



BHAGAVAD GITA: Chapter 18, Verse 68

य इदं परमं गुह्यं मद्भक्तेष्वभिधास्यति |
भक्तिं मयि परां कृत्वा मामेवैष्यत्यसंशयः || 68||

ya idam paramam guhyam mad-bhakteṣhv abhidhāsyati
bhaktim mayi parāṁ kṛtvā mām evaiṣyaty asanśayah

yaḥ—who; idam—this; paramam—most; guhyam—confidential knowledge; mat-bhakteṣhu—amongst my devotees; abhidhāsyati—teaches; bhaktim—greatest act of love; mayi—to me; parām—transcendental; kṛtvā—doing; mām—to me; eva—certainly; eṣyati—comes; asanśayah—without doubt

ya idam paramam guhyam mad-bhakteṣhv abhidhāsyati
bhaktim mayi param kṛtvā mām evaiṣyaty asanśayah

◆ **TRANSLATION**

BG 18.68: Amongst My devotees, those who teach this most confidential knowledge perform the greatest act of love. They will come to Me, without doubt.

◆ **COMMENTARY**

Shree Krishna now declares the consequence of properly preaching the message of the Bhagavad Gita. He says such preachers first attain his para bhakti, and then attain him.

The opportunity to engage ourselves in devotion is a special blessing of God, but the opportunity to help others engage in devotion is an even bigger blessing, which attracts the special grace of God. Whenever we share something good with others, we benefit from it too. When we share whatever knowledge we have with others, by grace our own knowledge increases as well. By often giving food to others, we never go hungry ourselves. Saint Kabir said:

*dāna diye dhana nā ghaṭe, nadī ghate na nira
apane hātha dekha lo, yon kyā kahe kabīra [v42]*

“Wealth does not decrease by giving in charity; a river does not become narrow, though people take water from it. I am not saying this without basis; see it yourself in the world.” Thus, those who share the spiritual knowledge of the Bhagavad Gita with others receive the highest blessing themselves.



Embrace Uncertainty Despite Fear & Doubt

Embracing uncertainty can help you use fear, doubt, and failure to improve your life. Fear, control, doubt, failure, lack of safety, worry, unpredictability, confusion, uneasiness, concern, anxiety, suspense, haziness, losing it, freaking out, and ambiguity.

These are just a few words my friends and colleagues gave me when I asked them what uncertainty meant to them. I say a few because not all saw uncertainty as needing taming. Not all of them felt they needed to adopt a proactive approach. In fact, more of them said they were happy to be reactive.

How to Embrace Uncertainty

To throw caution to the wind and see what happened, embrace uncertainty, and feel its wonder. As a self-confessed control freak, seeing the other side of the coin was very reassuring – if not slightly scary. Want to know if you, too, can embrace uncertainty? Here are five ways to do it.

1. Your permission slip to relax

So I set about trying to find ways to embrace uncertainty with the same relaxed excitement that the ‘chilled-out’ amongst us seemed to do. And there lay my first clue. Embracing uncertainty requires a certain amount of “ça fait rien,” a no-worries attitude, a kind of French pace of life.

Uncertainty means leaving things to chance. It means giving yourself permission not to worry about it, not to stress about it, and letting nature take its course. It’s the ability to cope without the complete picture.

There aren’t many things in life these days that don’t need planning and controlling within an inch of their lives. There’s not much we don’t fret over and need an immediate and cast iron answer to.

So, let uncertainty be your opportunity to chillax a little and rebel against organization! Embrace the laid-back you! You will also enjoy our article on fear and doubt.

2. Failure as feedback

One friend said she liked to ‘play it safe.’ That she purposely planned her life to avoid as much uncertainty as possible. I have to say I used to be a little like this myself.

Over the past couple of years, however, especially after reading Dr. Carol S Dweck’s book “Mindset,” I have grown my ability to embrace uncertainty and court the idea of failure more often. Uncertainty (not focusing on the destination but on the journey) is where most of life’s lessons happen.

That journey, that risk, will result in dead ends and wasted trips. But it’s in the getting-it-wrong that we can glean precious feedback. Feedback = Learning. Uncertainty, therefore, creates determi-

nation. An achiever – in place of a defeatist – mindset and the ability to step into the unknown without a gold dangling carrot in sight. It teaches grit, it teaches us to set goals, assess goals, re-set them, and unfold ourselves into our uncertain futures. Embrace uncertainty through all failed journeys.

3. Fun and freedom

If we knew all the answers, and in doing so, we could avoid uncertainty and head straight for the end result, how bland and uneventful life would be! Nobody wants to wait for anything anymore.

Everyone wants it all, and everyone wants it now! Even our kids are growing up too fast. The element of fun and freedom is disappearing in this fast-paced, competitive world. So much focuses on where we’re all going, what we’re all earning, where we’re all living, what we’re all driving.

We are results-driven from kindergarten! One of my fellow coaches is location-independent, allowing her to run her business from anywhere in the world so she doesn’t have to stay in one spot.

There couldn’t be more uncertainty in her life if she tried. She picks a spot where there is sun and waves, and off she goes. She’s bucked the trend to conform, the need to know.

She has no interest in keeping up with the Joneses, to tick the boxes society has laid out for her. Instead, she chose fun and freedom.

Choose to embrace uncertainty

I never know where she is going to be when we Skype. She surfs, the adrenaline she gets from the wave, from not knowing how long she can ride it; where it will take her or where it will spit her out is like straddling uncertainty and riding it like a wild stallion.

Another of my close friends runs sustainable travel programs for students, volunteers, and families. These trips are off the beaten track. Although a lot of planning is involved, there is also a lot of uncertainty when you travel like this.

You are not working with modern systems of travel and economy. It’s more primitive than what we are used to depending on. This means you have to be adaptable to weather, terrain, and cultural changes. They have to have faith in what they don’t know.

But this kind of risk discovers new places, develops the individual, and provides valuable experience whilst preserving the culture, communities, and environment around you. Embrace the extreme fun, unbridled freedom, and personal growth that uncertainty can bring when you don’t do things the “normal” way.

4. Practice makes perfect

Uncertainty allows us to get inside our own

heads and practice self-help in the control departments of our brains. When we feel out of control, the old damaging self-talk pipes up. These voices are pretty destructive but are manageable with practice.

They come from fear that is often distorted. It’s perceived fear, and when we don’t know an outcome, our emotional brain conjures one up for us. It fills in the gaps and joins the dots – just not realistically or rationally. Our emotional brain is much more powerful than the logical part of our psychological brain.

It takes practice to manage it; it’s like a naughty gremlin on the loose! When dealing with an uncertain situation, look at what you DO have control over and what you don’t have control over.

John Kim, AKA The Angry Therapist, has an exercise where he asks you to draw a line vertically down a piece of paper and write Control on one side and No Control on the other. He then asks you to fill in both columns with the things you do and don’t have control over.

Finally, you examine where most of your energy and stress is focused. It’s usually with the things you have no control over, which are uncertain in our own worlds.

To practice dealing with uncertainty, we must focus on what we do have control over rather than trying to sort the whole world out. We have to start with our own sh*t first! Embrace the chance to practice self-help.

5. Faith and love is a test of embracing uncertainty

The saying goes, “the only thing that’s certain is uncertainty.” We cannot be sure of anything as life is ever-changing, growing, and evolving. You don’t even know what will happen by the time you get to the end of this article – nothing, apart from the right here and now, is certain.

Therefore, life requires a degree of faith. Whether you believe in something bigger, higher, or mightier than you, whether you believe in a talisman of sorts or even in nothing (which actually is a pretty big thing to believe in).

That’s faith. You practice spirituality at a very high level to have faith in uncertainty. We do it every minute of every day – and don’t even credit ourselves for it. “He loves me, he loves me not.” Oh, how flipping uncertain love is! But the uncertainty creates butterflies in the stomach, shortness of breath, longing, and lust.

“Will she, won’t she.” That first touch, that first kiss, it’s heart-stopping because of uncertainty. I challenge anyone to swap this risk for clarity in those tingly moments! Sure, uncertainty in love can lead to emotional discomfort – but only if you analyze it and require immediate results. Let love naturally grow and take you where it wants to go.

Word Of The Day

SCINTILLA

noun | sin-TIL-uh

What It Means

A scintilla is a very small amount of something. Scintilla is usually used in negative statements, as in “not even/nary a scintilla.”

// There wasn’t even a scintilla of evidence to support their story.

SCINTILLA in Context

“... there was one part of his Irish childhood

that would follow [Oscar] Wilde across the sea to England. A tiny part of his childhood, admittedly. The merest scintilla of his youth.” – Alexander Poots, *The Strangers’ House: Writing Northern Ireland*, 2023

which means “to sparkle” and is responsible for the English verb scintillate meaning “to sparkle or gleam”). In the 17th century, English carried over this “glittering particle” sense, which is still in use today, as when Scottish writer Rudi Zygadlo wrote of the Gulf of Mexico “fizzing with scintillas underneath the rising sun.” In the same century, people also began using scintilla figuratively for a hint or trace of something that barely suggests its presence. Today this sense is much more common, and especially found in negative statements, such as “We have not a scintilla of doubt that you are now humming ‘Twinkle, Twinkle, Little Star.’”

Is it your Birthday Today?

DECEMBER 2

Influenced by number 2 and the Moon. You are confident, emotional, imaginative, simple and warm hearted. You enjoy enormous respect amongst your friends, but you need to check your tendency to behave stubborn, vindictive and lazy at times.

This year will be highly beneficial for those who are willing to take investment and business risks. New romance will be exciting but short-lived. Journey or pilgrimage will provide comfort and peace. Some exciting changes would take place in the organization that you work for. Financial gains are likely from more than one source. You would also gain if you invest in property and bonds. The months of May, August, December and March will be highly eventful.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Dolma Lamo, Ishey Tundup, Tashi Dolkar, Jigmet Norbu, Swif Lhamo & Wandemi Pohlong

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:** Flexibility is important today, Aries. Take the relaxed, laid-back approach. Trying to ram your ideas through isn’t the best tactic. Having tunnel vision will restrict you in many ways. Keep an open mind and be receptive to other people’s ideas and opinions. You have a great deal of power at your fingertips. It would be a shame to waste it by not having the breadth of vision to see all your options.

■ **TAURUS:** Things coming at you from all sides are forcing you to make a move, Taurus. Try not to feel pressured into something you don’t want to do. A nervous restlessness is apt to take over your being and urge you to act. Don’t let other people’s energies dictate your actions. Secure your position and be strong. Don’t be lured into situations you know are bad for you.

■ **GEMINI:** Lock into the practical, grounding force that is not only realistic but also flexible. Attend to details and organize yourself, Gemini. Be aware that you may need to alter your course in order to fit with the group energy. Try to work together with those around you to achieve a common goal. Initiating the help of others is easier than you think as long as you stay focused and motivated.

■ **CANCER:** Today is one of those days in which prosperity is much closer than you think, Cancer. You will find what you seek, but it’s up to you to take the first step to going after it. More than likely, you’re looking for solid answers to your deep and probing questions. Don’t let your inquisitive mind rest until you find the answers that ring true for you.

■ **LEO:** Indecision may leave you helpless at a crossroads today, Leo. Others around you could be just as undecided regarding their direction. At the same time, you may feel pressured to take immediate action and you’re tired of waiting for others to make the first move. Find answers in simple solutions. There’s more than one correct way to go. Your choice is the right one if you believe it.

■ **VIRGO:** Latch on to the expansiveness that comes when you connect with others in the social arena, Virgo. Communication is a key part of the day. You will find that if you go with the flow, you will land exactly where you need to be. Take the adventurous route and feel free to skip around from one thing to another. There’s no need to pin yourself down to only one way of doing something.

■ **LIBRA:** Connect with the stable, grounding energy of the day, Libra, but beware that tension may come in the form of fast talk and misguided information. People might be fickle and frantic. Wait for the dust to settle before you pick which road to take. Impulsive decisions are apt to lead you down paths that might not be the best choice for you now. Try not to think too much!

■ **SCORPIO:** The expansive feeling you might be experiencing is apt to be squelched today as you get the feeling that you’ve lost touch with reality. Make sure you connect with real life, Scorpio, and do a bit of planning to balance your whimsical nature. Things that you haven’t accounted for might crop up and hit you, serving as a reminder that you need to deal with the here and now.

■ **SAGITTARIUS:** Walk to the beat of your own drum, Sagittarius. If you try to latch on to the glib, fast-paced information of the day, you might lose your voice in the crowd. On the other hand, if you plant your feet firmly and try to plan in too much detail, you might deprive yourself of spontaneous events that prove fulfilling. Chart your own course, and don’t be afraid if no one else comes along.

■ **CAPRICORN:** Talk to the person sitting next to you on the bus, Capricorn, or the one behind you in line at the store. He or she may have a piece of wisdom to share that will change your life forever. Know that you, too, could be that person who changes someone else’s life with a single thought or piece of wisdom. Communication is the key to expanding your world in many ways.

■ **AQUARIUS:** Your self-esteem may be challenged by a fast-paced talker or unpleasant situation, Aquarius. Don’t accept things as they appear at first glance. There’s a much deeper meaning brewing below the surface, and you’d be foolish not to recognize this when it comes around. Stick to your guns and stay grounded. Newfangled devices and big promises may not be all they’re advertised to be.

■ **PISCES:** Jump on board the fast train and see how far it takes you, Pisces. You will be surprised how far you can go with minimal effort. Your grace and polite manners will help you navigate to where you need to be. You’re your own ship and there is a large gust of wind filling your sails. Make the most of this energy by shooting for the top and not resting until you get there.