



BHAGAVAD GITA: Chapter 18, Verse 38

विषयेन्द्रियसंयोगाद्यत्तदग्रेऽमृतोपमम् |
परिणामे विषमिव तत्सुखं राजसं स्मृतम् || 38||

vishayendriya-sanyogād yat tad agre 'mṛitopamam
pariṇāme viṣham iva tat sukham rājasam smṛitam

vishaya—with the sense objects; indriya—the senses; sanyogāt—from the contact; yat—which; tat—that; agre—at first; amṛita-upamam—like nectar; pariṇāme—at the end; viṣham iva—like poison; tat—that; sukham—happiness; rājasam—in the mode of passion; smṛitam—is said to be

vishayendriya-sanyogad yat tad agre 'mritopamam
pariname visham iva tat sukham rajasam smritam

◆ TRANSLATION

BG 18.38: Happiness is said to be in the mode of passion when it is derived from the contact of the senses with their objects. Such happiness is like nectar at first but poison at the end.

◆ COMMENTARY

Rājasic happiness is experienced as a thrill that arises from the contact between the senses and their objects, but the joy is as short-lived as the contact itself, and leaves in its wake greed, anxiety, guilt, and a thickening of the material illusion. Even in the material realm, for meaningful accomplishment, it is necessary to reject rājasic happiness. As a reminder to steer him away from immediate but misleading joys, India's first Prime Minister, Jawaharlal Nehru, used to keep these lines from the poem, Stopping by Woods on a Snowy Evening, on his desk:

The woods are lovely, dark, and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

The path to lasting and divine bliss lies not in indulgence, but in renunciation, austerities, and discipline.



Is it your Birthday Today?

OCTOBER 22

Ruled by number 4 and the planet Uranus, you are active, jovial, reliable, methodical and systematic person. You are sharp and intelligent and you easily find solutions to difficult situations. You are optimistic and skillful, but you need to check your tendency to behave moody, vindictive and extravagant at times.

This year some major decisions would be taken. You would be highly energized and ready to put extra efforts to achieve your career goals. Your excessive energy and tremendous drive would bring you remarkable financial benefits. Property disputes or legal matters which have been bothering your mind would settle amicably towards the middle of the year. Spouse would remain cooperative and shower love and affection upon you. Children would be a major source of happiness. The months of November, February and July will be highly important and eventful.

5 Ways to Overcome Your Negative Thinking

Today, negative thinking is one of the greatest hindrances we have when achieving our goals or living the life we've dreamed of. Many great achievements would have been borne today if people got rid of their negative thoughts and self-defeating mindset.

What is the remedy? How does one overcome their negative thinking? Here are five tips that will put you on your way to thinking positive and good about yourself.

1. Identify the source of these negative thoughts

This is very important. 'A problem half addressed is a problem half solved.' Negative influence can come through family, friends or even social media. It's essential to note where these things come from and try and eliminate those avenues.

It might mean skipping lunch with a friend that always seems to be complaining over his or her problems, and getting you to sympathise with them or it might be listening to a motivational cd over the radio.

We all have different ways in which these thoughts come in. It's best to examine the source then find ways to eradicate them.

2. Surround yourself with the right people

Most times, the people we hang about with are the ones that influence our thinking, words and actions. If you move with a negative, ill-mannered friend then you find out you will begin to behave the way he or she does.

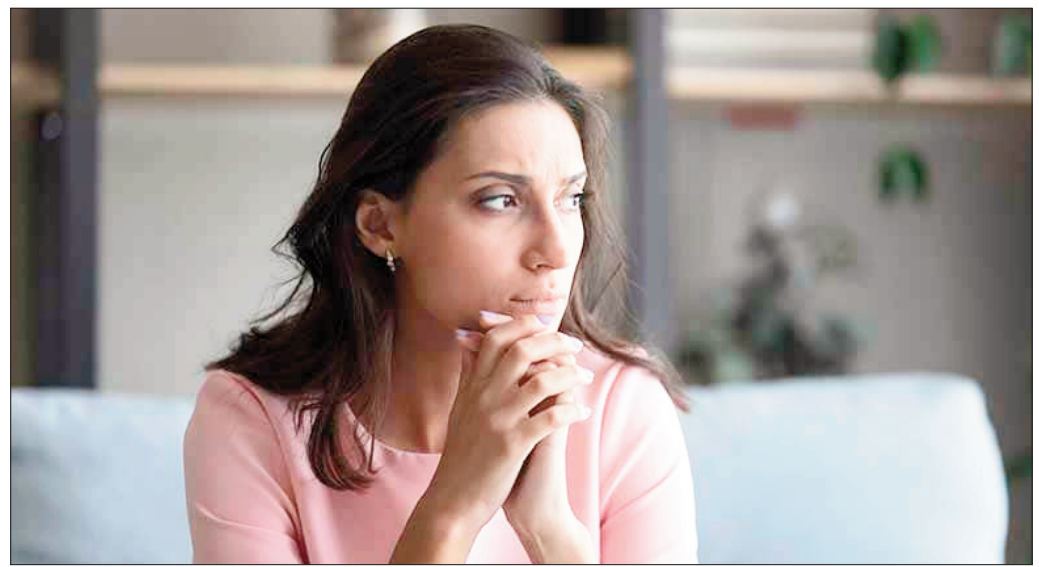
That's just nature, so it's wise to choose your companions carefully and look for those with goals similar to yours. I like this quote by Henry Ford which says "My best friend is the person who brings out the best in me."

Jim Rohn's 12 Pillars of Success says "Be picky with your friends; "Everything relationship you have is an association be it positive, neutral or negative. Categorize every person you meet.

Is he or she someone you should disassociate with, have limited association with, or someone you should expand your association." While a good friend is a gem, the wrong ones can be a thorn in your flesh.

It's also important to note that these sources of negative thinking could come from family members or even close relations. This might be tricky since they are loved ones; however you have to be "wise as a serpent but harmless as a dove."

Whenever the conversation begins to divert towards negative talk, change it back, sway the conversation back with a positive response. Begin to develop a new way of speaking and this comes



as a result of the right support group.

3. Immerse yourself with motivational resources (books, cd's, videos & seminars)

This is a tactic that has worked personally for me. I make it a priority to incorporate time everyday for reading motivational books, checking inspirational blogs and websites and this has worked tremendously well for me.

You'll find out that if you start your day like this, the rest of your day begins to follow in the same pattern which means, you think right, avoid negative sources, and most of all you stay motivated throughout the day.

If you get busy with positive materials that provide inspiration and motivation, then you'll find out the negative vibes will find its way packing.

Attend seminars; this is a good way to invest your time and money, as you will be able to meet the right kind of support group and possibly your mentors! Read books...every successful person today reads at least three books a month and that's simply why they are constantly motivated and also very knowledgeable.

4. Start believing in yourself

This is a very important tool in overcoming negative thoughts. It starts with you... You have to make the effort. It's left for you to apply all the principles you read, videos you watched and seminars you've attended. Remember, everything it takes to succeed lies in your hands and you're the creator of your own destiny.

Think positive about yourself. Wake up each morning with a smile on your face, knowing you have everything it takes to succeed and overcome the challenges of that day. It's usually the mood

you wake up in that tends to dictate what the rest of your day will be like. So who makes the choice? You. Believing in yourself also means accepting your vulnerability; #imnotperfect.

You're not perfect and that's okay! Why stress yourself over things you can't change? Brenne Brown says "When we lose our tolerance to be vulnerable, joy becomes foreboding."

You will make mistakes; accept that as reality, but don't dwell on them and welcome self-defeating thoughts, instead use that as a challenge to learn from them and improve on oneself.

5. Stop comparing yourself to the next person

This links perfectly with my fourth point. You simply don't believe in yourself and that's why you compare yourself with others. "Oh, why can't I be like her? Why can't I enjoy life like she does?"

These statements are very common, but they do a lot of damage to the mind. You can never be like Susie or James. Accept that and move on. They are moving on with their lives, why can't you? Most times, you'll find out the people you're coveting aren't really what they are.

Majority of people today put on facades, they try to put on something they're not...Is that the person you're comparing yourself to? So...re-strategize. Re-focus. You were born different and you will always be different therefore appreciate the "best" in you.

Admit your weaknesses and move on. Remember, each one of us has something unique to offer, and the world is waiting on us to make manifest what we were born to do. When you go about with these thoughts, positive things are automatically attracted to you and negative thoughts, feelings and emotions are eliminated.

Word Of The Day

INTRANSIGENT

adjective | in-TRAN-suh-junt

What It Means

Intransigent is a formal word that describes a person who refuses to compromise or abandon an often extreme position or attitude. It can also describe a thing, such as a system or point of view, that shows the same kind of stubbornness.

// Despite the mediator's best efforts, the opposing

sides in the dispute remained intransigent.

INTRANSIGENT in Context

"Honey and vinegar, a traditional medicinal combination known as oxymel, dates to the ancient world. Apothecaries in the Middle Ages sold it, Hippocrates prescribed it and the physician-philosopher Ibn-Sīnā extolled its virtues. Today such a mixture sounds likelier to dress a salad than a lesion—but with antibiotic-resistant bacteria on the rise, scientists are eagerly seeking new ways to fight intransigent infections. Now a study in Microbiology suggests oxymel may indeed help." — Leo Deluca, Scientific American, 1 Oct. 2023

Did You Know?

Both intransigent and its younger sibling intransigence come to English from the Spanish adjective intransigente, meaning "uncompromising," and ultimately from the Latin verb transigere, "to come to an agreement." Knowing that many English words with the prefix in- have prefix-less antonyms, one might guess that transigent has its own place in our language. While this word does pop up occasionally in print, it is too uncommon at this point to qualify for entry in our dictionaries. Since intransigent is a Spanish borrowing, English transigent is considered a back-formation—that is, a word formed by subtraction of a real or supposed affix.

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: [EARTHNEWSROOM@GMAIL.COM](mailto:earthnewsroom@gmail.com)

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

SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS



■ **ARIES:** Is your significant other uncertain about spending much time with you today, Aries? You may be hurt at first, as your honey could feel obligated to spend some private time with family members. You should be able to get together as you hoped. Just don't expect it to be for the whole day. Spend your alone time relaxing and sprucing yourself up.

■ **TAURUS:** Are you doing something special for the people you live with tonight, Taurus? If so, you might be a little worried about what they might think of your skills as a chef, host, etc. Don't waste any time worrying. A good time will be had by all, including you. Everyone is likely to have a memorable evening. Just do your best, be your usual jovial self, and concentrate on having fun.

■ **GEMINI:** A small gathering may take place in your neighborhood today if at all possible, Gemini. If you're currently involved, you will probably attend it with your significant other. If you aren't seeing anyone, you will run into some old friends and possibly make some new ones. One of them could be a potential love interest, perhaps a little older than you. Relax, let loose, and have a little fun.

■ **CANCER:** Conversations of various kinds could take place today, Cancer. Some older people, perhaps your parents, could call you. It may be a rather quiet visit, with conversation that's more casual than intense, but it will be nice, nonetheless. Later you could get in touch with friends or colleagues to offer congratulations regarding something exciting.

■ **LEO:** Someone you've been expecting to call might not do so today, Leo, and this could worry you a little. Don't be too shy to pick up the phone and call. Your friend may have overslept or been too overwhelmed by work or family life. You haven't been forgotten. If you phone, this person will undoubtedly be glad to hear from you. After the conversation, go for a walk in your neighborhood.

■ **VIRGO:** Worries about money could be on your mind today, Virgo. A check you've been expecting may not have arrived. Perhaps a project you've taken on is taking longer to complete than you thought, and so expected funds are delayed. The key word to remember here is "delayed." It's late, not cancelled altogether. Be patient and don't waste any more time worrying!

■ **LIBRA:** The desire to get together with friends is strong today, Libra, but you might be unable to do it in the way you'd hoped. You could be delayed by leftover work or chores, or other restrictions could get in the way. Don't despair, however. You can still have fun as planned. Pitch into whatever needs to be done and get it out of the way. You might be able to do what you wanted to do after all.

■ **SCORPIO:** A career goal you've been hoping to reach may seem uncertain now, Scorpio. You could be wondering if your work has gone for naught. Don't think this way. There's a lot going on behind the scenes that you aren't aware of yet. When you hear about these developments, you will know that you're still in the running. Don't waste your whole day thinking about work. Try to relax. Tomorrow it may all come together.

■ **SAGITTARIUS:** Are you spending a lot of time working on something you've been trying to learn well? It could be more confusing than usual today, Sagittarius. You might come across a new concept that doesn't quite make sense to you at first glance. Don't waste time puzzling over it. Think about something else. The meaning of it all should come to you out of the blue. Be patient.

■ **CAPRICORN:** Did you wake up this morning with a vague recollection of a half-remembered dream bugging you? If so, it won't do any good to try to pull it up. Perhaps you aren't meant to remember the entire thing, in which case you should try analyzing the little bit you do remember. Perhaps it will come to you when something reminds you later. Don't let it drive you crazy. It's only a dream, after all.

■ **AQUARIUS:** Legal matters may be on your mind today, Aquarius. Maybe your insecurities are blowing a certain difficulty all out of proportion. You need to view the entire situation a little more objectively. If you can find someone in the know, ask him or her to fill you in on the facts. You will be relieved to know you've been making mountains out of molehills. For now, try to relax and lighten up a little.

■ **PISCES:** You may need someone's help or advice today, Pisces. Don't be afraid to ask for it. You tend to be proud of your ingenuity and independence. Most of the time others are the ones reaching out to you. You do have the right to ask for help. It isn't a sign of weakness. Knowing when to ask for help is a strength. Think about it.