



## BHAGAVAD GITA: Chapter 5, Verse 19

इहैव तैर्जितः सर्गो येषां साम्ये स्थितं मनः ।  
निर्दोषं हि समं ब्रह्म तस्माद् ब्रह्मणि ते स्थिताः ॥ 19॥

ihaiva tair jitah sargo yeshām sāmye sthitam manah  
nirdoṣam hi samam brahma tasmād brahmaṇi te sthitāḥ

iha eva—in this very life; taiḥ—by them; jitah—conquer; sargaḥ—the creation; yeshām—whose; sāmye—in equanimity; sthitam—situated; manah—mind; nirdoṣham—flawless; hi—certainly; samam—in equality; brahma—God; tasmāt—therefore; brahmaṇi—in the Absolute Truth; te—they; sthitāḥ—are seated

ihaiva tair jitah sargo yesham samye sthitam manah  
nirdosham hi samam brahma tasmad brahmani te sthitah

### ◆ TRANSLATION

BG 5.19: Those whose minds are established in equality of vision conquer the cycle of birth and death in this very life. They possess the flawless qualities of God, and are therefore seated in the Absolute Truth.

### ◆ COMMENTARY

Sri Krishna uses the word sāmye to mean one possessed of an equal vision toward all living beings, as explained in the previous verse. Further, equality in vision also means to rise beyond likes and dislikes, happiness and misery, pleasure and pain. Shree Krishna says that those who are able to do so transcend the samsara of repeated birth and death.

So long as we think of ourselves as the body, we cannot attain this equality of vision because we will experience continued desires and aversions for bodily pleasures and discomforts. Saints rise above bodily consciousness and absorb their minds in God, giving up all worldly attachments. The Ramayan states:

sevaniḥ lakhanu sīya raghubirahi, jimi abibeki puruṣha sarirahi.  
“Lakshman served Lord Ram and Sita, just as an ignorant person serves his body.”

When one’s mind is situated in this divine consciousness, attachment to bodily pleasures and pains get transcended, and one reaches a state of equanimity. This equipoise that comes through the sacrifice of selfish bodily desires makes one godlike in demeanor. The Mahabharat states: yo na kāmayate kiñchit brahma bhūyāya kalpate “One who gives up desires becomes like God.”



Is it your Birthday Today?

AUGUST 30

If you're born on August 30, you're ruled by number 3, making you generous, talented, and peace-loving. You seek harmony in every aspect of life and naturally avoid conflicts. Your creative mind helps you shine in areas like writing, art, or teaching. However, overspending or mood-related decisions might become road-blocks. This year, your efforts will finally receive the recognition you've been waiting for. Financially, land or property investments could bring excellent returns. Legal matters, if any, are likely to resolve in your favor. Relationships feel more secure, and your children or younger family members may make you proud. Your partner's support will bring emotional strength. Keep an eye on the health of elders in the family and avoid risky decisions related to money. Stay consistent with self-care. The months of December, April, June, and October offer career success, emotional balance, and life events that elevate your journey.

# Why Following Your Dreams Is Your #1 Priority

Following your dreams is the only way to genuinely live an authentic life – keep reading to find out why. I suppose it’s not fair to call our innermost desires and goals dreams, per se. I say this because dreams are often identified as ideas that are fantastic in nature and have no place in the so-called “real world.” However, everything within the scope of our lives begins with a thought. Many times, a simple thought becomes the grandest of things.

Dreams are often depicted as unreasonable, illogical, and unattainable by our society. Yet, these very dreams and thoughts are the things that make life worth living and fantastic! It comes down to the inner fire that drives us to live life the way we feel we should, rather than how we are told we should. To wake up and follow your heart’s desire, regardless of what those around us tell us, is what we owe ourselves to do.

### Following your dreams will make you happy

- 1. It'll Make You Happy**  
What truly makes you happy is something that you know on a deep level. This happiness has the potential to extend into every aspect of our lives. Our dreams are interconnected with this happiness. Remember: your heart is always looking out for your best interests. Happiness is part of your best interest. If you are truly happy with what you're doing every day, you will never work a day in your life. Following your dreams is
- 2. You'll Live with No Regrets**  
We have to live with ourselves even when we are in a house full of people. That little voice inside you (which we aptly call the inner voice), or your heart, is in constant conversation within us.  
It can be a nagging voice of truth or an inner guide to attaining your goals. We develop a sense of regret when we do not do what we truly desire most in life. The reason this happens is that our dreams, our goals, are so intense that sometimes, it gives us very little room to do anything else. By listening to that inner voice, we can avoid feeling the regret of not being able to fulfill our dreams.
- 3. It Creates Self Trust**  
If you think about it, trying to ignore your dreams is really hard to do. You have to basically ignore yourself on a 24-hour basis. However, following your dreams may seem like a scary thing – but the steps are there if you're listening and paying attention.  
Listening to your inner voice and following your dreams creates a sense of self-trust that most people never reach. This self-trust is an essential part of knowing who you are and living a life of clarity. It's easier than it sounds. Just remember, everything should be done step by step, little by little. You'll get there, eventually.
- 4. Dreams are for billionaires**  
This is true. How many people have become rich and successful by doing something they did-



the key to happiness.

- 5. Inspire Others**  
We, fortunately, and unfortunately, live in a world where many people feel like they can't do the things they truly want. However, if you step up and decide that you want to live the life you always dreamed about, you'll accomplish it.  
Of course, this may sound like a spin on positivity just to get the engine running, but it's not. As humans, we are meant for greatness.  
As creators, we are meant to better the world we live in. Our dreams grow the world in many aspects. Not only are you fulfilling your inner fire, but you are also telling those around you they can, as well. Nothing is more important than being an example of greatness by simply following your heart.
- Be patient with yourself while following your dreams**  
Everything in life takes time, and with that comes patience. Through this entire process, the most complicated part is the practice of patience.  
However, with this comes an understanding of what it takes to fulfill your dreams – and the peace required to maintain them.

Word Of The Day

INCISIVE

adjective | in-SYE-siv

**What It Means**  
Incisive means "impressively direct and decisive." It is generally applied to either something communicated in a way that is very clear and direct, or to a person who is able to explain difficult ideas clearly and confidently.

// The columnist is known for her incisive commentary on local politics.

INCISIVE in Context  
"Death Becomes Her' might be a combination of an uproarious camp sensibility and the grotesquely macabre, but it also contains incisive social critiques—of impossible beauty standards for women, the difficulties of aging, and the lengths people will go to maintain their youthful looks." — Christopher Wallenberg, The Boston Globe, 1 June 2025

Did You Know?  
An incisive person doesn't hem and haw—they get straight to the point. The original meaning of incisive, from around 1600, was "having a cutting edge or piercing point";

SUDOKU PUZZLES

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

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SOLUTION OF PREVIOUS PUZZLE

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

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:** Some paperwork might need attention today, Aries. You may also be on the phone a lot. Communication should be clear, open, and honest, so you'll accomplish exactly what you need to. An intimate and loving conversation could take place between you and a close friend or lover who might follow up with a visit to your home.
- TAURUS:** Physically, Taurus, you feel strong and energetic. This is a good day to look into expanding your horizons. All signs point to personal and career success. Some surprising communications from friends or neighbors could bring fascinating information your way. You'll know just what to do with it. Follow your instincts!
- GEMINI:** Ingenuity and practicality lead to success now. Something may be accomplished that has meant a lot to you, Gemini, and you should feel particularly satisfied with yourself and maybe even a little excited. A lot of comings and goings could take place in the home today, with visitors and family members popping in and out. Stay centered.
- CANCER:** You might put a lot of effort into the appearance of your house. Some people you'd like to impress could visit your home tonight, Cancer. You should be especially intuitive now, so don't be surprised if you anticipate what they'll say before they say it. Make it work for you! Success through entertaining and the astute use of intuition are highly indicated.
- LEO:** A group you're affiliated with could meet somewhere in your neighborhood, Leo. Though you're usually more sensitive and intuitive than others, today you could be feeling especially so. Expect a lot of phone calls and visitors. Don't be surprised if you ca
- VIRGO:** This is a period when your business and financial interests continue to fly high. You may feel disoriented at times, as everything seems to be happening at once, Virgo. Yet all you can do is go with the flow. You're on a roll! Matters involving friendship and love also are changing rapidly, mostly for the better, though you might leave some longtime companions behind.
- LIBRA:** As career and money matters continue to advance, your self-confidence is high and your mind is very positive. You should continue to attract good fortune. Expect more pleasant surprises and sudden breaks this month, Libra. You'll attract new friendships based on shared spiritual values, and old friendships should solidify even more. Life is treating you well.
- SCORPIO:** Your ESP continues to expand, Scorpio, and you sense what friends are feeling without their saying anything. Don't be surprised if one is hiding some repressed anger! The chance to travel may come up unexpectedly, and you could be in a quandary about going. Consider it carefully. If it's feasible, go for it. This isn't the time to hold back.
- SAGITTARIUS:** The execution of contracts and other legal documents looks favorable now, Sagittarius. You might consider going into business, perhaps in a partnership with some friends. This looks good, but there's a chance that one of them has been keeping things from you, and this might make you angry. Honest communication is necessary in order to succeed at a new enterprise.
- CAPRICORN:** Everyone is likely to be making demands on you right now, which can have you in a dither. A career success could be offset by an upset with a partner over a miscommunication. This should be worked out, but it might take the wind out of your sails if you let it, Capricorn. It would be a good idea to derail any upset before it runs you down. Invite your partner out to celebrate!
- AQUARIUS:** This should be a fortunate day, Aquarius, including love, career, money, and health. Plans for a trip might finally materialize, and a long-awaited solution for a nagging health concern could manifest. You should feel very enthusiastic and optimistic about your future. You might even be daring enough to take a few more chances than usual. Go for the gold, and don't be surprised if you actually get it!
- PISCES:** If you've been expecting a settlement of some kind, today it might finally come or show signs of coming soon, Pisces. This is a great day to invest in a home, land, or property. It's especially necessary to read the fine print before signing anything. Your mind might be a little foggy. Anything you have to do could require a little more concentration than usual.