



**BHAGAVAD GITA: Chapter 14, Verse 6**

तत्र सत्त्वं निर्मलत्वात्प्रकाशकमनामयम् |  
सुखसङ्गेन बध्नाति ज्ञानसङ्गेन चानघ ॥ 6॥

tatra sattvaṁ nirmalatvāt prakāśhakam anāmayam  
sukha-saṅgena badhnāti jñāna-saṅgena chānagha

tatra—amongst these; sattvam—mode of goodness; nirmalatvāt—being purest; prakāśhakam—illuminating; anāmayam—healthy and full of well-being; sukha—happiness; saṅgena—attachment; badhnāti—binds; jñāna—knowledge; saṅgena—attachment; cha—also; anagha—Arjun, the sinless one

tatra sattvam nirmalatvat prakashakam anamayam  
sukha-sangena badhnati jnana-sangena chanagha

◆ **TRANSLATION**

BG 14.6: Amongst these, sattva guṇa, the mode of goodness, being purer than the others, is illuminating and full of well-being. O sinless one, it binds the soul by creating attachment for a sense of happiness and knowledge.

◆ **COMMENTARY**

The word prakāśhakam means “illuminating.” The word anāmayam means “healthy and full of well-being.” By extension, it also means “of peaceful quality,” devoid of any inherent cause for pain, discomfort, or misery. The mode of goodness is serene and illuminating. Thus, sattva guṇa engenders virtue in one’s personality and illuminates the intellect with knowledge. It makes a person become calm, satisfied, charitable, compassionate, helpful, serene, and tranquil. It also nurtures good health and freedom from sickness. While the mode of goodness creates an effect of serenity and happiness, attachment to them itself binds the soul to material nature.

Let us understand this through an example. A traveler was passing through a forest, when three robbers attacked him. The first said, “Let us kill him and steal all his wealth.” The second said, “No, let us not kill him. We will simply bind him, and take away his possessions.” Following the advice of the second robber, they tied him up in ropes and stole his wealth. When they had gone some distance away, the third robber returned. He opened the ropes of the traveler, and took him to the edge of the forest. He showed the way out, and said, “I cannot go out myself, but if you follow this path, you will be able to get out of the forest.”

The first robber was tamo guṇa, the mode of ignorance, which literally wants to kill the soul, by degrading it into sloth, languor, and nescience. The second robber was rajo guṇa, the mode of passion, which excites the passions of the living being, and binds the soul in innumerable worldly desires. The third robber was sattva guṇa, the mode of goodness, which reduces the vices of the living being, eases the material discomfort and puts the soul on the path of virtue. Yet, even sattva guṇa is within the realm of material nature. We must not get attached to it; instead, we must use it to step up to the transcendental platform.

Beyond these three, is śuddha sattva, the transcendental mode of goodness. It is the mode of the divine energy of God that is beyond material nature. When the soul becomes God-realized, by his grace, God bestows śuddha sattva upon the soul, making the senses, mind, and intellect divine.

# How to Be Hopeful When Facing Brand New Obstacles

Going through a rough patch in your life and wondering how to be happy and stay hopeful? Here are some tips on how to be happy, enthusiastic, hopeful, and passionate about life.

We will all experience failures, run head-first into obstacles, or encounter unexpected challenges in our life’s journey.

The blow from these disappointments can often leave us feeling stressed, depressed, or downright oppressed, yet life and its activities continue. We can’t wish our troubles away, and we can’t erase them. However, we can stay positive, believing that better days lie ahead. Don’t sit still or hide away.

Get mad for a minute, but don’t stay mad, and don’t sit still and allow trials and tribulations to get the best of you.

Instead, we must move on and take steps to remove every threat against us, and we must do so with an uplifted spirit.

“Life may not be going well for you now, but as long as you are here, as long as you press forward, anything is possible. Hold on to hope.” — Nick Vujicic

**Acceptance is the first step**

We must first acknowledge that we live in an imperfect world and problems are inevitable. That thought may seem daunting, but it’s reality. So, the first step in staying hopeful even when facing obstacles is realizing that we will hit bumps along the roads we will travel, and we can’t always predict when they will happen.

If we keep this mindset, we won’t feel entirely blindsided when we hit a barrier. Keeping this perspective helps us stay positive and joyful even through tough times because we realize the situation is temporary.

“Hope is important because it can make the present moment less difficult to bear.

If we believe that tomorrow will be better, we can bear a hardship today,” — Thich Nhat Hanh

While we accept problems are a part of reality and will occur, we must never allow them to encompass all our time and thoughts. Focusing too much on our challenges can break our spirit, crush our hearts, strip our energy, and steal our happiness.

Much of our happiness is up to us. So, here are a few tips to consider when we hit that rough patch and need help to stay hopeful about life.

**1. We must be deliberate**

To remain happy through trials, we must develop the discipline to accept the situation at hand but never allow ourselves to get engrossed. We can’t ignore it, and we can’t pretend it isn’t happening. However, it should not be prevalent in our minds and thoughts day and night. We must deduce what is in our control and work to correct it.

Whatever is not in our control, we must methodically set aside—worrying and pondering about it day and night will not change it. Overthinking and obsessing about the situation will not resolve it. So, we must do what we can and decide to be happy. Thinking about it over and over usually increases doubt and reduces our happiness. “I think and think and think, I’ve thought myself out of happiness one million times, but never once into it,” — Jonathan Safran Foer. It is up to each one of us to seize our happiness.

We must demand happiness—make it a requirement and not a “nice to have.” We can’t just say we want to be happy. To be happy, we must live out our words and do the things that bring us joy. That will pour happiness into our hearts and put a smile on our faces.

**2. Never play the blame game**

Even if someone had a hand in putting up the obstacles we face, we should try to limit the effort we put into being angry with them. Blowing off steam is fine, but let it go as quickly as possible. Allowing blame and anger to fester will rob you of the ability to think clearly to work through the problem, and get ahead.

The “blame game” and the anger that comes with it will make you sad, not glad. “Holding on to anger, resentment, and hurt only gives you tense muscles, a headache, and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.” — Joan Lunden. Putting this focus on others can cause overreaction, making the obstacle seem more important than it is and delaying our effort to knock it out of our path. We must keep our spirits lifted, our hearts cheerful, and our minds optimistic to keep our hope alive.

We can give our power away or hold tight to it and use it to guide our path to find a solution to our problem. The power is within us. When we give in to blame and anger, we concede control to others. When we rise above, we take con-

trol. We should hold on to our power—smile, and enjoy life.

**3. Patience**

Troubles come, and troubles go—more often than not, better times are just ahead. “Be happy, and a reason will come along,”—Anonymous. We must wait patiently through the storm so that when it is all over, and our path is clear, we have not spent all our vigor and emotions.

We have the resources we need to move on. Maintaining patience requires that we exercise serenity—and keep our composure. When we stay calm, we can better assess our surroundings and the state of events. We can make the best decision to settle the concerns at hand. We must accept the reality of the situation.

Learn to keep our wits to analyze what we need and how to do it. When we lose patience, take things personally, or don’t think, we lose focus and our conviction. Remaining tranquil will help us keep our spirits lifted, promoting confidence and giving us the drive to persevere.

**4. It’s up to us to stay hopeful**

We can’t depend on others to say or do what we need to be happy. Also, as our experience grows, we realize that life is a mix of good and evil, sad times and happy times, favor and tribulation. There will be times when everything that can go wrong will go wrong. Then, there will be times when it seems we can do no wrong.

Everything turns out just the way we expect. So, we must be prepared to smile, laugh, forge ahead, and stay upbeat no matter the situation. When clouds hover over our lives, we must keep believing.

Keep working because the clouds will eventually pass, and the sun will shine. We need to celebrate our triumphs when we find ourselves in good times. When we go through a difficult period, we must reflect on our past wins, remember the times we dealt with challenging circumstances and prevailed, and celebrate those victories.

Even in troubling times, we can control our happiness. Practicing patience, taking responsibility, and recognizing that blaming others will not change the situation will help you be happy. Instead, we need to be intentional and take command of our happiness. “We must accept finite disappointment, but we never lose infinite hope.” — Dr. Martin Luther King, Jr.

## Word Of The Day

### NEOPHYTE

noun | NEE-uh-fyte

**What It Means**

A neophyte is a person who has just started learning or doing something.

// As an acting neophyte, Femi took a while to adjust to his newfound Hollywood fame.

**NEOPHYTE in Context**

“First premiering in 2006, Ugly Betty ... built up a devoted fanbase. The series, which is now streaming on Netflix, starred Ferrera as the titular ‘Ugly’ Betty Suarez, a braces-wearing 22-year-old fashion neophyte from Queens.” — Alec Bojalad, Den of Geek, 4 Aug. 2023

**Did You Know?**

Neophyte is hardly a new addition to the English language—it’s been part of the English

vocabulary since the 14th century. It traces back through Late Latin to the Greek word neophytos, meaning “newly planted” or “newly converted.” These Greek and Latin roots were directly transplanted into the early English uses of neophyte, which first referred to a person newly converted to a religion or cause. By the 1600s, neophyte had gained a more general sense of “a beginner or novice.” Today you might consider it a formal elder sibling of such recent informal coinages as newbie and noob.

## Is it your Birthday Today?

**MAY 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)

	1	2						
		6	2			5		
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**SOLUTION OF PREVIOUS PUZZLE**

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

Solved By: Jigmet Vlogs

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

■ **ARIES:** Tension may be a bit high in just about everyone and everything you encounter today, Aries. Some will feel a strong need for stability and discipline. Others may be calling for fun and carefree frivolity. You could be caught in the middle. The worst thing is that no side, including your own, is going to want to compromise. Try not to take things too seriously.

■ **TAURUS:** Remember that you were put here to have fun, Taurus, and that happiness is your true destiny. Keep that in mind today, as forces may tend to pull you away from the fun you’ve been having. There is likely to be a sobering tone to the day that’s stubbornly working to rain on your parade. Recognize the need for structure and stability, but don’t let it bring you down.

■ **GEMINI:** You, of all people, will appreciate the need for structure and stability on a day like this, Gemini. This practical energy could be taking some of the fun out of the equation. You may not recognize it at first, but if you aren’t careful, the fun in your life could be chipped away little by little. Make sure you hold tight to the things that give your life passion and purpose.

■ **CANCER:** Tension is apt to build to a high level if you aren’t careful about how you use words, Cancer. The tricky thing is that forces are going to try to push you and pull you in different ways. You may encourage a focus on the collective, while others worry only about themselves. Still another force calls for outdated remedies and traditional structures that no longer work for you. Blaze your own trail!

■ **LEO:** Take a look at what’s going on around you today, Leo. Do some internal processing before you reach a conclusion about the best way to proceed. You may find that powerful forces are trying to win you over to one camp or another. Don’t pigeonhole yourself into one way of doing things. Keep in mind that the best route is often a combination of several different paths.

■ **VIRGO:** Watch out for a little jolt in the action as someone close to you puts on the brakes in your relationship, Virgo. Conflicts could arise based on a need for more structure and stability. The imbalance between having fun and taking care of practical matters is working to slowly destroy the good thing that you have going. Nip this problem in the bud as soon as possible.

■ **LIBRA:** Just when you thought you had everything planned out and working smoothly, Libra, love comes in and clogs up the works. Suddenly your attention is diverted and your concentration flies out the window as that dazzling creature catches your eye. This could be a good or a bad thing, depending on how you view the situation. Both aspects of your life are important. The key is finding a healthy balance between them.

■ **SCORPIO:** Your heart is going pitty-pat, Scorpio, and you’re tempted to escape to a romantic fantasyland in which you play the starring role. The bad news is that something could be trying to hold you back. It could be that responsibility is coming on the scene and reminding you that work needs to be done here in the real world before you can go off to your little fairytale world.

■ **SAGITTARIUS:** You may feel a bit of strain today as you try to figure out the best way to get to where you need to be, Sagittarius. On the one hand, the happy approach calls for you to let loose, be courageous, and strike out with conviction toward the things that mean the most to you. On the other, a sense of duty holds you back. Take the best of both worlds. Come up with your own plan of attack.

■ **CAPRICORN:** Your romantic side is powerfully charged today, Capricorn. The more you tune into this side of your nature, the happier you’ll be. One thing to watch out for, however, is that you keep at least one foot on the ground at all times. Make sure you have a stable platform of honesty and practicality from which to work. Without it, you’ll be hard-pressed to take down walls and put in windows.

■ **AQUARIUS:** Attend to your duties today, Aquarius. There’s a pronounced sense of the passage of time and feeling that the days are slipping quickly by. Make sure you fit love and romance somewhere into the equation. You may experience a bit of resistance in this department at first, but that indicates that this is an area you need to explore and ultimately feel more comfortable with.

■ **PISCES:** Two different sides could be tugging at you, Pisces. It may be that neither one is really making a strong case for pulling you one way or the other. Realize that adjustments may have to be made in order for you to fit in the scheme of things and fulfill your responsibilities. A close loved one may be distracting you in subtle ways. Try not to get too sidetracked if you can help it.