



BHAGAVAD GITA: Chapter 16, Verse 11

चिन्तामपरिमेयां च प्रलयान्तामुपाश्रिताः ।
कामोपभोगपरमा एतावदिति निश्चिताः ॥ 11॥

chintām aparimeyāṁ cha pralayāntām upāshritāḥ
kāmapabhoga-paramā etāvad iti niśchitāḥ

chintām—anxieties; aparimeyām—endless; cha—and; pralaya-antām—until death; upāshritāḥ—taking refuge; kāma-upabhoga—gratification of desires; paramāḥ—the purpose of life; etāvāt—still; iti—thus; niśchitāḥ—with complete assurance

chintam aparimeyam cha pralayantam upashritah
kamopabhoga-parama etavad iti nishchitah

◆ **TRANSLATION**

BG 16.11: They are obsessed with endless anxieties that end only with death. Still, they maintain with complete assurance that gratification of desires and accumulation of wealth is the highest purpose of life.

◆ **COMMENTARY**

Materially inclined people often reject the spiritual path on the grounds that it is too burdensome and laborious, and the final goal is too distant. They prefer to pursue the way of the world that promises to provide immediate gratification, but they end up struggling even more in the worldly direction. Their desires for material attainments torment them and they undertake enormous schemes to fulfill their aspirations. When a cherished object is attained, for a moment they experience relief, but then new anguish begins. They are worried about the object being snatched away and they labor to retain it. Finally, when the inevitable separation from the object of attachment takes place, there is only misery. Thus, it is said:

yā chintā bhūvi putra pauṭra bharaṇavyāpāra sambhāṣaṇe
yā chintā dhana dhānya yaśasām lābhe sadā jāyate
sā chintā yadi nandanandan padadvandvāra vindekṣhaṇam
kā chintā yamarāja bhīma sadandvāraprayāṇe vibho (Sukti Sudhakar)[v3]

“People experience untold worries and stress in worldly endeavors—bringing up children and grandchildren, engaging in business, accumulating wealth and treasures, and acquiring fame. If they show the same level of attachment and concern for developing love for Shree Krishna’s lotus feet, they will never again have to worry about Yamraj, the god of death (for they will cross over the cycle of life and death).” But the demonic-minded refuse to accept this blatant fact because their intellects are convinced that worldly pleasures are the highest experience of joy. They cannot even see that death is patiently waiting to carry them off to miserable destinies and more suffering in future lives.



Is it your Birthday Today?

JULY 19

Dominated by number 1 and the Sun, you are original, confident, honest, methodical and a systematic person. You have deep interest in spirituality and always search to find inner peace. You are deeply admired by people around you, but you need to check your tendency to behave impatient, extravagant and moody at times.

This year you would be the leader in your group and satisfactorily complete new and challenging projects. You are setting into a remarkable period, which would bring excellent results to you career. You would spend more on comforts and luxuries, but be very confused regarding investments. You would be in the lime-light at social gathering. You would make new friends and important contacts. Health seems fine but even then, it is recommended that you take preventive medication. The months of May, September and December will prove to be highly important.

5 Beliefs That Keep You From Being a Better Friend

I’ve always loved and valued my friends, but I haven’t always been the BFF they need—I could be a much better friend. Similarly, I have friends I know who love me dearly, but sometimes they don’t give me what I need.

Like other relationships, friendships aren’t immune to interpersonal conflict or disappointment, which frequently arises from:

- misunderstandings
- inappropriate assumptions
- false beliefs

Here are five common beliefs that might keep you from being the friend you really want to be.

Belief #1: Your friend needs to hear what you have to say

No, she doesn’t. She needs you to hear what she has to say. Have you ever been listening to a friend’s tale of woes? Impatiently waiting to tell her what you think she needs to do? I know I’ve been guilty of this. While my friend tries to be grateful for the advice, she’s probably steaming with resentment on the inside because that isn’t at all what she was looking for. What she wanted was to be heard.

Recently I was on the other side of this quandary. I had been feeling down in the proverbial dumps, and when I made the mistake of sharing this with a long-time girlfriend.

I hoped for an empathetic ear, but they bombarded me with advice to “simply shift my perspective.” Ironically, I teach wellness writing workshops in which perspective is a key focus of my work, so this wasn’t a new concept for me.

However, I wasn’t looking for guidance on how to climb out of my low mood. I just wanted someone to know I was down there. The more this friend lectured me with her quick-fix solution, the more her efforts backfired.

By the time we hung up, I was ready to crawl under my covers for the next several weeks—and avoid her. Writer Brenda Ueland said, “listening is a magnetic and strange thing, a creative force... When we are listened to, it creates us, and makes us unfold and expand. Ideas actually begin to grow within us and come to life.”

Tip: Before you offer advice to a friend, consider her needs rather than yours. If she wants your help, she’ll ask.

Belief #2: Your personal experience applies to your friend’s situation

Not necessarily, and your job is to validate your friend’s circumstances, not your own. There is truth to that adage that you can’t understand another person till you’ve walked a mile in her shoes.

Yet, sharing your own (different) experience can be almost as bad as offering unsolicited advice. The irrelevance of your story might only prove that you don’t understand at all.

I recall a time when I was sharing some parenting issues I was experiencing with a friend. She shared her parenting approach, as though her style would

have mitigated the problems we were having in our family. She failed to acknowledge that she and I were very different people, and our children differed from one another, too.

In fact, our family dynamics, life circumstances, and even personal values were different. By sharing her success story, she inadvertently failed to validate my situation. This oversight could have easily sabotaged a lifelong friendship.

In a commencement speech to Harvard graduates, Oprah Winfrey said the common denominator among all of us is “that we want to be validated. We want to be understood.” I know I want validation; as a friend, this should be exactly what I offer to others.

Tip: Accept and acknowledge your friend’s circumstances and forget about yours.

Belief #3: Friendships will last no matter the distance

No, they probably won’t. And if they do, their strength will probably be diminished. Today’s friendship landscape is ever-changing. We live in a geographically mobile society.

Childhood BFFs move across the country because of their parents’ jobs. High school and college friends move for academic or professional reasons. Adult friends accept transfers or new jobs which draw them miles away.

In retirement, friends leave yet again to follow their grandchildren or retire to warmer climates. As much as we try to remain friends, it’s often impossible. Like other species, we rely not only on sight but also on sound, smell, and especially touch.

The problem with long-distance friendships is that we can’t use all of our senses to support one another. Imagine trying to maintain a long-distance relationship with your dog or cat!

People are different because they can use Facebook, Skype, email, and various other technologies to communicate. However, seeing one another on a 13-inch screen just doesn’t cut it for the long haul. You can’t offer a tissue for a tear over the Internet. You can’t feel the warmth of an embrace on Skype.

DePauw University psychologist Matthew Hertenstein suggested we can only identify one or two positive signals with our faces and voices, “but it seems instead that touch is a much more nuanced, sophisticated, and precise way to communicate emotions.”

Laura Guerrero, coauthor of Close Encounters: Communication in Relationships, wrote, “if you’re close enough to touch, it’s often the easiest way to signal something. We feel more connected to someone if they touch us.”

Tip: Keep your long-distance friendship alive through frequent, varied communication technologies that incorporate sight and sound, and make sure you can arrange in-person meetups as often as possible.

Belief #4: Friendships really are forever

Actually, they’re frequently not. And that might

be okay. I always thought my mom was an excellent role model for being a friend. She remained friends with her childhood BFF until her friend died in old age. Even when we kids were young, she made time to see her friend frequently and chat on the phone.

After we grew up, she visited with her friend at least once or twice a week. When her friend became infirm from an incurable disease, my mom and dad would both help with errands, appointments, and so on. Watching this friendship, I learned early on that friendships are meant to last forever.

Years later, I learned this was a false belief. Over the course of my life, I’ve had several of my friends move on, usually because our lifestyles changed. For example, I got married and started a family when one of my closest friends was still happily single.

Naturally, my husband and I started hanging out at family-friendly events while my friend took belly-dancing classes and went to nightclubs with her unattached friends. She and I grew further and further apart, and it broke my heart.

Yet, it also made complete sense. Writer Melissa Copelton said that sometimes we force relationships out of habit that we’ve otherwise outgrown. She suggested that if you need to break up with a friend, you might say something like this:

“I love you, and I thank you for everything you have done for me over the years, but as life would have it, you’re headed one way, and I’m heading another. We aren’t the same people we once were, and as crazy as this sounds, it seems like our adult selves will not get along too well. Out of respect for the countless years of sleepovers, inside jokes, arguments, tears, parties, and secrets, I will never wish you any ill will. In fact, I wish you the world.”

Tip: No matter what happens, always wish the world for your friend.

(Side note: the friend who slipped away from me two decades ago recently came back as our ever-winding paths crossed again. Since we wished the world for one another back then, we could re-ignite our friendship.)

Belief #5: Your romantic partner is more important than your friend

Wrong. They’re both important. Remember when you were young, and your best friend got a boyfriend (or girlfriend)? And you were suddenly on your own on Friday and Saturday nights, resentful that this new love interest was usurping your place?

Eventually, your friend probably discovered that love doesn’t last, and you dried her tears until the next boyfriend came along. Then we all grew up, and it became the standard that spouses would be our first priority. Certainly, our spouses expected this, perhaps rightfully so. After all, we don’t take till-death-do-us-part vows with our friends.

But spouses can’t always fulfill our emotional needs, even with the best intentions. Sometimes we need someone else to whine to, or to confide in, or with whom we can occasionally let out our wild and crazy shadow selves and just have fun.

Word Of The Day

TOMFOOLERY

noun | tahm-FOO-luh-ree

What It Means

Tomfoolery is a word with an old-fashioned sound to it that refers to playful or silly behavior.

// The antics in the play itself apparently inspired tomfoolery behind the scenes as well, as cast members constantly played practical jokes on one another.

TOMFOOLERY in Context

“Children aged seven and older are invited to be part of some musical mischief with the BBC Concert Orchestra and star percussionist Colin Currie, not to mention the world premiere of the Beano Concerto for percussion and orchestra. Actors and animation will also play a part and there’s plenty of audience participation too. Prepare for charming tomfoolery and the perfect first foray into classical music.” — Martha Alexander, The Evening Standard (London), 30 May 2023

Did You Know?

The word tomfoolery owes a debt to one Thome

Fole, but just who that Mr. Fole was is unclear. A court jester identified as Thome Fole was employed at Durham Abbey in the 14th century, but the record is unclear about whether Thome Fole was the given name of this particular performer, or if the name was applied as a generic moniker to jesters. Regardless, Thome Fole eventually evolved into tomfool, which was in use as a noun referring to any notable fool by the early 17th century, and as an adjective describing such fools by the mid-18th century. Tomfoolery as a term for playful or foolish behavior didn’t come into use until the early 19th century, but it’s proven to be of far more use to English speakers than tomfool.

SUDOKU PUZZLES

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	9	6		4			3
	5	7	8	2			
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SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Dolma Lamo

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** (February 19 - March 20)
- Pisces** (March 21 - April 19)

■ **ARIES:** Though current business and money matters could well encounter obstacles, at this time you may find yourself reaping the rewards of past efforts. Your naturally persevering nature practically assures more success in the future, Aries, even though you might be blocked now. New insights as to how to continue to progress could come your way today. It might be a good idea to write them down so you’ll be assured of having them at your fingertips later.

■ **TAURUS:** Today your powers of persuasion are at an all-time high. This is a good day to ask for a raise or promote a new project. Your drive to gain recognition for your accomplishments may necessitate seeking the public eye, so if publicity is what you need, this is the day to go for it. Your observational skills are acute, as is your insight into others’ feelings. This is definitely a good day to seek advancement.

■ **GEMINI:** This day bodes well for accomplishments in business and finance. Long-term investments of either time or funds may finally pay off. New opportunities could come your way. This is a better time to complete old projects than start new ones, Gemini, but if you must, new projects started now should be successful. Celebrate by treating yourself to new clothes. Wear them for a longtime friend or lover this evening.

■ **CANCER:** Your insight, creativity, and inventiveness are in full swing. Cancer, and new ideas come thick and fast. However, you might find yourself too caught up in boring, mundane tasks to do very much about it. Yet physical energy is plentiful, so you have it in you to take care of chores and then have time to do what you enjoy. You’ll produce results if you remember to pace yourself. Work too hard and you’ll be too tired!

■ **LEO:** As a natural healer, you might find yourself experiencing a rush of transformative energy today, which you should put into practice. This is a great time to go for a massage or study natural healing modalities such as herbs or aromatherapy. Combine them with your innate healing abilities. Leo, and you might be happy with the results. Your mind is especially receptive right now. You’ll retain more of what you learn than you usually would.

■ **VIRGO:** Be prepared to work diligently toward making your dreams a reality today, Virgo. Success is definitely on the way, though it may not be approaching quite as quickly as you might like. A lot of significant letters and phone calls could come your way, keeping you busy. Don’t allow yourself to get too frazzled, though. Take time periodically throughout the day to sit quietly and recoup your energy.

■ **LIBRA:** You could find it harder than usual to wake up this morning, Libra, as your energy may be flagging. Personal or professional pressures might stir feelings of futility, but don’t fall into this trap. In spite of your momentary lethargy, everything on the horizon looks far better than it seems - primarily because of your own hard work. Retire early tonight and tomorrow you’ll feel more energetic.

■ **SCORPIO:** Today it might suddenly hit you that you have a lot of unfinished tasks that need to be completed, and this might lead to a case of the blues. Take heart! The process appears more overwhelming than it is, Scorpio. A little planning and focused discipline should enable you to get through everything without stressing yourself out too much. In the evening, reward yourself with a meal out or a movie.

■ **SAGITTARIUS:** Business and financial matters look promising today, Sagittarius, but you could find yourself torn between the need to attend to these matters and the desire to relax at home. If you have to make a choice, it might be best to choose the former, because today’s aspects promise opportunities that might not come around again for a while. The evening should be your own. Plan an intimate dinner with a lover. You’ll like the results!

■ **CAPRICORN:** Today, Capricorn, matters surrounding business and finances need immediate attention, and this could prove a bit disheartening. Do you have a lot of unfinished tasks that have piled up? Gear up and get to them. They aren’t going away, and you’ll feel better about everything when they’re out of the way. You might find that clearing up these old matters allows new opportunities to flow your way.

■ **AQUARIUS:** New opportunities to advance your professional standing may arise, Aquarius. The aspects bode well for business and money. Promising new projects may present themselves. Your tendency to serve and nurture others should strengthen your work relationships, so morale on the job takes a tangible upswing at this time. Warmth and affection for friends, children, romantic partners, and even casual acquaintances should increase and enhance relationships.

■ **PISCES:** Restlessness may plague you throughout the day, Pisces, because you could be brimming over with physical energy but have no outlet for it. You might have to stay in and wait for something important, which could prove frustrating. Put on an exercise video and do aerobics while you wait. This isn’t a good day to start new projects. Limit your social interactions to exercising with others at the gym.