



BHAGAVAD GITA: Chapter 18, Verse 67

इदं ते नातपस्काय नाभक्ताय कदाचन |
न चाशुश्रूषवे वाच्यं न च मां योऽभ्यसूयति || 67||

idaṁ te nātapaskāya nābhaktāya kadāchana
na chāshuśhrūṣhave vāchyam nā cha māṁ yo 'bhyasūyati

idam—this; te—by you; na—never; atapaskāya—to those who are not austere; na—never; abhaktāya—to those who are not devoted; kadāchana—at any time; na—never; cha—also; aśhuśhrūṣhave—to those who are averse to listening (to spiritual topics); vāchyam—to be spoken; na—never; cha—also; māṁ—toward me; yaḥ—who; abhyasūyati—those who are envious

idam te natapaskaya nabhaktaya kadachana
na chashushrushave vachyam na cha mam yo 'bhyasuyati

TRANSLATION

BG 18.67: This instruction should never be explained to those who are not austere or to those who are not devoted. It should also not be spoken to those who are averse to listening (to spiritual topics), and especially not to those who are envious of Me.

COMMENTARY

It was explained in the previous verse that if one is situated in loving devotion to God, there is no sin in giving up the material duties. However, there is one problem with this instruction. If we have not yet become established in love for God, and we prematurely give up material duties, we will be neither here nor there. Thus, karm sanyās is only for those who are qualified for it. And what we are qualified for has to be determined by our Guru, who knows our capabilities and the stringency of the paths. If a student wishes to become a graduate, it will not do to directly go and attend the graduation ceremony. We will have to begin studies sequentially from grade one. Similarly, the vast majority of people are eligible for karm yog, and it would be a great folly for them to prematurely take karm sanyās. It is better to instruct them to fulfill their bodily dharma and practice devotion alongside. That is why, in this verse Shree Krishna says that this confidential teaching given by him is not for everyone. Before sharing it with others, we should check their eligibility for this teaching.

This word of caution applies specifically for the confidential teachings of the previous verse, and in general, for the entire message of the Bhagavad Gita. If it is explained to someone who is envious of Shree Krishna, that person may respond, "Shree Krishna was very conceited. He kept asking Arjun to glorify him." By misunderstanding the teachings, the faithless listener will be harmed by the divine message. The Padma Purāṇ also states:

aśhraddadhāne vimukhe 'py aśhrīrvati yaśh chopadeśhaḥ śhiva-
nāmāparādhaḥ [v41]

"By giving transcendental instructions to those who are faithless and averse to God, we cause them to become offenders." Hence, Shree Krishna describes the disqualifications for listeners in the above verse.

You Become What You Pretend to Be

Your attitude influences your behavior and the other way around, so in essence, you can become what you pretend to be. By adjusting your attitudes and behaviors to embody what you want to be, you automatically and naturally assume the role as a reality.

A Prime Example of How You Become What You Pretend to Be

Michelangelo believed he was the greatest artist in the world and could create masterpieces using any medium. His rivals persuaded Junius II to hire him to paint the ceiling of the Sistine Chapel because they knew Michelangelo had rarely used color and had never painted in fresco.

They were sure he would turn down the commission due to his inexperience. They planned to use his refusal as proof of his lack of talent. If he accepted it, they were convinced the result would be clownish and planned to use it to point out his inadequacies in the art world. But Michelangelo accepted the commission. Because he had the attitude of a great artist, his behavior followed.

Going through the motions and practicing with colors and painting in fresco endlessly, he became an expert in the technique. He executed the frescos in significant discomfort, having to work with his face looking upwards, which impaired his sight so badly that he could not read save his head turned backward for months. By acting upon his belief that he could create anything, he made the masterpiece that established him as the artist of the age.

Attitude Influences Behavior

Tibetan monks say their prayers by whirling their prayer wheels on which their prayers are inscribed. The whirling wheels spin the prayers into divine space. Sometimes, a monk will keep a dozen prayer wheels rotating like some juggling act in which whirling plates are balanced on top of long thin sticks.

Many novice monks are not that emotionally or spiritually involved at first. It may be that the novice is thinking about his family, his doubts about a religious vocation, or something else while he is spinning his prayer wheel. When the novice adopts the pose of a monk and makes it evident to themselves and others by playing a role, their brain will soon follow the position they are playing.

It is not enough for the novice to intend to become a monk: the beginner must act like a monk and rotate the prayer wheels. If one intends to become a monk and goes through the motions of acting like a monk, one will become a monk.

Dali is Another Great Example That You Become What You Pretend to Be

His fellow students at the Madrid art academy described the great surrealist artist Salvador Dali as "morbidly" shy, according to his biographer Ian Gibson. He had a great fear of blushing, and his shame about being ashamed drove him into solitude.

His uncle gave him the sage advice to become an actor in his relations with the people around him. He instructed him to pretend he was an extrovert and to act like an extrovert with everyone, including his closest companions. Dali did just that to disguise his mortification. Every day he went through the motions of being an extrovert, and eventually, he became celebrated as the most extroverted, fearless, uninhibited, and gregarious personality of his time.

He became what he pretended to be. Every time we pretend to have an attitude and go through the motions, we trigger the emotions we create and strengthen the attitude we wish to cultivate.

If you want to become an artist and go through the motions of being an artist by painting a picture every day, you will become an artist. You may not become another Vincent Van Gogh, but you will create the attitude of an artist, and you will become more of an artist than someone who has never tried.

The Secret of Mona Lisa's Smile

Think, for a moment, about social occasions—visits, dates, dinners out with friends, gatherings, birthday parties, weddings, etc. Even when we're unhappy or depressed, these occasions force us to act as if we were happy. Observing others' faces, postures, and voices, we unconsciously mimic their reactions.

We synchronize our movements, posture, and tone of voice with theirs. Then by mimicking happy people, we become happy. You begin to behave like the people around you, which influences your attitude. Leonardo da Vinci also observed that it's no mystery why it is fun to be around happy people and depressing to be around depressed people.

He also observed the melancholy that painters usually give to portraits. He attributed that to the solitariness of the artist and their joyless environment. According to Giorgio Vasari (1568), while painting the Mona Lisa, Leonardo employed singers, musicians, and jesters to chase away his melancholy as he painted. The musicians and jesters forced him to laugh and be joyful. This behavior created an attitude of joy and pleasure as he painted. As a result, he painted a smile so pleasing that it seemed divine and as alive as the original.

Even Facial Expressions Can Change Your Emotions

CIA researchers have long been interested in developing techniques to help them study the facial expressions of suspects. Two researchers began simulating

facial expressions of anger and distress all day for weeks. One of them admitted feeling terrible after a session of making those faces. Then the other realized that he felt poorly, too, so they began to keep track. They began monitoring their body during facial movements.

Their findings were remarkable. They discovered that a facial expression alone can create marked changes in the nervous system. In one exercise, they raised their inner eyebrows, raised their cheeks, lowered the corner of their lips, and held this facial expression for a few minutes.

They were stunned to discover that this simple facial expression generated feelings of sadness and anguish within them. The researchers then decided to monitor two groups of people's heart rates and body temperatures. One group was asked to remember and relive the most sorrowful experience in their life. The other group in another room was simply asked to produce a series of facial expressions expressing sadness. Remarkably, the second group, the people pretending, showed the same physiological responses as the first.

In a further experiment, the CIA researchers had one group of subjects listen to recordings of top comedians and look at a series of cartoons while holding a pen between their lips. This action makes it impossible to smile. Another group held a pen between their teeth, which had the opposite effect and made them smile.

The people with the pen between their teeth rated the comedians and cartoons much funnier than the other group. What's more, neither group of subjects knew they were making expressions of emotion. Amazingly, an expression you do not even know you have can create an emotion you did not choose to feel. This illustrates how just "faking it" can help you become what you pretend to be.

Try This Experiment

Emotion doesn't just go from the inside out. It goes from the outside in. Try the following experiment to see how behavior and attitude are connected.

- Lower your eyebrows
raise your upper eyelid
narrow the eyelids
Press your lips together

Hold this expression, and you will generate anger. Your heartbeat will go up ten or twelve beats. Your hands will get hot, and you will feel very unpleasant. Try this the next time you're depressed and want to feel happy and positive. Put a pen between your teeth far enough to stretch the edges of your mouth back without feeling uncomfortable. This will force a smile. Hold it there for five minutes or so.

You'll find yourself inexplicably in a happy mood. Then try walking with long strides and looking straight ahead. You will amaze yourself at how fast your facial expressions can change your emotions.

Word Of The Day

OBFUSCATE

verb | AHB-fuh-skayt

What It Means

To obfuscate something is to make it more difficult to understand. Obfuscate can also mean "to be evasive, unclear, or confusing."

// The revised wording of the rule obfuscates its meaning.

// They allege that the company's representative lied and obfuscated when answering questions about the report.

OBFUSCATE in Context

"I firmly believe that cyber-insecurity is fundamentally a policy problem," says Brett Callow, a threat analyst at the security firm Emsisoft. "We need standardized and uniform disclosure and reporting laws, prescribed language for those disclosures and reports, regulation and licensing of negotiators. Far too much happens in the shadows or is obfuscated by weasel words. It's counterproductive and helps only the cybercriminals." — Lily Hay Newman, WIRED, 5 Dec. 2023

Did You Know?

"Hello darkness, my old friend / I've come to talk with you again." So begins the classic 1960s Simon and Garfunkel song "The Sound of Silence," which was written by Paul Simon with a seemingly oxymoronic title that has obfuscated—that is,

confused—ten thousand people, maybe more (probably a lot more) in the decades since. It confuses us too, but we're not above being oxymoronic ourselves when we say that darkness, our old friend, shines a helpful light on the meaning of the word obfuscate. When obfuscate first came into use in the early 16th century, it was with the meaning "to throw into shadow." This makes sense, since the word comes from the Latin obfuscare ("to obscure or darken") which itself comes in part from fuscus ("dark-colored"). The word was used for both figurative and literal darkening before developing the even more figurative senses of "to make more difficult to understand," "to be evasive or unclear," and "to confuse," which in modern use are now more common.

Is it your Birthday Today?

NOVEMBER 30

Governed by number 3 and the planet Jupiter, you are bold, ambitious, dignified, courageous and intelligent. You are hardworking and always appreciated for your commitment and efforts, but you need to control your tendency to behave erratic, stubborn and lazy at times.

The coming year improves financial status of many and some even inherit ancestral property. Business will flourish and financial gains will lift your confidence. Legal matters that have been haunting your mind will settle to your satisfaction. Promotions and increments are likely for some. Romance however will not be pleasant as frequent arguments and disagreements will keep on bothering your mind. Students will perform remarkably well in academics and sports. Those suffering from blood pressure and piles need to take extra care of their health. The months of February, April, June, August and December will be highly significant.

SUDOKU PUZZLES

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

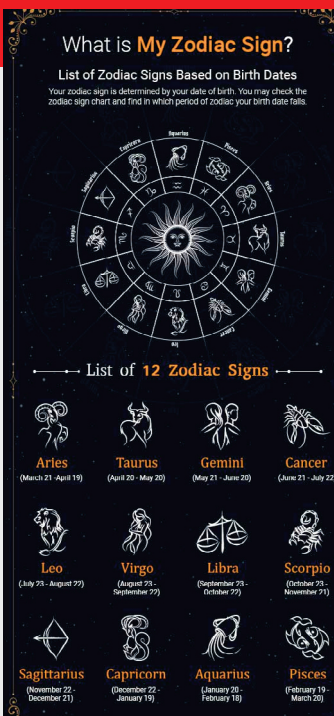
Sudoku puzzle grid with numbers 1-9 in various cells.

SOLUTION OF PREVIOUS PUZZLE

Solved Sudoku puzzle grid with numbers 1-9 in various cells.

Solved By: Tashi Spalchen, Alee TGD, Thinles Chosphe, Rigzen Nubu, Swif Lhamo, Dolma lamo & Stanzin Dorjey

STARS & PLANETS



ARIES: Your ambition and will to succeed may be at war with your feelings today, Aries. Perhaps you've been working so hard that you aren't paying enough attention to friends and family - and they miss you. Children and young people may be very much on your mind. Perhaps you doubt your ability to fulfill your responsibilities. Be objective when considering the situation. Don't let your emotions run away with you.

TAURUS: Today, Taurus, you might uncharacteristically decide to sequester yourself away from the world. Perhaps you're tired or feeling a bit under the weather and only wish to kick back and read a good book. That's fine. Everyone needs a little solitude from time to time. The only concern here is that if you stay too secluded, you might miss an important communication. Resist the temptation to turn off the phone!

GEMINI: A quarrel over money could interfere with a friendship today, Gemini. Perhaps someone hasn't repaid a loan and the lender now needs it. Perhaps a member of your household is unable to pay their share of the bills. Don't let yourself get drawn into quarrels or recriminations. Work something out with your friend if possible. Money isn't worth throwing away a friendship and leaving a gap in your life.

CANCER: Spiritual and metaphysical studies may take up a lot of your time today, Cancer. You might want to dig into the world's major religions or try to make it through works about spiritualism or the occult. If you want to, this is the day to do it because your concentration is very strong, although it will be necessary to take a lot of breaks!

LEO: You might long for a vacation today, Leo, and you could toy with the idea of a future journey by air. Your mind may turn to spiritual places such as India, Egypt, Israel, or Ireland as you wonder how it would feel to stand in the sacred places in those countries. Don't just toy with the idea. You're probably overdue for a trip that would suit your mystical nature.

VIRGO: Someone you've known for a long time may move away or otherwise vanish from your life. He or she may move to a distant state. You'll probably stay in touch by phone or email, but it will never be the same, at least not for a long time. You will feel better if you meet some new people. They will come your way today, possibly through humanitarian group activities.

LIBRA: There might be some tension between you and your romantic partner that might have you feeling a bit depressed. The key to patching this up is honest communication. Remember that honest doesn't necessarily mean brutal. Confrontations now can only widen the rift. Tell your partner how you feel, Libra, but don't cast blame for anything. Share a little. By day's end, all should be well.

SCORPIO: Today your biorhythms may be a little low, Scorpio, so you aren't likely to be feeling very sociable. You're more likely to want to bury your nose in your projects instead of being your usual outgoing self. This is OK but take care that you aren't so reclusive that you miss receiving some sincere compliments. That can make a big difference in the way you feel!

SAGITTARIUS: An electrifying attraction to someone you may have just met could cause your mind to dwell on sex and romance today, Sagittarius. If you can, set up a romantic evening with a love partner. If this isn't possible, watch a movie that moves you to tears. Movies may be of particular interest to you today, since you might be reading about how they're made.

CAPRICORN: Family members could be upset over different frustrating events in their lives, and these moods could spill over to you. Today it would be best to leave them alone to work things out in their own way. They aren't likely to respond to sympathy. Take this opportunity to tend to some of your concerns that you may have postponed. This way, the silence in the house can work for you.

AQUARIUS: Unguarded words on the part of a younger person might lead to upset. If the words are directed at you, don't take them seriously. The person doesn't know any better. If the words are directed at someone else, don't be tempted to lash out at the person who said them. Correct him or her gently. Either way, keep it to yourself and then forget it. It isn't worth the stress.

PISCES: Profligate spending over the past week or two may have you feeling less confident about your money situation today, Pisces. Perhaps you've lent some money to a friend and you doubt their ability to repay. Or maybe you fell for a sales pitch that you now regret. Correct the situation if you can. If you can't, simply learn from the experience and put it behind you.