



BHAGAVAD GITA: Chapter 11, Verse 7

ihaika-stham jagat kritsnam pashyadya sa-characharam mama dehe gudakesha yach chanyad drashtum ichchhasi

iha—here; eka-stham—assembled together; jagat—the universe; kritsnam—entire; pashya—behold; adya—now; sa—with; chara—the moving; acharam—the non-moving; mama—my; dehe—in this form; gudakesha—Arjun, the conqueror of sleep; yat—whatever; cha—also; anyat—else; drashtum—to see; ichchhasi—you wish

ihaika-stham jagat kritsnam pashyadya sa-characharam mama dehe gudakesha yach chanyad drashtum ichchhasi

◆ **TRANSLATION**

BG 11.7: Behold now, Arjun, the entire universe, with everything moving and non-moving, assembled together in My universal form. Whatever else you wish to see, observe it all within this universal form.

◆ **COMMENTARY**

After hearing Shree Krishna's instructions to behold his form, Arjun wonders where to see it. So Shree Krishna states that it is within the body of the Supreme Divine Personality. There, he will see infinite universes with all their moving and non-moving entities. Every entity exists in the universal form, and so do the events of the past and the future. Arjun will thus be able to see the victory of the Pandavas and the defeat of the Kauravas as an event that is a part of the unfoldment of the cosmic plan for the universe.



Longevity Isn't Equal: Why Life-Extending Treatments May Be a "Biological Lottery"

To test how close current science comes to that goal, University of Sydney researchers revisited a large meta-analysis of studies in vertebrates. They focused on three widely studied interventions: dietary restriction, rapamycin, and metformin. While all are linked to longevity, they work in different ways. Dietary restriction involves reducing calorie intake without causing malnutrition. It has been known for more than a century to extend lifespan in animals and is thought to act in part by dialing down a key cellular growth pathway called mTORC1, which helps regulate metabolism and aging. Because strict diets are difficult to maintain, scientists have searched for drugs that mimic these effects. Rapamycin directly blocks mTORC1 activity, while metformin, a common diabetes medica-

tion, influences the same pathway indirectly by altering how cells sense energy levels. Overlooked Tradeoff Although dietary restriction and rapamycin tended to increase average lifespan, all three interventions also increased the spread in ages at death. In practical terms, some individuals benefited far more than others. The overall variation rose by roughly 17 percent, even as average lifespan increased. The relative level of variation compared to the average lifespan did not shrink. This means the interventions did not make outcomes more uniform. Instead, longer life came with greater unpredictability. Rather than compressing deaths into a tighter age range, the treatments effectively stretched the distribution.

This pattern may reflect how these interventions influence the biology of aging. Evidence suggests they lower both baseline mortality risk and the rate at which risk increases with age, a combination that raises both the average lifespan and its variability at the same time. Why Outcomes Differ Differences in genetics, dosage, and treatment conditions likely add another layer of complexity, helping explain why individuals respond so differently. Dr. Tahlia Fulton explained the implications: "These approaches can make animals live longer, but the benefits aren't shared equally. Without more information, the outcome looks like a biological lottery. We're working to understand why, so future longevity science helps everyone."

Scientists Discover Cancer Tumors Are "Addicted" to This Common Antioxidant

Cancer cells may be tapping into an unexpected energy source: an antioxidant long associated with protecting healthy cells. Researchers have discovered that tumors appear to be "addicted" to glutathione, a molecule widely known for preventing cellular damage, which they use as a key fuel source. The discovery not only challenges conventional thinking about antioxidants but also highlights a possible new target for cancer treatment. The study, published March 18 in Nature, comes from scientists at the Wilmot Cancer Institute at the University of Rochester, led by Isaac Harris, PhD. The work was carried out by Fabio Hecht, PhD, and Marco Zocchi, PhD, in Harris's lab in the Department of Biomedical Genetics. How Cancer Cells Adapt to Scarcity Tumors often grow in environments where nutrients are limited. Even so, cancer cells have developed efficient ways to capture and use available resources. Glutathione, a powerful antioxidant that Harris has studied for years, has now emerged as one of

those resources. The researchers found that cancer cells can break it down and use it as fuel. "Cancer cells and normal cells potentially use different food sources," Harris explained, "and we discovered how cancer cells, specifically, break down this antioxidant and use it as fuel." This role is unexpected. Scientists have long focused on glutathione for its ability to protect cells from damage, not as something that can support tumor growth. "Maybe we need to re-examine the pantry that cancer relies on and look at things that we never thought could actually be used as food for tumors," Harris said. "There are additional complex metabolites that others are looking at, so we're potentially opening a whole new interest into how cancer cells acquire nutrients and how to block that activity. It's a really exciting time." What is glutathione? The body produces glutathione naturally, and it is also widely sold as a dietary supplement. It is often promoted for its health benefits, but the National Cancer Institute has issued more cautious

guidance about how nutrients and supplements may relate to cancer. "It's important to understand how cancer hijacks certain substances that we may think of as harmless," Harris said, emphasizing that antioxidants can be a double-edged sword in some circumstances. Recent findings support this idea. Last year, Jeevisha Bajaj, PhD, a colleague of Harris, showed that taurine, another antioxidant found in foods, supplements, and energy drinks, can promote the growth of leukemia cells. Her work was also reported in Nature. Earlier research from the Harris team, in collaboration with Tom Campbell, PhD, and Erin Campbell, PhD, found that a whole-food plant-based diet may reduce nutrients that tumors depend on. That work helped set the stage for the current study, which examines the complex links between antioxidants, metabolism, and cancer. To investigate further, researchers analyzed breast tumor samples donated to Wilmot's Biobank. They examined fluid from inside the tumors and found high

levels of glutathione, showing that tumors are actively using it. In preclinical models of breast cancer, blocking the tumor's ability to use glutathione slowed its growth. Early evidence suggests this may not be limited to breast cancer. Many tumor types appear to consume glutathione, according to preliminary data. Bringing Basic Science Closer to the Clinic stressed that these findings do not mean people should avoid antioxidant-rich foods. "Eating a balanced diet with fruits and vegetables is important. It can control weight, reduce inflammation, and support a healthy immune system," Harris said. "But people should be cautious about taking supplements in general, particularly glutathione. Taking a pill that is unregulated by the FDA and has a high concentration of glutathione can present risks." The team also used advanced tools to search for ways to block glutathione use in tumors. They identified a promising candidate, a drug first developed nearly a decade ago.

Word of the Day

COTTON
KAH-tun

What It Means

The verb cotton is used with on or on to mean "to begin to understand something; to catch on." Cotton used with to alone means "to begin to like someone or something."
// It took a while, but they are finally starting to cotton on.
// She quickly cottoned on to why her friend was nudg-

ing her, and stopped talking just before their teacher entered the room.
// We cottoned to our new neighbors right away.

COTTON IN CONTEXT

"An insatiable reader, he enjoyed a wide range of literary acquaintances, some of whom—Rudyard Kipling, Owen Wister, and Joel Chandler Harris—became personal friends, and others, including Mark Twain ("a man wholly without cultivation") ... he never quite cottoned to." — David S. Brown, In the

Arena: Theodore Roosevelt in War, Peace, and Revolution, 2025

Did You Know?

The noun cotton, from the Arabic word qun or qun, first appeared in English in the 14th century. The substance and the word that named it were soon both culturally prominent, so English did a very English thing to do—it created a verb from the noun. By the late 15th century, cotton could mean "to form a fuzzy or downy surface on (cloth)."

Is it your Birthday Today?

APRIL 7

Dominated by number 7 and the planet Neptune, you are responsible, affectionate, creative, reliable and highly emotional person. You have an inherent talent to fight against any adverse conditions with courage and conviction, but at times you behave highly stubborn and ignore the opinion of others, which does not work to your benefit. This year you will improve your financial position as you pick up new jobs and assignments. Your long cherished dreams will be fulfilled. Health, subordinates and legal matters will trouble you off and on, but monetary gains, improved living comfort and spiritual benefits will keep you happy. Guests and relatives will bring you gifts in cash and kind. Romance will be pleasant and will add a zing to your life. Spiritual gains for some later in the year. The months of January, May, September and November will be significant.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By Stanzin Angmo & Tsewang Dolma

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 planet of zodiac you belong to.



List of 12 Zodiac Signs

- Aries** (Mar 21 - Apr 20)
- Taurus** (Apr 21 - May 21)
- Gemini** (May 22 - Jun 21)
- Cancer** (Jun 22 - Jul 22)
- Leo** (Jul 23 - Aug 23)
- Virgo** (Aug 24 - Sep 23)
- Libra** (Sep 24 - Oct 23)
- Scorpio** (Oct 24 - Nov 22)
- Sagittarius** (Nov 23 - Dec 21)
- Capricorn** (Dec 22 - Jan 19)
- Aquarius** (Jan 20 - Feb 18)
- Pisces** (Feb 19 - Mar 20)

■ **ARIES:** Today you could receive an invitation to a social event that you'll really want to attend. Aries. People could be there who might turn out to be important contacts. Nonetheless, you might find that other responsibilities interfere with your plans, and experience a wave of disappointment. If you're creative, you will find a way to fulfill your obligations and attend the event, too. Think about it!

■ **TAURUS:** An opportunity to travel to a place you've always wanted to visit, perhaps for business reasons, could come your way today, Taurus. This could be very exciting, but you might have some difficulty making the arrangements. Flights could be full, hotels too costly, and responsibilities at home might need attention. But you can find a way to deal with any obstacle. Think creatively and get busy!

■ **GEMINI:** Daydreams full of adventure, perhaps involving travel, could take up a lot of your time today, Gemini. You're probably bored with your situation and longing to do something to break your routine. You might have no idea how you can escape from everything right now. Don't force it. Spend the afternoon in a place you don't usually visit. You'll come up with a workable idea in due time. Go for it!

■ **CANCER:** Your desire to see a romantic partner could be very strong today, Cancer. However, if you ask, you might be turned down. Don't jump to the conclusion that your friend doesn't want to see you. If he or she says there are responsibilities to attend to, believe it! You might have to wait until another day, but that's probably the worst that will happen. Have a little faith and hang in there!

■ **LEO:** Overindulgence in food and drink over the past few days could be causing you to feel a little out of sorts today, Leo. You might even wonder if the fun was worth it! A little careful attention to yourself will have you back to normal in no time. Don't be surprised, however, if another opportunity to live it up presents itself! Take care. You don't want to feel this way again.

■ **VIRGO:** A strong desire to meet with a romantic partner could come over you today, Virgo. However, you might not be able to reach your friend. He or she could be busy and unable to respond to phone messages or emails. Nonetheless, don't get too frustrated. If you persist, the two of you will eventually touch base. If you can't see each other today, make arrangements for tomorrow. Better late than never!

■ **LIBRA:** A moody family member could have you confused, Libra, and you might not be able to discern the best way to find out what's bothering him or her. Don't overanalyze the situation. The best way is probably just to come right out and tactfully speak your mind. You'll probably find that this person simply has some minor problems to work through - nothing serious enough to worry about.

■ **SCORPIO:** You might want to spend most of today outside, Scorpio, perhaps taking a walk through a park. You could have some serious thinking to do and feel the best recourse is to be by yourself for a while. Decisions won't come easily today, so don't try to force them. Just enjoy being out in the fresh air. Sometimes things come together more quickly if you forget about them for a while.

■ **SAGITTARIUS:** Money problems could be on your mind, Sagittarius, perhaps more so than necessary. You might have a tendency to blow them out of proportion and think they're worse than they are. Try to make a special effort to be objective. You might need to cut a few corners and devise a few temporary economy measures, but your situation should be back to normal within a week or two. Relax!

■ **CAPRICORN:** Today you could look in the mirror and panic about your appearance, Capricorn. You might be feeling a little under the weather and look a little tired. Nonetheless, you probably look a lot better than you think you do. Don't fall into the trap of blowing every little flaw out of proportion. A little rest is probably all you need in order to look like yourself again.

■ **AQUARIUS:** Your artistic abilities could seem a bit blocked today, Aquarius. You could be anxious to complete a half-finished project, but at this point you may have no idea where to go with it. Don't panic! Do something else for a day or two and ideas will probably flow as if by magic. If you don't have a tight deadline, there's no rush to complete the work now. Give it some time!

■ **PISCES:** Today you could have a strong desire to get out and socialize, Pisces. You could well spend a lot of time on the phone trying to reach some friends, but not have much luck with it. If they're busy, a frustrating game of phone tag could result. You might try just dropping by. Even if he or she can't see you right then, you can make arrangements for later.