



## BHAGAVAD GITA: Chapter 3, Verse 20-21

कर्मणैव हि संसिद्धिमास्थिता जनकादयः ।  
लोकसंग्रहमेवापि सम्पश्यन्कर्तुमर्हसि ॥ 20॥  
यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः ।  
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥ 21॥

karmaṇaiva hi sansiddhim āsthitā janakādayaḥ  
loka-saṅgraham evāpi sampāśhyaṇ kartum arhasi  
yad yad ācharati śhreṣṭhāsa tat tad evetaro janaḥ  
sa yat pramāṇaṁ kurute lokas tad anuvartate

karmaṇā—by the performance of prescribed duties; eva—only; hi—certainly; sansiddhim—perfection; āsthitāḥ—attained; janaka-ādayaḥ—King Janak and other kings; loka-saṅgraham—for the welfare of the masses; eva api—only; sampāśhyaṇ—considering; kartum—to perform; arhasi—you should; yat yat—whatever; ācharati—does; śhreṣṭhāḥ—the best; tat tat—that (alone); eva—certainly; itaraḥ—common; janaḥ—people; saḥ—they; yat—whichever; pramāṇam—standard; kurute—perform; lokaḥ—world; tat—that; anuvartate—pursues

karmanaiva hi sansiddhim asthita janakadayah  
loka-sangraham evapi sampashyan kartum arhasi  
yad yad acharati shreshthas tat tad evetaro janah  
sa yat pramanam kurute lokas tad anuvartate

### TRANSLATION

BG 3.20-21: By performing their prescribed duties, King Janak and others attained perfection. You should also perform your duties to set an example for the good of the world. Whatever actions great persons perform, common people follow. Whatever standards they set, all the world pursues.

### COMMENTARY

Continued from previous edition...

brahma jñāna jānyo nahīn, karm diye chhīṭakāya,  
tulasī aisī ātmā sahaja naraka mahñ jāya. [v15]

Sage Tulsidas says: “One who renounces worldly duties, without the concurrent internal enlightenment with divine knowledge, treads the quick path to hell.”

Instead, if a great leader is a karm yogi, at least the followers will continue to do their karm and dutifully perform their responsibilities. This will help them learn to discipline their mind and senses, and slowly rise to the transcendental platform. Hence, to present an example for society to follow, Shree Krishna suggests that Arjun should practice karm yog. He now gives his own example to illustrate the above point.

Is it your Birthday Today?

MAY 20

Influenced by Number 2 and the Moon, you are imaginative, trustworthy, and practical. This year brings major opportunities for growth in both personal and professional areas. Partnerships and new alliances will strengthen your financial position and boost your confidence. Delayed payments and bad debts are likely to be recovered, providing relief. A long journey, possibly for spiritual or auspicious purposes, will bring peace and fulfillment. Investments in real estate and stocks will yield favorable results, but only if approached cautiously. While work might become hectic due to unpredictable demands, your resilience and determination will ensure progress. Romantic relationships will blossom, and singles may find meaningful connections. It is important to stay grounded and not let impulsive decisions disrupt your plans. The months of May, August, November, and March will be highly significant. This year offers a blend of emotional satisfaction, financial growth, and professional achievements.

# Overcome Your Fear To Become More Confident

Want to overcome your fears and be confident? What is the difference between a person who is confident and one who is not? Self-confident people confront their fears and overcome all obstacles in life.

When you are confident, you tend to take life on a positive note, regardless of how things are going in your life. Everyone has certain fears and we all face obstacles, but the secret to success lies in being able to beat them and achieve what is desired. The lack of confidence can hold you from pursuing your dreams.

However, you can work on enhancing your self-esteem issues; even seemingly simple tasks like talking to others with confidence, and becoming surer of yourself. No one but you can make yourself be confident.

Here are five steps that will help you be confident and pursue your dreams:

**1. Make a Positive Frame of Mind**  
If you want to become self-confident, you need to learn to stay away from negativity. This means staying away from the people who put you down and the thoughts that have the potential to shred your confidence. Instead, spend time with people who are positive and instill a sense of positivity in you.

Here is how you can stay in a positive frame of mind:

>> Control negative thoughts.  
It's not bad to doubt yourself sometimes, but do not let those thoughts take over the positive ones.  
>> Use positive language when interacting with people.  
What you speak is governed by how you actually feel.  
>> Worrying is natural, but do not let your worries take over your feelings.  
In order to stay confident, you need to control your worries.  
Constantly remind yourself of all the good things you do or have happened to you

and see the positive change in your attitude.

**2. Know Your Strengths and Weaknesses**

Do not depend on others to point out your strengths and weaknesses. Get to know yourself well instead. You can become a lot more confident by overcoming your weaknesses and trusting your capabilities. Make a list of the things that you are good at and enjoy doing, and another list of the things where you need improvement.

The idea is to work on areas that make you less confident. As you turn your weaknesses into your strengths, you experience a sense of fulfillment and you'll gradually be confident.

Do not run away from criticism; it is an opportunity to improve. Instead of trying to hold down people who do better than you, try learning from them. Do not take failure too seriously, but as an opportunity to do even better the next time.

**3. Manage Your Life and Balance the Time**

You tend to lose confidence when you are unable to achieve your goals (whether at work or in your personal life). Poor time management leads to stress, and the more stressed you are, the likelihood of negativity taking a toll on you increases. Regardless of the part of the world you stay in, you will have to juggle a lot of responsibilities – managing work, children, household chores, etc.

With effective time management, you can achieve all your goals and, as a result, boost your self-confidence. Make a list of the things you need to get done on any given day and then assign a specific time to each task.

Keep some extra time in hand, just in case you take a few more minutes to complete a certain task. Make sure to stick to the routine, but keep some time for relaxation.

As you start achieving your goals on a regular basis, your confidence will get boosted automatically. You will receive praise at work and will inspire others to manage life

positively.

**4. Enjoy Taking Risks**

Stepping out of your comfort zones on a regular basis helps you build self-confidence. Staying inside your comfort zone is much like being in a cocoon. It is always advisable to break out and explore the world.

Think of things that get you petrified and overcome them. For instance, if you are afraid of heights, you can try taking a bungee jumping session. It is alright if you fail a couple of times initially, but you need to keep telling yourself that you will try and overcome the fear someday.

It is not failure that crushes our confidence, but the inability to get back on the saddle that makes us feel less confident. Stepping out of your comfort zone helps you learn new things, acquire new skills and face new challenges, which make you feel confident. You get the feeling that you can do and achieve anything, regardless of how harsh the conditions are.

**5. Empower Yourself**

Empowering yourself is one of the best ways to build confidence. Empowerment can be achieved in a number of ways like enriching your knowledge by reading inspirational books, listening to inspirational speeches, and spending time with positive people.

You can also empower yourself through physical exercise to overcome physical barriers. Meditation is also an effective way to get rid of negative energy and bring in positivity.

### Conclusion

Life is full of challenges, but you cannot afford to sit back and take life too seriously. You need to overcome and erase your fears. Not everyone is born confident, but one can surely work towards becoming more confident. With the right mindset, you can easily be confident to achieve your dreams and become successful in life.

Word Of The Day

ANTITHETICAL

adjective | an-tuh-THET-ih-kul

What It Means

Antithetical typically describes something that is in direct and unambiguous opposition to another thing. It is often used with to.

// The district's new policy is fundamentally antithetical to the school's values.

ANTITHETICAL in Context

"This proposed village development is too large, too sudden, and too antithetical to the character of our village. It threatens the unique and irreplaceable heritage and biosphere, and with that, the lifestyles of the existing community." — Toby Oliver, The Oxford (England) Mail, 30 Mar. 2025

Did You Know?

Antithetical and antithesis come from the

SUDOKU PUZZLES

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

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

Solved By: Stanzin Spalzom

What is My Zodiac Sign?

List of 12 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.

Aries  
(Mar 21 - April 19)

Taurus  
(April 20 - May 20)

Gemini  
(May 21 - June 20)

Cancer  
(June 21 - July 22)

Leo  
(July 23 - August 22)

Virgo  
(August 23 - September 22)

Libra  
(September 23 - October 22)

Scorpio  
(October 23 - November 21)

Sagittarius  
(November 22 - December 21)

Capricorn  
(December 22 - January 19)

Aquarius  
(January 20 - February 18)

Pisces  
(February 19 - March 20)

STARS & PLANETS

**ARIES:** There are days when a little humility can be good for you, Aries, and this might be one of those days. It's as if the planets are talking to you about sincerity and taking you far away from the trappings of superficiality and popularity. The things that are important to you today are much deeper concepts of humanity and compassion.

**TAURUS:** Your fiery willpower can help you move mountains, Taurus. But you already know that. When it's combined with your legendary optimism, it's a powerful tool you just can't do without. Today you will reap the rewards for your hard work over the last month, in every aspect of your life. The fire that burns inside you and gives you your incredible determination has its limits. Don't misuse it.

**GEMINI:** Today could discourage even the most ardent of passions, Gemini. Even if some people say you're a bit cold, know that there's a veritable volcano burning underneath all that ice. Today you may once again find yourself at a distance from your feelings, as if you were regaining control over your emotions. Be careful about being too cynical about things.

**CANCER:** Cancer, you should try to be tolerant of other people's social and political positions. You may have to deal with certain people whose personal plans are jeopardized by events beyond their control. Don't judge them. Don't immediately defend one viewpoint without thinking how the situation affects the other person's life.

**LEO:** This is a day for doubts, for asking those hard questions that you need to answer. If you like to meditate, Leo, think about spending a little more time at it today. You could learn a lot about yourself. You will see the whole palette of human emotion in other people, from joy to disappointment. Where do you fit in?

**VIRGO:** It may seem that you've been accumulating a lot of excess nervous tension and stress, Virgo. Unfortunately, you won't be able to count on the people around you to make it any better. What your partner wants and what you want may not coincide. It could be time to think about reenergizing your relationship. How about planning a weekend away for just the two of you?

**LIBRA:** You may feel physical and emotional tension today, Libra. Are you taking the time to care for your body? Has someone been putting a lot of pressure on you lately? Are you an emotionally satisfied person? The way you feel physically is a good indicator of your mental state. Try to go a little easier on yourself and you will see immediate benefits.

**SCORPIO:** People love to be with you because you have such natural charm, Scorpio. But today you may not feel especially charming or like talking to anyone. You may have a secret inside that's screaming to get out. If someone confides in you today, do you think you could confide in him or her, too? You should get an answer to that question today.

**SAGITTARIUS:** Your partner may be all over you today, Sagittarius! Are you in the mood to listen? Are you interested in some love? Probably not. You may have had a hard day and just feel like some quiet time together. You aren't up to the demands your partner may make on you. You don't need to worry about it. It happens to everyone from time to time.

**CAPRICORN:** You're often moved by emotion, Capricorn. You like situations that make you feel alive. Today your love life may give you just that kind of adventurous feeling. If that's the case, don't get so far into your emotions that it becomes too much for you. There is such a concept as too much of a good thing!

**AQUARIUS:** You're a helpful person, Aquarius, yet in your relationships, you often seem to confuse helping with parenting. You tend to do a lot of self-sacrificing. Today you may learn how to say no when you feel your partner has gone beyond the limits of what you can give. If you do this, you may rediscover something essential you may have lost along the way - your ego.

**PISCES:** Everyone needs to be loved, Pisces, but it shouldn't be your only objective in life. It isn't the end of the world if your charms fall flat every once in a while. Today you may be tempted to be a little less charming and seductive with the people around you. Some may even say you aren't acting like your usual self. Ignore them. A little self-indulgence now and then never hurt anyone.