



BHAGAVAD GITA: Chapter 7, Verse 24

अव्यक्तं व्यक्तिमापन्नं मन्यन्ते मामबुद्धयः |
परं भावमजानन्तो ममाव्ययमनुत्तमम् || 24||

avyaktam vyaktim āpannam manyante mām abuddhayaḥ
paraṁ bhāvam ajānanto mamāvayam anuttamam

avyaktam—formless; vyaktim—possessing a personality; āpannam—to have assumed; manyante—think; mām—me; abuddhayaḥ—less intelligent; param—Supreme; bhāvam—nature; ajānantaḥ—not understanding; mama—my; avyayam—imperishable; anuttamam—excellent

avyaktam vyaktim āpannam manyante mām abuddhayaḥ
param bhavam ajānanto mamāvayam anuttamam

◆ **TRANSLATION**

BG 7.24: The less intelligent think that I, the Supreme Lord Shree Krishna, was formless earlier and have now assumed this personality. They do not understand the imperishable exalted nature of My personal form.

◆ **COMMENTARY**

Continued from previous edition...

The Padma Purāṇ states:

yannakhenduruchir brahma dhyeyam brahmādibhiḥ suraiḥ
guṇatrayamatītaṁ taṁ vande vṛṇāvaṇeṣhvaram
(Patal Khand 77.60) [v21]

“The light that emanates from the toenails of God’s personality is worshipped as the Brahman by the jñānis.”

Therefore, there is no difference between the two forms. Neither of them is superior or inferior. In God’s personal-form, His name, form, virtues, abode, pastimes, associates, etc., manifest as an extension of His divine energy. However, in the formless Brahman, even though all the divine potencies and energies exist, they are in a concealed form.



How Living an Abundant Life Differs From Just Existing

For over fourteen years, I have had the privilege of working with men and women who are experiencing homelessness. Throughout those years, I have been duly impressed by the ability of these men and women to survive, but hoped they could start living an abundant life.

How to go from surviving to thriving and living an abundant life

Some have learned how to eat out of the trashcan, while others have learned how to create makeshift shelters out of junk. There are others who know how to manipulate and cajole their way to sleep on someone’s couch.

These people are the ultimate survivors. While I am impressed with their abilities, I consistently remind them they were designed for more than that. They were designed to live an abundant life.

This abundant life will fulfill their dreams, give them significance, give them love, and give them the opportunity to inspire others to succeed. But how do we get them there?

The changes must become a must

Leadership master, John Maxwell, had been inspiring men and women for years with his insights and inspiration toward becoming the best leader that you can possibly be.

He has written dozens of books, created videos, and led more seminars than there are hairs on my head. Because of his busyness, he pushed himself hard. Poor diet and little sleep were a consistent part of his lifestyle.

Certainly, as he worked alongside other leaders, he felt he should take better care of his body by eating right and exercising. This ‘should’ became a must after he had a heart attack. That emergency woke him out of the should and propelled him into the musts.

He refers to that moment as a defining moment that caused him to reevaluate what was really important.

After the recovery from the heart attack, he became motivated to choose how to spend his time and how to choose his diet more wisely.

How you spend your time increases your ability to live a life of abundance

Many of us know we should spend more time with our family. We should spend more time

reading and less watching television. We should eat right and exercise. As long as these items stay in the realm of the ‘shoulds,’ we will never muster what we need to make it a long-term and lasting change for our lives. What will it take for you to turn your ‘shoulds’ into a must?

Hopefully, you don’t need to have some real-life crisis to propel you there. Unfortunately, many people do. We can create our own mock crisis by setting goals like running a marathon, interviewing for a job, or just some other not-life-threatening but still serious personal crisis. My mom once bought a dress for my sister’s wedding that she could not fit into as of two months before the wedding. She really wanted to wear that dress. It became a must as she got closer to the wedding. She succeeded.

They must believe that they can change

All of that “must” business is great, but what if you believe it is impossible? Many of the men and women I work with have so many excuses. Typically, in an early conversation with them, they will list for me all the things they have tried or all of the things that they cannot do.

These lists are sometimes pretty extensive and they are serious when they say that they don’t believe that they can pull it off. On most occasions, I must cut them off and ask them quite simply, “What can you do?”

Every time that they try to go back to the list of things they cannot do, I interrupt them and ask them what they can do. Ultimately, they come up with a shortlist of things they can do.

That is where we start. As we set their goals, we will discuss how they can use those things that they are confident are in their wheelhouse to achieve them. Amazingly, for most, after a taste of success, they don’t want to go back.

They must believe that they must do the work

We live in a world of excuses. There is always someone else to blame. Parents are significant targets, but bosses, teachers, police, and even the President of the United States are to blame for their problems. Many sit around waiting for someone else to come and fix everything and make it better. The only one who can do the work is your very self. We determine that we are going to do whatever it takes to get well. Don’t sit around and wait for the doctor to cure your ill-

ness. Do the research; push the doctor by asking smarter questions. Look for cures that are being developed in other countries. We must strive to overcome all obstacles.

I am so amazed by Nick Vujicic; who has lived his entire life without arms or legs, yet he seeks ways to overcome obstacles and never gives up.

They must find the right motivation to change

Not all reasons for change are created equal. Sometimes that motivation is just not enough to push us through those days that we want to quit. In order to be strong enough, the motivation can be positive or negative. An example of a positive motivation would be that you will choose to eat right and exercise so that you can play with your great-grandchildren when you are ninety years old.

A negative motivation might be that you don’t lose weight, you will experience the pain of walking. Either way works or you might need a good blend of positive and negative to push us over the top.

One of the brilliant innovations of our time is to bribe ourselves. Stick.com is where you can automatically make a donation to your favorite charity for a positive motivation or if you fail that donation will go to an opposing charity. This is a brilliant blend of positive and negative reinforcement.

They must continue to adjust their plans to succeed

As you progress on your quest to live an abundant life, it is likely that some things that you do will work, others will not. Keep adjusting and working to overcome and keep what works, dismiss those things that don’t work. The key is to remember that you have not yet tried everything. If your desire for a more fulfilling life is strong enough, you will find the creativity to get there.

It is your destiny to live an abundant life. Do not settle for less. There may be moments when you desire to quit. When they come up, find someone that believes in you to remind you that you can do it. As my father-in-law is fond of saying, “Kick the cant’s in the pants.” What are some defining moments in your life that moved you from ‘I should do’ to ‘I must do’?

Word Of The Day

// They’re offering a paltry salary for the position.

// The professor announced they’d finally had enough of the students’ paltry excuses for being late to class.

PALTRY

adjective | PAWL-tree

What It Means

Paltry is a formal word that can describe something that is very small or too small in amount, or something that has little meaning, importance, or worth.

PALTRY in Context

“When the witty and wry English fantasy novelist Terry Pratchett interviewed Bill Gates for GQ in 1995, only 39% of Americans had access to a home computer. According to the Pew Research Center, the number who were connected to the internet was a paltry 14%.” — Ed Simon, LitHub.com, 25 Nov. 2024

Did You Know?

Before paltry was an adjective, it was a noun meaning trash. That now-obsolete noun came from palt or pelt, a dialect term referring to a piece of coarse cloth, or more broadly, to trash. The adjective paltry, which dates to the mid-16th century, originally described things considered worthless, or of very low quality, but it’s gained a number of meanings over the centuries, none of which are complimentary. A paltry house might be neglected and unfit for occupancy; a paltry trick is a trick that is low-down and dirty; a paltry excuse is a poor one; and a paltry sum is small and insufficient.

Is it your Birthday Today?

DECEMBER 10

Governed by number 1, and the Sun, you are original, authoritative, dignified, determined and a sensitive person. You are a true asset to your friends and your family members take pride in you, but you need to check your tendency to overspend and dominate at times. This year there would be a steady rise in your career graph. Your earnings would exceed your expectations and keep you very satisfied. Later in the year, you are likely to get involved in construction or renovation for yourself or for others. Children will be supportive and bring in some good news later in the year. Matrimonial alliances for some around the yearend. Judicial matters might not bring in the desired results, therefore avoid getting involved in legal complications. The months of July, October and January will especially prove to be significant.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Dolma Lamo & Sreerag Sr

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:** Your private life is probably in the throes of great change. This change is likely related to profound transformations that are taking place in your behavior, in particular your nervousness. If your daily or family life seems stifling to you, there’s no need to take your frustrations out on loved ones. Look for answers inside.

■ **TAURUS:** It wouldn’t be surprising if you enrolled in a class that’s very different from your normal activities. For example, a surfer may get a sudden urge to learn about computers, or a technology guru might take up flower arranging. Those who think they have you all figured out will be taken off guard by your new spontaneity and sense of adventure.

■ **GEMINI:** Some of the planetary movements are currently helping you understand that the best place to discover treasure isn’t always where other people tell you to look. If people are urging you to get interested in activities that don’t interest most people, including you, pay them no heed. You’ll discover treasure all on your own provided you follow your own calling.

■ **CANCER:** No one’s more forward thinking than you now. You’re in tune with new inventions and trends, and you may have an irresistible desire to join an avant-garde group. The old way of doing things seems old, and you no longer want any part of it. You can’t stand working according to the old principles any more. You’re in a heated frame of mind. Be careful about stirring conflict.

■ **LEO:** You couldn’t be in a better position in your personal life. The time is ripe to thumb your nose at your demons for the last time. Complexes, guilt, and fears of all kinds are gone. It could even be that the radical “housecleaning” you’ll undertake will affect your professional career as you become aware of how much you’ve been underestimating yourself.

■ **VIRGO:** Today’s forecast is excellent for you. The celestial bodies can’t help but smile on the tempestuous energy of your character. You would be advised to act on your strong intuition. But be prudent in the execution of your actions lest your impulsive spirit stop you from taking recommended precautions.

■ **LIBRA:** Devote your energies to human psychology today. It’s a good day to try to sell your ideas. Concentrate your efforts on those whose help you need. If you have faith in your originality, your sales efforts are likely to pay off. In fact, there is some chance you’ll meet an especially dynamic person who can lead you into some fascinating, unexplored territory.

■ **SCORPIO:** There is some likelihood that you’ll have an electrifying emotional encounter today. Some of life’s more mundane details may trigger arguments that, although violent, are cathartic and short. You’ve been thinking that it’s time for more intensity in your life. Whether you know it or not, you’re rethinking all manner of human relationships.

■ **SAGITTARIUS:** The current astral configuration could be described as a crisis phase, although today’s events won’t be unhappy. Communication proves difficult for you. For a long time you’ve been banking on others noticing and appreciating your talent, but you’re beginning to feel like a sucker for being so patient. This would be a good day to confront the powers that stand in your way.

■ **CAPRICORN:** You have a pleasant day ahead. Optimism and creativity prevail. You can avail yourself of all the freedom necessary to encounter happiness. Indeed, that newfound happiness may come in the form of a new person who makes your heart beat faster. Don’t fall in love too quickly! There are plenty of opportunities now. A deep and fulfilling commitment will take time to build.

■ **AQUARIUS:** The day ahead looks promising. Your energy is gradually returning, and you’re beginning to feel more enterprising about your domestic life. No doubt today you’ll be called on to settle some financial questions related to your domestic needs. While a substantial gift of money or raise would be welcome, you begin to see other ways of making the cash flow rather than trickle.

■ **PISCES:** Try to imagine that you’re in your creative workshop and you’ve given up using all your usual tools in order to find new ways to give form to your inspiration. Another completely different creative style will emerge. Your admirers may be surprised, but no one will be more astonished than you.