



BHAGAVAD GITA: Chapter 4, Verse 5

श्रीभगवानुवाच ।

बहूनि मे व्यतीतानि जन्मानि तव चार्जुन ।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप ॥ 5॥

śhrī bhagavān uvācha
bahūni me vyatītāni janmāni tava chārjuna
tānyaham veda sarvāṇi na tvam vettha parantapa

śhrī-bhagavān uvācha—the Supreme Lord said; bahūni—many; me—of mine; vyatītāni—have passed; janmāni—births; tava—of yours; cha—and; arjuna—Arjun; tāni—them; aham—I; veda—know; sarvāṇi—all; na—not; tvam—you; vettha—know; parantapa—Arjun, the scorcher of foes

shri bhagavan uvacha
bahuni me vyatitani janmani tava charjuna
tanyaham veda sarvani na tvam vettha parantapa

TRANSLATION

BG 4.5: The Supreme Lord said: Both you and I have had many births, O Arjun. You have forgotten them, while I remember them all, O Parantapa.

COMMENTARY

Continued from previous edition...

The individual soul and the Supreme Soul, God, have many similarities—both are sat-chit-ānand (eternal, sentient, and blissful). However, there are also many differences. God is all-per-vading, while the soul only pervades the body it inhabits; God is all-powerful, while the soul does not even have the power to liberate itself from Maya without God’s grace; God is the cre-ator of the laws of nature, while the soul is subject to these laws; God is the upholder of the entire creation, while the soul is upheld by him; God is all-knowing, while the soul does not have com-plete knowledge even in one subject.

Shree Krishna calls Arjun in this verse as “Parantapa,” meaning “subduer of the enemies.” He implies, “Arjun, you are a valiant warrior who has slayed so many powerful enemies. Now, do not accept defeat before this doubt that has crept into your mind. Use the sword of knowl-edge that I am giving you to slay it and be situated in wisdom.”



Is it your Birthday Today?

JUNE 22

Ruled by number 4 and Uranus, you are methodical, practical, and opti-mistic. This year encourages decisive action and high-energy efforts to achieve career goals. Financial gains come through strategic planning and persistence. Property disputes or legal matters that have been trou-bling you may finally be resolved to your satisfaction. Family relation-ships remain harmonious, with children bringing joy and pride through their achievements. Travel for work or leisure adds excitement to your year. Focus on maintaining a healthy work-life balance to ensure long-term success and happiness. Significant months: November, February, and July, highlighted by financial gains and personal satisfaction.

10 Thoughts That Will Motivate You to Stay Focused on Your Goal

Did you ever feel like you are going through a rough time and your goal is nowhere in sight? Life may have its ups and downs and, some-times, the best thing you can do is to take a deep breath and just go with the flow. We have compiled this list of motivational thoughts on success and what you can do to see the proverbial light at the end of the tunnel. There are times when we feel trapped in some strange places, and we just don’t know where to go or what to do.

The boorish “fight to live another day” is another way of saying that I’ve given up and that I like to indulge myself in mediocrity. Slowly, but steadily, those small little moments that should give our lives a bit of color, become our only motivation, our drive, our only goal that keeps on going through the day.

We take things for granted and abandon our curiosity. The quest for perfection becomes the fight to stay alive. Still, let us drive away from the gloom, and figure out some ways to not lose sight of our goals.

All you need is a positive attitude and maybe a couple of motivational thoughts on how to stay focused on your tasks. Here are the most beautiful quotes and motivational thoughts about success, goals, and staying focused that you may want to take a moment and reflect on.

Motivational Thoughts To Help You Stay Focused on Your Goals

Mohammed Sekouty

“Success is perceptible ... We can touch it, smell it and taste it.” This small piece of advice on success was written by Mohammed Sekouty in Egypt, back in 2015. Why is it worthy of mentioning? Sekouty added a subtle twist to his adage. He wanted to say that suc-cess and, henceforth, our goal, is not an ideal, but something very real, almost palpable. By evoking dif-ferent instances of our sensorial apparatus, as the sense of smell, taste, and touch, the author of this beautiful quote wanted to say that we have a tendency to think of our goals as if they are ideals: luminous in appearance and noble in intentions, but impossible to attain. Goals will shed their mantles of excellence in the very moment when we say to ourselves that this can be done, it’s not too hard, and I can do it. So, every now and then, it’s for the better to come down from the heights of Mount Parnassus and chew the fat with the mortals. Ideals are great, noble, but they are impossible to achieve. Goals, on the other hand, is like you are saying that I’m starting at point A, and I want to reach point B, and I can do that by clearing the A prime checkpoint. Keep it simple, keep it straight, don’t dawdle, and you will never lose sight of your goal whether you are looking to improve yourself, search for a meaningful career, or try to be a better person altogether.

Aldous Huxley

“Every ceiling, when reached, becomes a floor,

upon which one walks as a matter of course and pre-scriptive right.” Huxley has a marvelous way of put-ting things into perspective. Although his vision of the future of humanity is entirely bleak, if we take into account his works, Huxley is surprisingly light-heart-ed and optimistic. Each goal may seem out of reach at first, but once it is conquered, that goal no longer rep-resents something that you strive to attain, but your reality. Goal-reaching for Huxley is as natural as the act of walking itself: you just have to know when and where to steer, and your path will take you there. Huxley wants to say that there’s no philosophy behind staying focused on your task because, no matter what you do, the road will surely take you there.

Seneca

“Our plans miscarry because they have no aim. When a man does not know what harbor he is making for, no wind is the right wind.” Plans are meaningless in the great design if we don’t know what we want or what place we want to reach. But that doesn’t neces-sarily mean that plans are not good. It’s crucial to keep yourself organized and to know what steps you have to take to reach your goals.

But before making plans, one must ask them-selves this question: what is my purpose? Can I achieve my aim with all these plans? If all the plans you’ve made don’t have the dénouement you were looking for, it means that you got caught up in the lit-tle details and that you cannot see the big picture. Keep your goal in mind when elaborating on your plans. It’s like performing a research project: the hypothesis must amount to the conclusion and not the other way around. You can try reading these addi-tional facts to learn how to plan without losing track of your aim.

Johann Wolfgang Goethe

“It is not enough to take steps which may some-day lead to a goal; each step must be itself a goal and a step likewise.” Think that all the steps you’re tak-ing to achieve your aim are goals themselves and that each phase can be considered both a goal and a step. This means that you don’t necessarily have to take a step back to see the big picture.

That’s because the so-called big picture is nothing more than all those measures taken to reach your des-tination put together. Cherish each step you’ve taken so far and try to look back a little to see how much you’ve progressed since the last milestone.

Samuel Butler

“A man should have any number of little aims about which he should be conscious and for which he should have names, but he should have neither name for, nor consciousness concerning, the main aim of his life.” Those “little aims” mentioned by Butler are those steps Goethe talked about. Name all the steps you’ve taken so far, peek a little over your shoulder to

see how far you went, but don’t name the main goal of your life. By naming your goal all the magic surround-ing it and your journey fade away.

More Motivational Thoughts To Keep You Focused

Denis Waitley and Remi Witt

“Your goal should be just out of reach, but not out of sight.” To keep you going on your journey, your goal should always be within an arm’s reach, but just far enough to touch it but not grasp it.

Whatever the case may be, never lose sight of your aim. You can indulge yourself with the idea that you’re sometimes close to touching your goal, but never for- get what you’re in for.

George S. Patton

“Accept the challenges so that you can feel the exhilaration of victory.” The taste of victory is much sweeter and refreshing when you look back and see the challenges you had to brave to reach the end of your journey. Answer the calls to arms, rush in to defeat every challenge life throws at you and, in the end, only a fulfilled you will remain.

J. Howes

“Aim at the sun, and you may not reach it, but your arrow will fly far higher than if aimed at an object on a level with yourself.” Striving for perfection is more beneficial than surrendering. Just bear in mind that aiming too high, is one of the things that lead you to follow an easier path. Keep your head out there, among the clouds, but don’t forget to keep your feet firmly anchored to the ground.

Franklin Roosevelt

“To reach a port, we must sail—Sail, not tie at anchor—Sail, not drift.” In other words, to reach your goal, you must keep walking, fighting and braving out everything life throws at you. Don’t dawdle too much on taking that first or last step, because drifting is your one-way ticket to falling into mediocrity. Keep a clear mind, tread carefully and don’t stop until you’ve reached your destination.

Burmese Lore

“Who aims at excellence will be above mediocrity; who aims at mediocrity will be far short of it.” Folklore has a knack for making things simple. To aim for excellence means that you acknowledge what medioc- rity is and that you want to rise above it. On the other hand, they who look to indulge themselves in the little things in life will find themselves trapped in a dark room filled only with these things, all alone with their broken dreams and shattered aspirations.

This was our list containing some of the most beautiful motivational thoughts on how to reach our goal. Remember that the steps to achievement require a clear mind and strong will.

Word Of The Day

LITMUS TEST

noun | LIT-mus-TEST

What It Means

A litmus test is something (such as an opinion about a political or moral issue) that is used to make a judgment about whether someone or something is acceptable.

mus test for good mac and cheese is whether or not it is baked.

LITMUS TEST in Context

“The audience in a Broadway show can be intox-icating, and it’s like a litmus test. If a joke doesn’t land one night, you tell it differently the next night. It’s terrifying, on set, to have no idea if something is working.” — Erika Henningsen, quoted in The Hollywood Reporter, 1 May 2025

Did You Know?

It was in the 14th century that scientists discov-

ered that litmus, a mixture of colored organic compounds obtained from lichen, turns red in acid solutions and blue in alkaline solutions and, thus, can be used as an acid-base indicator. Six centuries later, people began using litmus test figuratively. It can now refer to any single factor that establishes the true character of something or causes something to be assigned to one cat-egory or another. Often it refers to something (such as an opinion about a political or moral is-sue) that can be used to make a judgment about whether someone or something is acceptable or not.

// At our family’s Thanksgiving dinner, the lit-

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SUDOKU PUZZLES

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6				8		3		
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8	4	5	1	9		7		
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SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Padma Nurbu & Mohd Rajab

STARS & PLANETS

■ **ARIES:** If you meet someone new today, Aries, break him or her in gradually. Don’t spill all the beans at once. Let the person warm up to your intense emotional nature before you unleash it full force. People are going to need their space, so make sure you allow enough room for emotional and physical freedom. Think about taking a long trip or short vacation of some sort.

■ **TAURUS:** Spare no emotional or monetary expense today, Taurus. Whatever you put into this day will come back to you tenfold. Feel free to indulge and delight in your fun-loving nature. This day speaks of freedom from restraint of all kinds. Break the chains and explore new worlds in your mind and your physical surroundings. Don’t say no when the adventure bus comes around to pick you up.

■ **GEMINI:** Today isn’t a day to stay inside and sulk, Gemini. Put the past behind you and move on. Grab opportunities with both hands and rev your engine into high gear. Stop looking at what lies behind and focus on the wide-open horizon in front of you. This is an excellent day to turn up the heat and start brewing some new adventures. Transform your life into an action movie with you as the star.

■ **CANCER:** Get your favorite music out of the closet today, Cancer. Have a dance party in your living room and liven things up with some freshly cut flowers on your table. This is a great day to direct your energies outward into the world. Go on a radical adventure that you didn’t think was possible. Plow headfirst into new projects and let your good luck carry you through. Don’t worry about the details.

■ **LEO:** It may be extremely hard for you to make decisions about anything today, Leo. Don’t stress about work or the things you need to get done. With today’s aspects, it’s a day that shouldn’t be filled with sour energy from the past. You experience a rebirth every time you wake up in the morning. Venture forth into new adventures!

■ **VIRGO:** Today should run quite smoothly for you, Virgo. You will find that there’s a great deal of power fueling your emotions and that you’re able to take that power to the extreme. Use your strong, dynamic nature to win the hearts of others. Lead the charge toward good-natured fun. You will be laid-back, easygoing, and adventurous. Take a long-distance trip in your mind.

■ **LIBRA:** Don’t get upset if people don’t take you quite as seriously as you’d like today, Libra. It’s in the nature of the day to keep things light and uplifting. Come out of the intensity of the last couple days and laugh out loud. Don’t stress over things you don’t understand. Go with the flow and keep smiling. You can’t go wrong as long as you join in the good cheer and merriment of the day.

■ **SCORPIO:** You might find that something or someone is purposefully trying to make things difficult for you today, Scorpio. It might seem like you’re trying to get a handle on the issues, but somehow things are slipping through your fingers. Don’t make any major decisions, and certainly don’t try to herd people into corners. Let others have their freedom and consider simply riding out the storm.

■ **SAGITTARIUS:** Lay low today, Sagittarius. Don’t try to force any answers from people. Eat a healthy breakfast and stay away from caffeine. Relate to people on an intellectual or philosophical level and discuss the meaning of life. If you’re looking for sympathy, you may need to wait a couple days. People aren’t in the mood. They just want to be left alone.

■ **CAPRICORN:** Inspire others to come out of their shells today, Capricorn. Have them join you on the sunny side of the street. Share your cheer with other people and lead them into boisterous discussions about the world. You will be on cloud nine, with a great deal of strength behind your happy-go-lucky emotions. Keep things light and don’t worry about tomorrow until it comes.

■ **AQUARIUS:** Keep your cool if something goes wrong today, Aquarius. Don’t be so impatient about fixing a problem that you end up doing something rash. You may do more damage than you would if you just let things sit for a couple days. Mull over the situation, talk it out with others, and approach the issue at another time with a different frame of mind.

■ **PISCES:** Play the lottery today, Pisces. The concept for you is profit with no effort. The windfall will come when you least expect it. The less you try to shape things, the more they will generally flow in your favor. Enjoy the day and don’t sweat the details. Things will work themselves out. People may be quite emotionally charged, but don’t let their behavior throw you off balance.