BHAGAVAD GITA | Chapter 13, Verse 5

ऋषभिर्बिहुधा गीतं छन्दोभिर्विविधैः पृथक् ।
ब्रह्मसूत्रपदैश्चैव हेतुमद्भिर्विनिश्चितैः ॥ 5 ॥

ṛiṣhibhir bahudhā gītaṁ chhandobhir vividhaiḥ pṛithak
brahma-sūtra-padaiśh chaiva hetumadbhir viniśhchitaiḥ

❖ TRANSLATION

BG 13.5: Great sages have sung the truth about the field and the knower of the field in manifold ways. It has been stated in various Vedic hymns, and especially revealed in the Brahma Sūtra, with sound logic and conclusive evidence.

❖ COMMENTARY

3. Nyāya Darśhan: Written by Maharishi Gautam, it develops a system of logic for understanding life and the Absolute Truth.

4. Vaiśheṣhik Darśhan: Written by Maharishi Kanad, it analyses cosmology and creation from the perspective of its various elements.

5. Yog Darśhan: Written by Maharishi Patañjali, it describes an eightfold path to union with God, beginning with physical postures.

6. Sānkhya Darśhan: Written by Maharishi Kapil, it describes the evolution of the Universe from prakṛiti, the primordial form of the material energy.

Apart from these mentioned above, there are hundreds of other scriptures in the Hindu tradition. It would be impossible to describe them all here. Let it suffice to say that the Vedic scriptures are a vast treasure house of divine knowledge revealed by God and the saints for the eternal welfare of all humankind.

Amongst these scriptural texts, the Brahma Sūtra (Vedānt Darśhan) is considered as the last word on the topic of the distinction between the soul, the material body, and God. Hence, Shree Krishna particularly mentions it in the above verse. "Ved" refers to the Vedas, and "ant" means "the conclusion." Consequently, "Vedānt" means "the conclusion of Vedic knowledge." Although, the Vedānt Darśhan was written by Sage Ved Vyas, many great scholars accepted it as the reference authority for philosophical dissertation and wrote commentaries on it to establish their unique philosophic viewpoint regarding the soul and God. Jagadguru Shankaracharya's commentary on the *Contd...*

Self-care isn't self-indulgence! Everything about burnout and what real recovery looks like

SELF-CARE AND BURNOUT: WE WILL LOOK AT EFFECTIVE WAYS TO RECOVER THAT FOCUS ON MENTAL HEALTH AND EMOTIONAL WELL-BEING INSTEAD OF QUICK FIXES.

Self-care isn't about Korean sheet masks, green juices, or five-minute affirmations that whisper "you've got this" while you're quietly falling apart. You realise something is not okay; we're not celebrating pampering. We're remembering a brutal truth in a world that demands you smile while you drown; real self-care isn't indulgence. It's survival. Because behind every burnout, there's a body that begged for rest and was ignored. Behind every anxiety spiral, a mind that whispered "I need help" but kept showing up. And when we finally crash? We call it a breakdown as if it didn't break us slowly, day after day.

The missing link: Self-care was never meant to be aesthetic

True self-care begins where the pretence ends. It's not about how zen you look, but how honest you are about the chaos inside. And here's the unspoken truth: most of us aren't struggling because we lack discipline, motivation, or willpower. We're struggling because we're exhausted, burnt out, overstimulated, and emotionally constipated, but too high-functioning to show it. That's where stress sneaks in, not as a panic attack, but as a quiet corrosion. It doesn't explode; it erodes.

The crisis behind the hashtags

Stress is no longer a buzzword. It's an epidemic we're glamorising with productivity hacks and "rise and grind" mantras. According to Deloitte's 2024 Well-Being at Work Survey, 43% of professionals feel "overwhelmed". Plum's 2025 Employee Health Report found that in India, 1 in 5 Indian employees have sought mental health support, and 20% are considering quitting due to burnout. This isn't just a workplace issue. It's a cultural one. We've normalised emotional overextension. We wear overwork like a medal. We equate self-sacrifice with strength. And the cost? Our sanity.

Where does stress live, and how does it lie?

Stress doesn't knock loudly. It slips in silently. That random irritability? It's not "just a bad day." That deep tiredness that no amount of sleep fixes? It's not laziness. That meltdown over a small thing? It's not overreaction. It's stress, chronic, compounding, and cumulative. It rewires your nervous system. It erodes your clarity. It numbs your joy. And worst of all? It teaches you to fake "okay" while you quietly unravel.

What real self-care looks like?

It's not cute. It's not comfortable. It's not Instaworthy. But it works. Audit your stress, not just your calendar. You plan your day, but do you track your stress? Use tools that monitor how you're really doing. Track your emotional patterns like a metric. Turn the invisible visible. Because knowing you're at risk after burnout isn't wellness. It's damage control.

Block 20 minutes of nothing

No productivity. No multitasking. Just nothing. Call it what you want: recovery time, reset zone, silence therapy. But schedule it like a meeting you'd never miss. 20 minutes a day rewires your nervous system because the brain can't heal in chaos.

2. Check in with a human (not just your KPI)

Self-care isn't solo. One honest chat with a real human does more for your nervous system than 50 wellness reels. The right person won't try to fix you. They'll hear you. And sometimes, that's the fix.

3. Boundaries are not rude; they're reparative

Say no, even if your voice shakes. Protect your time like it's your sanity because it is. Every yes you force is a mini self-abandonment. Healing starts when you stop over-explaining and start protecting your peace.

4. Feel, don't just escape

Distraction is not healing. Whether it's scrolling, shopping, or numbing through shows, none of it replaces sitting with your pain, turning inward, and crying if you have to.

5. Rest before the breakdown, not after

You don't earn rest by burning out. You need it before you break. Sleep. Breathe. Do nothing and protect that space like your mental life depends on it. Your body is not a machine. Stop running it like one.

6. If your life looks functional but feels hollow, listen

If your smile feels forced and your chest stays heavy, listen. This is your body asking for care, not cosmetics, not shortcuts, but care that confronts, restores, and heals. Self-care isn't the end goal. It's the foundation for stress management, emotional regulation, and long-term resilience.

Word of the Day

ÉLAN

noun ay-LAHN

What It Means

Élan refers to energy and enthusiasm.

// The dancers performed with great style and élan; we were exhausted just watching them.

FULCRUM IN CONTEXT

"Carrying the production with the élan of a cheerful college quarterback, [Luke] Brady is an immediately likable leading man ..." — Matt Wolf, The New York Times, 25 June 2025

Did You Know?

Once upon a time, back in the early 18th century, English speakers did not have élan (the word, that is; we have always had the potential for vigorous spirit). We had, however, the verb elance, meaning "to throw," which was used for the launching of darts, javelins, and similar weaponry. Elance came from the Middle French (s')eslancer, meaning "to rush" (that is, "to hurl oneself forth"). Elance enjoyed only a short flight in English, falling into disuse by the mid-19th century, around which time English speakers picked up élan, another French word that traces back, via the Middle French noun eslan ("rush"), to (s')eslancer. We copied élan in form from the French, but we dispensed with the French sense of a literal "rush" or "dash," retaining the sense of enthusiastic animation that we sometimes also characterize as dash, spunk, or vim.

Is it your Birthday today?

AUGUST 05

Ruled by number 5 and Mercury, you are intelligent, emotional, charming, and highly adaptable. Your magnetic personality naturally attracts people, and your ability to communicate effectively helps you build strong relationships in every sphere of life. You are warm-hearted and generous, but impatience and restlessness can sometimes lead to unnecessary confusion or unfinished plans. The year 2026 will bring several important professional changes, some of which may initially feel beyond your control. However, these shifts will ultimately guide you toward growth and better opportunities. Family members and close friends will stand firmly beside you, encouraging you during moments of uncertainty. Financially, the year appears rewarding, particularly through property matters, investments, gifts, or additional income sources. You may also spend more on comforts and luxuries, improving your lifestyle and surroundings. Romantic prospects are extremely favorable, especially for those seeking companionship or emotional security. Spiritual interests and peaceful journeys will help you gain mental clarity and emotional balance. Professionally, your confidence and communication skills will attract appreciation from seniors and influential individuals. April, August, November, and February will be highly productive months, bringing progress, recognition, and personal happiness. Use these periods wisely to strengthen your financial position and turn long-term dreams into reality.

SUDOKU PUZZLES

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

6			4	2				
8		4	9				7	3
3						4	5	
			8	7			9	
	8						2	
	3			6	1			
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SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS

ARIES: This is one of those days in which you're better able to stand back and look at your emotions intellectually, Aries. Your freedom-loving nature isn't built to deal with heavy emotional baggage and turmoil, so don't bother trying. Be especially wary of those who seem to plop a problem in front of you and expect you to deal with it.

TAURUS: Prepare for a surprise today, Taurus. Perhaps it will come from someone else or perhaps it will come from you. Either way, by evening you're apt to be feeling quite lovey-dovey and rather spaced out. Give in to the lethargic attitude that might sweep over you. This is your time to play, so put work aside and have a good time while letting your emotions dictate your actions.

GEMINI: Things seem to be going quite well for you in many respects, Gemini. Your thinking is clear, your emotions are under control, and the puzzle pieces are fitting into place. This is your time to take advantage of these pockets of good fortune and turn them into something huge. You have the power to make anything happen - especially now.

CANCER: Your engine may sputter this morning as your gears begin to turn, Cancer. It could be that you're working out something important in your mind that's helping clarify your emotions. The answer you seek is probably nothing like the one you'll find. By the time night comes, you'll have everything figured out. All the answers you need will be right there in front of you.

LEO: Be careful not to overdo things today, Leo. You may so zealously want to meet your goals that you overshoot the mark by quite a bit. Feel free to express your exuberance and let your enthusiasm shine in whatever you do. At the same time, be careful about getting so carried away that you don't notice that you've already reached the finish line.

VIRGO: Tempers may get hot today when someone says something that pierces you to your core. Address this problem right away, Virgo, instead of letting it fester through the rest of the day. The solution requires sensitivity and caring. Let the offender know that he or she has hurt you significantly, if that is indeed the case. There's no need for you to try to hide your feelings.

LIBRA: Don't be surprised if you leap out of bed with a spark of inspiration that wasn't there last night, Libra. Let your dreams linger a bit before you face the world. This flash of genius is likely to strike quickly and unexpectedly, so keep an eye out for it, but don't consider it something that you can plan on or force into happening.

SCORPIO: Sometimes your emotions overtake your rational thoughts, Scorpio, and you end up acting on impulse. Today you'll find that your head and heart are aligned on significant issues, and that they're working well together. Try not to swing the other way by becoming too rational. Your goal is to find the best working balance.

SAGITTARIUS: Review your day as you watch the sunset and observe the clouds turning from white to purple, Sagittarius. Make sure that your head is in tune with your heart. Think about the day's emotions and thought patterns and how they affected your actions. Determine if your actions were a result of either your rational mind or fluctuating moods.

CAPRICORN: Your mind is buzzing like a bee, Capricorn. You're apt to find that there's very little you can do to slow it down. Make sure you add compassion to the chain that's holding everything together. Also make sure that you don't become a victim of your thoughts by losing control over how you act simply because the voice in your head has completely taken over.

AQUARIUS: Mornings aren't usually your best time, Aquarius. You aren't fully awake until afternoon. Try not to discount the events of this particular morning, however. More than likely, you'll enjoy your best mental clarity sometime before noon. Surprise people with an upbeat attitude and a solution for every problem that comes your way.

PISCES: Your world may seem rather tight and rigid this morning, Pisces, but the good news is that difficulties are apt to melt away as the day progresses. Don't assume that opinions are fixed in stone. Things can change in an instant. Even if they seem one way at one point, more than likely they're going to manifest themselves completely differently later.