



BHAGAVAD GITA: Chapter 11, Verse 46

kirīṭinam gadinam chakra-hastam
ichchhāmi tvām drashtum aham tathaiva
tenaiva rūpena chatur-bhujena
sahasra-bāho bhava viśhva-mūrte

◆ **TRANSLATION**

BG 11.46: O Thousand-armed One, though You are the embodiment of all creation, I wish to see You in Your four-armed form, carrying the mace and disc, and wearing the crown.

◆ **COMMENTARY**

By special grace, Arjun has been shown the cosmic form that is not easily seen by anyone. Arjun has realized that Shree Krishna is much more than merely his friend. His divine personality encompasses unlimited universes. Yet, he is not attracted by the infinite opulences and is not interested in doing aishwarya bhakti of God Almighty. Rather, he prefers seeing that Almighty Lord in the human form, so that he can relate to him as before, like a friend. Addressing Lord Krishna as sahasra-bāho, meaning “thousand-armed one,” Arjuna is now specifically requesting to see the chatur-bhuj rūp, or four-armed form of Lord Krishna.

In the four-armed form, Shree Krishna appeared before Arjun on another occasion as well. When Arjun tied Ashwatthama, the killer of the five sons of Draupadi and brought him before her, at that time Shree Krishna revealed himself in his four-armed form.

**nīshama bhīma-gaditam draupadyāś cha chatur-bhujah
ālokyā vadanam sakhyur idam āha hasanniva (Śhrīmad Bhāgavatam 1.7.52)[v23]**

“The four-armed Shree Krishna heard the statements of Bheem, Draupadi, and others. Then he looked toward his dear friend Arjun and began smiling.” By requesting Shree Krishna to manifest in his four-armed form, Arjun is also confirming that the four-armed form of the Lord is non-different from his two-armed form.



Science Debunks a Common Belief About Pets and Stress

Many people turn to their pets after a difficult day, assuming a cuddle with a cat or a walk with a dog will melt away stress.

But a new study suggests the emotional benefits of pet companionship may be more complicated: while interacting with pets generally makes owners feel better, it does not necessarily buffer them from stress, and cats and dogs may not influence those moments in quite the same way.

“Our findings indicate that stress-buffering is not the mechanism causing momentary emotional well-being when interacting with a pet. Interaction with either species did not act as a buffer for negative emotions,” said corresponding author Dr. Mayke Janssens, an assistant professor of psychology at The Open University. “In cats, we even observed that a higher level of interaction was associated with a stronger link between stress and negative emotions in owners.”

Each to their own pet After joining the study, participants received 10 app alerts each day for five days. Each alert asked them to answer questions about their current mood, what they were doing, and whether they were near or interacting with their pets. The process produced almost 8,000 reports collected in daily life, giving Janssens, Peeters, and colleagues a detailed look at pet owner interactions as they happened.

The results showed that pet interaction was generally linked with more positive emotions. When people interacted more with their pets, they tended to report more positive feelings and fewer negative ones. This



pattern appeared in both cat owners and dog owners.

“Dog owners were probably more likely to identify as ‘dog people,’ whereas cat owners were more likely to identify as ‘cat people,’” said first author Dr. Sanne Peeters, a researcher at The Open University, pointed out. “It’s possible that this owner-pet ‘match’ partly explains why the findings were so similar for dogs and cats.”

Stress busters? The study next looked at whether interacting with a pet while stressed reduced negative emotions more than simply being near the animal. The results did not support that idea. When owners were stressed, more interaction with a pet did not appear to protect their mood from the effects of stress.

“The positive effects of pet interaction on well-being appear to be genuine, but they don’t seem to happen because pets help people handle stress better at the exact moment the stress occurs,” Janssens said. “Interacting more intensively with the companion animal did not provide additional emotional benefits beyond those that may arise from the animal simply being present.”

That suggests the emotional benefits of pet interaction may come from something other than stress buffering, meaning a process that reduces the emotional impact of stress. The exact explanation is still unknown and may vary depending on the setting and the person.

“It could be that interacting with a pet provides a sense of companionship

and that pets help people feel more connected and less alone, which in turn could contribute to improved emotional well-being,” said Janssens.

Cat vs dog One result appeared to differ by species. Among stressed cat owners, interacting more with their cats did not seem to ease negative emotions. Instead, higher interaction was linked with more intense negative feelings.

“One speculative explanation is that because interactions with cats are often more passive and less demanding in nature, a higher level of interaction might be more emotionally evocative. This might not match the need for support in stressful moments,” Peeters pointed out.

That finding should be interpreted cautiously. The cat owner group was smaller than the dog owner group, and the link between cat interaction and stronger negative emotions during stress did not appear consistently across all analyses.

For dog owners, interacting with a pet during stress did not make negative emotions worse. It also did not appear to improve them.

Still, the findings do not show that one species is the better pet.

“I wouldn’t say that one species makes a ‘better’ pet than the other,” concluded Peeters. “Instead, it’s more likely about owner personality and preference. The main conclusion is that interacting with dogs and cats appears to provide similar emotional benefits.”

Word of the Day

GAINSAY

verb gayn-SAY

What It Means

To gainsay something is to deny or disagree with it, or to show or say that it is not true. Gainsay is a formal word usually used in negative statements.

// Although the defendant initially denied involvement in the incident, there was no gain-

saying the evidence that the prosecutor presented at the trial.

GAINSAY IN CONTEXT

“Whatever you think of it, there’s no gainsaying the fact that ‘The Sound of Music’ is a remarkably durable vehicle. It’s frequently produced, and suffered no lasting damage to its reputation from a live NBC performance in 2013...” — Don Aucoin, The Boston Globe, 9 Jan. 2026

Did You Know?

You might have trouble figuring out the meaning of gainsay if you’re thinking of our modern word gain plus say. It should help to know that the gain part comes to us from the Old English word gēan-, meaning “against” or “in opposition to.” (The familiar verb gain comes from Anglo-French and is unrelated.) In Middle English, gēan- was joined to seyen (“to say”) to form gein-seyen, which led to the modern word gainsay. So when you see gainsay, think “to say against”—that is, “to deny” or “to contradict.”

Is it your Birthday Today?

JUNE 29

Ruled by number 2 and the Moon, you are highly creative, practical, emotional, friendly, simple and generous person. You enjoy enormous respect at your workplace, but at the same time you need to check your tendency to behave introvert, selfish and jealous at times. New jobs and assignments will be the highlight of the coming year. Promotions and transfers for some employees. Investment in property will yield good returns in the long run. Frequent and fruitful journeys will be undertaken bringing monetary gains and help you build up long lasting relationships. Relations with someone of the opposite sex will strengthen giving a refreshing and interesting twist to your life. Some exciting news from children will lift your spirits. Rise in your medical bills as health of your parents could cause tension and anxiety. The months of October, December, January and April seem to be highly eventful.

SUDOKU PUZZLES

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

5			6					
	1					3		
	8			5	3		2	
4	7			6		5		
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SOLUTION OF PREVIOUS PUZZLE

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

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 that you are and find a whole planet of zodiac you birth date.



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:** Issues may get a little heavier than you’d perhaps like today, Aries. Your job is to infuse some amusement into the situation. Your powers of adaptability will be put to the test, as other people seem to be completely fixated on their opinions. Be extra conscious of how your words. Other people, especially superiors or elders, are apt to be offended by careless, offhand remarks.

■ **TAURUS:** If the doorknob doesn’t want to turn today, Taurus, don’t force it. You’ll only succeed in breaking the key. Perhaps you just need to try another door. If things don’t flow smoothly into place, then they probably weren’t meant to be. Life shouldn’t have to be a struggle. Our job is to be happy. Remember that the next time you’re in a long line. View the situation as a rest period.

■ **GEMINI:** Your newfangled approach to things might get some serious flak from others today, Gemini, but don’t let that stop you. Realize that your independent and somewhat rebellious nature is a key ingredient in keeping the world in balance. Don’t give up the fight when old, tired ways of doing things insist on taking the upper hand. Use your power from within to combat the forces from above.

■ **CANCER:** You might be called upon to choose between two ways of handling a situation, Cancer. The old ways of doing things are in conflict with the new. Which way are you going to proceed? Don’t be thrown off course by fast talk and sleight of hand. Also, don’t assume that the way that has worked forever is still the best solution. Use your intuition to choose the best route for you.

■ **LEO:** Unexpected events may be shuffling the cards when you least expect it, Leo. If you have kept a close eye on the deck, counting the jacks as they turn up, you might get thrown for a loop. Don’t be discouraged. Everyone else is subject to the same rules as you are. If the dealer seems crooked, go to another table. Don’t fall for the same trick twice.

■ **VIRGO:** Your sense of self may be a bit challenged today, Virgo. You might just have trouble getting out of bed at all. Remember that the way others see you doesn’t necessarily mean that’s the way you really are. Don’t feel like you have to change in order to please anyone. Ultimately, your only responsibility is to you. Bizarre events could occur that prompt you to change your way of thinking.

■ **LIBRA:** As you follow the path toward acquiring the latest, greatest, fastest, and best, you might find that you’re leaving behind some fundamental principles and values along the way, Libra. Don’t lose sight of your foundation. Things could get shaken up today. Your ego might be on trial for pig-headed behavior. Keep yourself in check and be aware of the way you project yourself to others.

■ **SCORPIO:** Key into your sensual, beautiful nature, Scorpio. Take time each day to attend to your soul and make sure it’s getting the nourishment it needs to radiate into the world. Unexpected people could pop up out of nowhere, so don’t be surprised if a former lover texts or calls. Things from the past may be coming back to the present in order to teach you a valuable life lesson.

■ **SAGITTARIUS:** You may sense a nervous restlessness today that urges you to act, Sagittarius. A journey to one place may have you bouncing off to another place that may lead you on an adventure to someplace completely different. It might seem like you’re on some crazy scavenger hunt toward a pot of gold. The energy of the day may leave you feeling ragged, but don’t give up.

■ **CAPRICORN:** A good tip for you to remember is to be careful about what you say about others, Capricorn. If you’re talking about someone who isn’t present, act as if he or she is. What is your motivation for saying those things? Is it necessary to speak in such a manner? A negative comment about someone else is going to resonate in the cosmos. People could lose trust in you.

■ **AQUARIUS:** You might need some time alone today to bring yourself back to center, Aquarius. Independence is a keyword, so keep it in the back of your mind. Make sure you aren’t the victim of a commitment you made long ago. As the landscape changes, we must also change. Stubborn actions will be extremely detrimental on a day like this. Be honest and grateful for the things you have.

■ **PISCES:** Don’t automatically think that beauty always has to be defined by old-fashioned standards, Pisces. It’s time to create your own definition. There’s no need to fit into some socially constructed mold that doesn’t resonate with who you truly are. Your job isn’t to try and make sure that everyone loves you. There’s only one person you need to satisfy, and that is you.