhraddham tam eva vidadhamyaham

TRANSLATION

BG 7.21: Whatever celestial form a devotee seeks to worship with faith, I steady the faith of such a devotee in that form.

COMMENTARY

Continued from previous edition...

Let us look at this example of parents giving dolls to their small children. The child plays with these dolls as if they were real people and develops love and affection towards them. The parents are aware of the child’s innocence, yet they encourage this play to help the child develop the qualities of love, care, and affection towards other people. These qualities will help children become socially responsible when they grow up.

Similarly, our eternal parent God is aware of our ignorance. Hence, when He finds that some souls engage in worship of the celestial gods for material gains, He helps them by steadying their faith. He is aware that this experience will help in the evolution of the soul, and once they acquire true-knowledge that the Supreme Lord is the summum bonum or the highest good of everything, they will surrender to Him.



Is it your Birthday Today?

DECEMBER 6

If you are born on this date, number 6 and Venus rule your life, giving you creativity, charm, and a nurturing nature. Your presence often brings harmony to your surroundings, making you well-loved by those close to you. This year highlights recognition in your profession, especially in creative or artistic pursuits. Financial stability will improve, though you should monitor expenditures to avoid imbalances. Collaborations and innovative projects will thrive, giving you opportunities to shine. In personal life, relationships will strengthen as you spend quality time with loved ones. For singles, a meaningful romantic connection may blossom, adding joy to your life. Healthwise, focusing on mental well-being, relaxation, and self-care will sustain your vitality. The months of October, November, and April will be pivotal, offering career advancements, financial achievements, and emotional satisfaction. Use these months to consolidate your goals and enjoy fulfilling connections.

Ten Things My Mother Was Always Right About

Back when we were young and stubborn, it pained us to admit the times when our mother was right about things. As we grew older, we came to accept these tokens of wisdom from the woman who brought us into this world because she was usually right.

Now check out the ten things my mother was right about below!

1. You're never fully dressed without a smile

As any teenage girl can do so well, I could look bored and uninterested at any given time. More often than not, when I left the house, my mother would call after me, “You’re never fully dressed!” It was her way of telling me to smile, which I typically scoffed off with a groan and an eye roll for good measure. Turns out, a smile really does complete you. It sets your mood and opens you to positive interactions throughout your day.

2. My mother would check out dessert first

Mother isn’t shy about asking to see a dessert menu and would check if they will run out of anything.

What I took from that into adulthood is to plan ahead for treats and indulgences. Having something special to look forward to and planning the rest of your meal – or day – knowing you’ve got creme brulee, a massage, vacation, drinks, etc.- coming up lets you indulge but keeps you from overindulging.

3. Those friends she didn't like

It’s like a sixth sense! Even if she didn’t say it, I had those friends growing up that I could tell she wasn’t crazy about. I don’t know how, but those friends she truly liked are still friends of mine to this day! Moms can be character readers, much like dogs, so pay attention if she doesn’t trust that new guy; she may be onto something.

4. Mother was right when she said don't sleep the day away

Mumbling for my mother to leave me alone as she tried to pry me from my bed at 1 p.m. was a routine weekend occurrence for some time. I didn’t think there was anything to miss out on before mid-afternoon.

Boy, was I wrong! Now in my 30s, I have dubbed 9 a.m. my “Power Time” because I have trained a client, worked out, walked the dog, and am on to coffee, fully energized and ready to take on the day.

There is a unique energy in the morning hours that is yours for the taking.

Whether you use that time to exercise, meditate, or simply have a few moments to enjoy your coffee in solitude, don’t let this time slip by unaware.



5. Just try a salad

I wasn’t a picky eater, but I didn’t eat a salad until mid-high school, and my standard Subway order was bologna, cheese, and mustard. Like pretty much any other mom out there, my mother insisted that I at least try a salad with dinner.

She wore me down, and as my taste buds changed, I craved a good salad! This goes for any food you may have avoided as a child. Trying things can open a world of flavors and recipes that often become your new favorite food in adulthood!

6. Unfair teachers prepare you for unfair people

Whenever I complained about a teacher – basically every day once middle school hit – Mother would remind me there would be unfair bosses and people I’d have to learn to work with for the rest of my life.

While this didn’t make 15-year-old me feel better, she – once again – was totally right! Learning to brush off condescending comments and not taking things so personally is a life skill you will use in both work and play.

7. Busy work has a point, according to my mother

I distinctly remember a mandatory college course with projects that had no relation to my major and no apparent purpose other than taking up time. I moped about the work being pointless and a waste of time, but my complaints were met with opposition.

Mother told me this was an exercise in persistence. All I could see then was how this project was a waste of my time; it wasn’t accomplishing anything, and I wasn’t learning anything new. Now, I see that I learned to endure.

I learned how to press on when things seemed pointless, which is a trait that serves you well in many areas of adult life.

8. There's better music out there

Both parents were thankful when I outgrew the boy band craze of the 90s. They played various music in the house, but I was completely immersed in all things Backstreet Boys as a teen. Eventually, I found my way to genres outside of Top 40 Pop, but the bigger takeaway is not getting stuck in one genre or era of music. It’s insanely easy, nowadays, to discover artists who are nowhere near mainstream yet doing really cool stuff! Using Pandora, Spotify, or delving into a genre you know nothing about expands your creative side and feeds your soul!

9. Mother knew what she was doing when she said shop for feel-good clothes

I still make fun of my mom for holding an item of clothing and inevitably saying, “This has a great weight!” At 15, that meant nothing to me. Was it “in”? Did it make me look cool? Thin? Pretty? Finally, I get what she means, and I’ve actually uttered those same words I scoffed at years earlier.

Dressing in clothes that make you feel great is important as an adult. You look more confident and feel better about yourself; it’s a total mood-booster!

10. A home should feel lived in

Mother always joked that I didn’t know what a vacuum cleaner was. This is a huge exaggeration, but she meant she didn’t bark at people to take their shoes off or follow them around with a dustbuster. Things had their general space, but crosswords and books sat on the table, and comfort took precedence over photo-shoot-ready decor and furniture.

I’d have friends come home with me from college, and all say: your house is so cozy! They say this in awe, and it makes me feel proud! People instantly feel at home and not like they can’t touch anything. I like to think my apartment here in Chicago has that same feel. My home is thought out and tidied up, but you can always tell what I’m reading and where my favorite spot to sit is.

Word Of The Day

INOCULATE

verb | ih-NAHK-yuh-layt

What It Means

To inoculate a person or animal is to introduce immunologically active material (such as an antibody or antigen) into them especially in order to treat or prevent a disease. Inoculate can also mean "to introduce (something, such as a microorganism) into a suitable situation for growth," and in figurative use, it can mean "to protect as if by inoculation" or "to introduce something into the mind of."

// In 1796, the English physician Edward Jenner discovered that inoculating people with cowpox could provide immunity against smallpox.

// The cheese is inoculated with a starter culture to promote fermentation.

INOCULATE in Context

"Truffle farmers ... inoculate oak or hazelnut seedlings with truffle spores, plant the seedlings and wait patiently often a decade or more for the underground relationship to mature. The eventual harvest is a reward for years of cooperation between tree and fungus." — David Shubin, The Weekly Calistogan (Calistoga, California), 30 Oct. 2025

Did You Know?

If you think you see a connection between inoculate and ocular ("of or relating to the eye"), you have a good eye—both words look back to oculus, the Latin word for "eye." But what does the eye have to do with inoculation? Our answer lies in the original use of inoculate in Middle English: "to insert a bud into a plant for propagation." The Latin oculus was sometimes applied to things that were seen to resemble eyes, and one such thing was the bud of a plant. Inoculate was later applied to other forms of engrafting or implanting, including the introduction of vaccines as a preventative against disease.

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1		4			2	8	5	
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SOLUTION OF PREVIOUS PUZZLE

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

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
(Mar 21 - April 19)

Taurus
(April 20 - May 20)

Gemini
(May 21 - June 20)

Cancer
(June 21 - July 22)

Leo
(July 23 - August 22)

Virgo
(August 23 - September 22)

Libra
(September 23 - October 22)

Scorpio
(October 23 - November 21)

Sagittarius
(November 22 - December 21)

Capricorn
(December 22 - January 19)

Aquarius
(January 20 - February 18)

Pisces
(February 19 - March 20)

■ ARIES: Today the cosmic conditions are great for peak physical and mental energy. You'll be able to take on almost anything. With an added increase to your confidence level, now is the time to take steps toward your biggest goals. Rather than worry about rejection, think, "Nothing ventured, nothing gained." Even though you aren't big on taking risks, the ones you take today will be worth it.

■ TAURUS: Expect to enjoy today. You're in great shape and operating at peak performance. These are excellent conditions for working or creating. Given the chance, your mind will teem with innovative ideas. Put effort into everything you do today. If the opportunity comes up to participate in a new venture, give it serious thought. It could be a smart move.

■ GEMINI: The energy today means you'll feel on top of the world. Given your usual hardworking nature, you may need to keep an eye out for exhaustion. While the extra strength, health, and mental sharpness give you tremendous support to get a lot done, you have to know when to quit for the day, too. Save some of that energy for social or recreational activities.

■ CANCER: You're off to an excellent start. If you've felt a little weary lately, this will change. Added mental and physical strength is available to you. Things that seemed difficult yesterday will come easily today. Take out any projects or to-do lists and go for it. Things will be finished before you know it, and you'll still have a smile on your face. Know when to quit, though. You don't want to overdo it.

■ LEO: You might feel like you have more energy today than you usually do. Whether the tasks ahead require physical strength or mental acuity, approach them with confidence. Things come easily and readily, and you can accomplish a great deal. Take a little of this energized time for socializing with a friend or engaging in your favorite hobbies. There's no need to direct it all into serious matters.

■ VIRGO: Expect to start your day with renewed strength and energy. Almost everything on your to-do list will fall into place. You can approach your projects with confidence and vigor because you can do what needs to be done. If there's something you've wanted to take on or start, you'll be hard-pressed to find a better day. Make the most of the confidence surge. There's nothing you can't handle.

■ LIBRA: This will be one of those days when you're glad to get up. The energy is exceptionally positive. You'll probably feel energetic, confident, and ready to get down to work on your projects. This in combination with your tendency to work hard can have you going strong. Don't overdo it. Take some time to smell the roses and take a little rest.

■ SCORPIO: It's going to be a great day to get things done. Cosmic conditions will have you feeling energetic and raring to go. If there's a list of things to do waiting for you, grab it and get going. You might need to resist the temptation to spend time socializing. If you focus on your priorities, you'll be finished before you know it and there will still be plenty of time left for play.

■ SAGITTARIUS: This will be an excellent day to start some of the projects you've held back for some time. You'll likely feel more physical and mental energy than you've experienced lately. Whether your day is filled with work or play, things are going to go great. You can tackle tasks with confidence. Be productive by giving your energy a place to go.

■ CAPRICORN: You might be more energetic than you've felt in a long time. It's the perfect day to get busy with tasks, projects, and housework. You'll breeze through most things in no time and enjoy them. Resist any temptation to procrastinate! If you put things off, you'll miss the current cosmic support. Make a list of things to do and start. You'll be done before you know it!

■ AQUARIUS: If only more days could be this easy. The energy from the aspects is revitalizing, allowing you to get a lot accomplished. If there's something you've hesitated to do, seize some of the day's added confidence and go for it. You'll succeed at anything you take on. Don't get caught up in doing another's work because you have energy in abundance.

■ PISCES: Today will start off with an energy boost for you. Seize the opportunity to make the most of this by getting those major projects and chores handled. It isn't every day that you feel this good. If you get to work right off the bat, you'll have plenty of time to do something recreational afterward. If you're into sports, the extra energy will give you quite an edge.