



BHAGAVAD GITA: Chapter 4, Verse 16

किं कर्म किमकर्मेति कवयोऽप्यत्र मोहिताः ।
तत्ते कर्म प्रवक्ष्यामि यज्ज्ञात्वा मोक्षयसेऽशुभात् ॥ 16॥

kim karma kim akarmeti kavayo 'pyatra mohitah
tat te karma pravakshyāmi yaj jñātvā mokshyase 'shubhāt

kim—what; karma—action; kim—what; akarma—inaction; iti—thus; kavayah—the wise;
api—even; atra—in this; mohitāḥ—are confused; tat—that; te—to you; karma—action;
pravakshyāmi—I shall explain; yat—which; jñātvā—knowing; mokshyase—you may free
yourself; aśhubhāt—from inauspiciousness

kim karma kim akarmeti kavayo 'pyatra mohitah
tat te karma pravakshyami yaj jnatva mokshyase 'shubhat

◆ TRANSLATION

BG 4.16: What is action and what is inaction? Even the wise are confused in determining this. Now I shall explain to you the secret of action, by knowing which, you may free yourself from material bondage.

◆ COMMENTARY

The principles of dharma cannot be determined by mental speculation. Even intelligent persons become confused in the maze of apparently contradictory arguments presented by the scriptures and the sages. For example, the Vedas recommend non-violence. Accordingly in the Mahabharat, Arjun wishes to follow the same course of action and shun violence but Shree Krishna says that his duty here is to engage in violence. If duty varies with circumstance, then to ascertain one's duty in any particular situation is a complex matter. Yamraj, the celestial god of Death, stated:

dharmam tu sākṣhād bhagavat prañītaṁ na vai vidur riṣhayo nāpi devāḥ
(Śhrīmad Bhāgavatam 6.3.19)[v17]

“What is proper action and what is improper action? This is difficult to determine even for the great rīṣhis and the celestial gods. Dharma has been created by God himself, and he alone is its true knower.” Lord Krishna says to Arjun that he shall now reveal to him the esoteric science of action and inaction through which he may free himself from material bondage.



Is it your Birthday Today?

JULY 6

Ruled by number 6 and the planet Venus, you are kind, generous, and resourceful. This year promises significant improvements in your professional environment, giving you satisfaction and recognition. Influential people will aid your career advancement, and you will rise to meet challenges with determination. Family relations may need careful handling to avoid ego clashes, especially with siblings. Financially, long-term investments will yield positive results, though extravagant tendencies should be curbed. Your communication skills will be a key asset, helping you achieve your goals in competitive environments. Romance will bring joy, and your partner will offer unwavering support. Focus on building a healthier lifestyle to sustain your energy levels. Minor health issues could arise if neglected. Traveling for work or leisure will be rewarding and memorable. The months of November, February, and July will be highly eventful, ensuring progress and prosperity.

8 Ways to Find the Courage to Leave Your Comfort Zone

It's easy to get into a rut. We feel comfortable, but not engaged. Things that used to excite us seem ordinary. The problem is that, we've let life become ordinary. We need to find ways – even small ones – to make life exciting again.

It takes courage to leave your comfort zone, but you will reap the reward of your efforts in spades. Discover why it's important to take chances. Use these eight tips to make your life extraordinary.

Why It's Important To Leave Your Comfort Zone

We've got ONE life to work with, and only so much time to live it. The secret to making life extraordinary is spending your time wisely. If everything in your life feels perfect right now, kudos to you.

You're doing something right. If, on the other hand, you feel like something's missing, it's time to change that. You're going to need to do something differently. This typically requires you to step (or leap!) out of your comfort zone. Once you make up your mind to live an extraordinary life, you can make it happen.

1. Set a goal and write it down.

The first step to leaving your comfort zone is to figure out your goal. Define it and write it down. You are more likely to achieve them if they're written.

If you're Charlie Brown and you dream of talking to the Little Red-Haired Girl, write, "I will introduce myself to the Little Red-Haired Girl and ask for her name.

I'll get her number, and we'll get ice cream after school next week." Don't sell yourself short by stopping at the introduction. Dream big and take it even further.

2. Imagine you have NO other option.

Now that you've defined your goal, imagine that you have NO other option but to go for it. Take away the choice element and convince yourself that it's something that must be done.

After living in seven different states, I didn't have much choice but to jump right into new situations. At first, I felt nervous about approaching strangers and making small talk.

I soon learned I needed to make the first move if I ever wanted to make a friend. If you're not forced into a situation that makes you want to leave your comfort zone, pretend you do.

3. Smile – fake it 'til you feel it.

A smile is a magical thing. Even if you're faking it, research shows that you can make yourself feel better just by smiling. Our bodies work in amazing ways.

A smile will make you feel more confident as you tell yourself, "I can do this." Your smile also attracts others and they will smile back, providing that little extra confidence you may need. It's such a simple solution, yet one we often overlook.

4. Take it one step at a time.

If you're feeling especially timid about trying something new, you don't need to push yourself to the extreme. Set smaller and shorter term goals for yourself.

For example: I'm scared of heights, but I wanted to face my fears. So, I decided to try rock wall climbing. I broke down my goals into:

- Signing up for a class at the gym.
- Doing the training session.
- Picking three spots on the wall I wanted to reach.
- Reaching the top.

I never made it all the way to the top, but I did make it through the third step and I was proud of what I accomplished. By breaking down your goal into smaller steps, you can measure your progress AND success can be reached in multiple levels.

5. Jump into the deep end.

Maybe you're not built to wade into the pool one step at a time. It may feel like torture to take it slowly. Rip off the band-aid or jump in the deep end and simply go for it.

Psyche yourself up before you jump by telling yourself you have the courage to do this. If necessary, get someone to push you from behind.

Imagine how good it will feel when you get to that new job or once you move to an exotic place. To get that rush, your only choice is to grab the opportunity while it's available.

6. Consider life without chocolate.

Think about your favorite foods, activities, places, and people. Now imagine your life without them.

One of the main reasons to leave your comfort zone is that you don't know what you're missing until you've tried it.

Imagine never eating ice cream or never visiting the ocean because you felt afraid to travel, or try new things. What if you never felt confident enough to talk to the Little Red-Haired Girl.

The path not taken may be the one leading you to greater happiness, health, and success. However, you won't know where the path leads unless you start walking down that road.

7. Envision your better future self.

Give yourself the courage you need by imagining how your life will be enhanced by trying new things. Writing down your goal is an important step in achieving success, but so is envisioning the end product.

Picture your future self a month from now or a year from now. Imagine what that improved life looks like. If you imagine the worst-case scenario as well, you'll probably realize that it's not that bad. Focus your attention on your better future self.

Not only will this exercise help you achieve your goal, it will also give you the confidence you need to step out of your comfort zone.

8. Remind yourself that new possibilities keep us growing.

Trying new things energizes us and keeps us out of a rut. New possibilities are the spice of life. You may take up a guitar class or join a sports club. You may go after that dream job.

Even small changes, like taking a different route to work, can make us feel happier. Whatever step you can take towards making your goal a reality, you should take that step.

While this quote has been incorrectly attributed to Mark Twain, it's still sound advice:

“Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did.” You've got NOTHING to lose by trying. Go ahead; leave your comfort zone and see what happens.

Word Of The Day

CANTANKEROUS

adjective | kan-TANK-uh-rus

What It Means

A cantankerous person is often angry and annoyed, and a cantankerous animal or thing is difficult or irritating to deal with.

// Although the former postman was regarded by some townspeople as a scowling, cantankerous old coot, he was beloved by neighborhood children, to whom he would regularly hand out

butterscotch candies from his front stoop with a twinkle in his eye.

CANTANKEROUS in Context

“The film ‘Hard Truths,’ which opens in New York on Friday and nationwide in January, centers on [Marianne] Jean-Baptiste’s Pansy, a cantankerous middle-aged woman who spits venom at unsuspecting shop assistants, bald babies, her 20-something son Moses (Tuwaine Barrett) and her dentist, among others.” — Simran Hans, The New York Times, 9 Dec. 2024

Did You Know?

A person described as cantankerous may find it more difficult than most to turn that frown upside down, while a cantankerous mule/jalopy/etc. is difficult to deal with—it may not turn in your desired direction. It's been speculated that cantankerous is a product of the obsolete word contact, meaning “contention,” under the influence of a pair of “difficult” words still in use: rancorous and cankerous. Rancorous brings the anger and “bitter deep-seated ill will” (as rancor can be understood to mean), and cankerous brings the perhaps understandable foul mood: a cankerous person suffers from painful sores—that is, cankers.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Kunal Singhal

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 (Mar 21 - April 19)

Taurus (April 20 - May 20)

Gemini (May 21 - June 20)

Cancer (June 21 - July 20)

Leo (July 21 - 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)

■ ARIES: Inflated egos might block your progress today, Aries, so be on the lookout for people trying to get a bigger slice of the pie than they deserve. Be realistic in terms of how you allocate resources to people around you. Someone may be trying to take advantage of your generous spirit. Use your detective skills to get to the root of the problem and make any necessary changes.

■ TAURUS: This day will be agreeable, Taurus. There is a dynamic energy in the air that's fueling your fire. Have a good time regardless of what you do. An adventurous, high-spirited approach will get you where you need to go in every situation. You have the power to make important transformations that will help you in the future.

■ GEMINI: Don't be quick to criticize today, Gemini. Keep things positive and think about how you can compliment someone. Your heart might need a bit more attention than usual, so surround yourself with people who bring your spirits up rather than drag them down. If you're always looking to the future, you may not realize all the wonderful things happening in the present.

■ CANCER: Things might reach a climax in some way today, Cancer. Set aside time to think about what you can do to love yourself. Maybe you've been thinking so much about group needs that you've failed to think about how to take care of yourself. Preaching your ideas and values to others means nothing unless you apply them to yourself.

■ LEO: Don't wait for someone else to take the lead today, Leo. Take charge. Do what you know is right even though someone else might disagree with you. You know what's best for you and the situation at hand. Be just as strong and bold as anyone else. You have every right to state your opinion. Act on the things you believe in.

■ VIRGO: Put on a noble demeanor before you leave the house this morning, Virgo. The key is to smile from ear to ear and just keep smiling. There's a great deal of power available to you, so put it to good use. Open your heart and freely express your love, because it will brighten up other people's lives, too. Keep your chin up, your shoulders back, and be proud.

■ LIBRA: You might find that your emotions are going through a powerful transformation, Libra. Use it to add a bit of spice and passion to your day. Set the tone by showing people that you have something to say and you aren't afraid to say it. Put a humorous spin on everything you do. This attitude will get you through any locked door.

■ SCORPIO: Give special attention to others today, Scorpio. Remind people how much they mean to you. Adopt a childlike attitude of excitement and adventure. This is the name of the game on a day like this. Let the sunshine touch your spirit regardless of the weather. There is extra fuel for your fire. Get out and do the things you love to do.

■ SAGITTARIUS: Proceed with passion, Sagittarius. Get out of gloomy mode. Don't sit home and mope. Get out in the sunshine, literally as well as figuratively. Don't stay cooped up inside when there is a big world out there to explore. This is a day to keep things light and energetic. Remember that happiness is a decision.

■ CAPRICORN: This is your day to shine, so turn it up a notch, Capricorn. Brush your hair before you go out, and make sure you're wearing flattering attire. You have the chance to propel your emotions into an upward spiral. If there's a part of your life that feels stagnant, give it a jolt of creative energy or simply remove it from your life.

■ AQUARIUS: If an emotional issue is bringing you down, Aquarius, find healthy ways to relieve the situation. Overeating won't solve the problem. This will only mask your difficulties and make them harder to deal with later. It's time to pull out of the rut and infuse the situation with freshness. You have a great deal of love to share with the world.

■ PISCES: Whatever you visualize today will likely materialize in the near future, Pisces. People are clamoring to make themselves heard, so jump in with your opinion. Keeping things balanced in your world means getting your needs met as well. Don't sacrifice your well-being just to maintain the peace. Make changes that benefit all parties involved.