



BHAGAVAD GITA: Chapter 5, Verse 21

बाह्यस्पर्शेष्वसक्तात्मा विन्दत्यात्मनि यत्सुखम् ।
स ब्रह्मयोगयुक्तात्मा सुखमक्षयमश्नुते ॥ 21॥

bāhya-sparśheṣhvasaktātmā vindatyātmāni yat sukham
sa brahma-yoga-yuktātmā sukham akṣhayam aśhnute

bāhya-sparśheṣhu—external sense pleasure; asakta-ātmā—those who are unattached; vindati—find; ātmāni—in the self; yat—which; sukham—bliss; saḥ—that person; brahma-yoga yukta-ātmā—those who are united with God through yog; sukhām—happiness; akṣhayam—unlimited; aśhnute—experiences

bahya-sparsheshvasaktatma vindatyatmani yat sukham
sa brahma-yoga-yuktatma sukham akshayam ashnute

TRANSLATION

BG 5.21: Those who are not attached to external sense pleasures realize divine bliss in the self. Being united with God through Yog, they experience unending happiness.

COMMENTARY

The Vedic scriptures repeatedly describe God as an ocean of unlimited divine bliss:

ānando brahmeti vyajānāt (Taittirīya Upaniṣhad 3.6)

“Know God to be bliss.”

kevalānubhavānanda svarūpaḥ parameśvaraḥ (Bhagavatam 7.6.23)

“God’s form is made of pure bliss.”

ānanda mātra kara pāda mukhodarādi (Padma Purāṇ)

“God’s hands, feet, face, stomach, etc. are all made of bliss.”

jo ānand sindhu sukarāsi (Ramayan)

“God is an ocean of bliss and happiness.”

All these mantras and verses from the scriptures emphasize that divine bliss is the nature of God’s personality. The yogi, who absorbs the senses, mind, and intellect in God, begins to experience the infinite bliss of God who is seated within



Is it your Birthday Today?

SEPTEMBER 2

Governed by number 2 and influenced by the Moon and Mercury, you are intuitive, adaptable, and deeply compassionate. This year brings substantial progress in both your professional and financial life. Strategic business alliances and well-negotiated contracts will enhance your credibility and boost your confidence. Real estate dealings and smart investments, especially in the stock market, are likely to deliver promising returns. Those in trade, particularly exporters, will expand their reach and establish a solid reputation. Students can expect a fruitful academic phase marked by progress and exciting learning experiences. On the personal front, you may undergo a spiritual shift, prompting reflection and interest in introspective journeys. For some, love may evolve into long-term commitment, and bonds will grow deeper with mutual understanding and trust. Relationships will gain emotional depth, and shared moments will become more meaningful. The months of February, June, July, and August are particularly favorable—offering the right momentum to convert your dreams into concrete success. These periods support both personal and professional breakthroughs. Stay connected to your emotional intelligence and act with calm confidence—this year rewards thoughtful action and heartfelt connections that align with your core values.

Ten Things My Mother Was Always Right About

Back when we were young and stubborn, it pained us to admit the times when our mother was right about things. As we grew older, we came to accept these tokens of wisdom from the woman who brought us into this world because she was usually right. Now check out the ten things my mother was right about below!

1. You’re never fully dressed without a smile

As any teenage girl can do so well, I could look bored and uninterested at any given time. More often than not, when I left the house, my mother would call after me, “You’re never fully dressed!”. It was her way of telling me to smile, which I typically scoffed off with a groan and an eye roll for good measure.

Turns out, a smile really does complete you. It sets your mood and opens you to positive interactions throughout your day.

2. My mother would check out dessert first

Mother isn’t shy about asking to see a dessert menu and would check if they will run out of anything. What I took from that into adulthood is to plan ahead for treats and indulgences.

Having something special to look forward to and planning the rest of your meal – or day – knowing you’ve got creme brulee, a massage, vacation, drinks, etc.- coming up lets you indulge but keeps you from overindulging.

3. Those friends she didn’t like

It’s like a sixth sense! Even if she didn’t say it, I had those friends growing up that I could tell she wasn’t crazy about. I don’t know how, but those friends she truly liked are still friends of mine to this day! Moms can be character readers, much like dogs, so pay attention if she doesn’t trust that new guy; she may be onto something.

4. Mother was right when she said don’t sleep the day away

Mumbling for my mother to leave me alone as she tried to pry me from my bed at 1 p.m. was a routine weekend occurrence for some time. I didn’t think there was anything to miss out on before mid-afternoon. Boy,

was I wrong! Now in my 30s, I have dubbed 9 a.m. my “Power Time” because I have trained a client, worked out, walked the dog, and am on to coffee, fully energized and ready to take on the day.

There is a unique energy in the morning hours that is yours for the taking. Whether you use that time to exercise, meditate, or simply have a few moments to enjoy your coffee in solitude, don’t let this time slip by unaware.

5. Just try a salad

I wasn’t a picky eater, but I didn’t eat a salad until mid-high school, and my standard Subway order was bologna, cheese, and mustard.

Like pretty much any other mom out there, my mother insisted that I at least try a salad with dinner.

She wore me down, and as my taste buds changed, I craved a good salad! This goes for any food you may have avoided as a child. Trying things can open a world of flavors and recipes that often become your new favorite food in adulthood!

6. Unfair teachers prepare you for unfair people

Whenever I complained about a teacher – basically every day once middle school hit – Mother would remind me there would be unfair bosses and people I’d have to learn to work with for the rest of my life. While this didn’t make 15-year-old me feel better, she – once again – was totally right! Learning to brush off condescending comments and not taking things so personally is a life skill you will use in both work and play.

7. Busy work has a point, according to my mother

I distinctly remember a mandatory college course with projects that had no relation to my major and no apparent purpose other than taking up time. I moped about the work being pointless and a waste of time, but my complaints were met with opposition. Mother told me this was an exercise in persistence.

All I could see then was how this project was a waste of my time; it wasn’t accomplishing anything, and I wasn’t learning anything new. Now, I see that I learned to endure. I learned how to press on when

things seemed pointless, which is a trait that serves you well in many areas of adult life.

8. There’s better music out there

Both parents were thankful when I outgrew the boy band craze of the 90s. They played various music in the house, but I was completely immersed in all things Backstreet Boys as a teen.

Eventually, I found my way to genres outside of Top 40 Pop, but the bigger take-away is not getting stuck in one genre or era of music.

It’s insanely easy, nowadays, to discover artists who are nowhere near mainstream yet doing really cool stuff! Using Pandora, Spotify, or delving into a genre you know nothing about expands your creative side and feeds your soul!

9. Mother knew what she was doing when she said shop for feel-good clothes

I still make fun of my mom for holding an item of clothing and inevitably saying, “This has a great weight!” At 15, that meant nothing to me. Was it “in”? Did it make me look cool? Thin? Pretty? Finally, I get what she means, and I’ve actually uttered those same words I scoffed at years earlier. Dressing in clothes that make you feel great is important as an adult. You look more confident and feel better about yourself; it’s a total mood-booster!

10. A home should feel lived in

Mother always joked that I didn’t know what a vacuum cleaner was. This is a huge exaggeration, but she meant she didn’t bark at people to take their shoes off or follow them around with a dustbuster.

Things had their general space, but crosswords and books sat on the table, and comfort took precedence over photo-shoot-ready decor and furniture.

I’d have friends come home with me from college, and all say: your house is so cozy! They say this in awe, and it makes me feel proud! People instantly feel at home and not like they can’t touch anything. I like to think my apartment here in Chicago has that same feel.

My home is thought out and tidied up, but you can always tell what I’m reading and where my favorite spot to sit is.

Word Of The Day

EPITOME

noun | ih-PIT-uh-mee

What It Means

Epitome means "a perfect example." It is usually used in the phrase "the epitome of," as in "the epitome of elegance."

// In his tailored suit and fashionable haircut, he was the very epitome of style.

EPITOME in Context

"The image of Diana standing on a polo field in a white British Lung Foundation sweatshirt is one of the most iconic images of the late princess. Dressed in jeans, a baseball cap, cowboy boots and a blazer over the logo crew-neck, Princess Diana—who served as patron of the foundation—looked the epitome of '80s cool." — Kristin Contino, Marie Claire, 27 June 2025

Did You Know?

Epitome first appeared in print in the early

16th century, when it was used to mean "summary." If someone asks you to summarize a long paper, you effectively cut it up, mentioning only the most important ideas. The etymology of epitome reflects this process: it comes from Greek epitēmnēin, meaning "to cut short." Your summary probably also presents all the key points of the original work, which may explain why epitome eventually came to be used for any person or object that is a clear or good example of an abstraction, as in "the epitome of grace" or "the epitome of health."

SUDOKU PUZZLES

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

SOLUTION OF PREVIOUS PUZZLE

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

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

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
(March 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: Jealousy might rear its head today, Aries. The key to coping with it is to understand why you feel insecure. If you're jealous of a partner, why is this? Is trust an issue? If this comes up at work, is it because you don't feel recognized for your contributions? Examine the cause of jealousy. It's almost always a symptom of a deeper problem.

TAURUS: Arts and crafts may hold your interest today, Taurus. Even if you lean more toward sports, an artistic streak likely runs pretty strong in you. Creating can be richly satisfying, both in the process and in the finished product. Allow yourself the opportunity to explore this part of you. The day's energy will lend much to your abilities.

GEMINI: Getting along with others may prove challenging today, Gemini. The planetary aspects can have you isolating yourself. You might feel impatient and easily annoyed. If this is so, stay solo if you can. If you can't, you'll need to curb a tendency to be argumentative or confrontational. Exercise patience and bite your tongue if that's what it takes. Avoid conflict.

CANCER: Don't be surprised if you're a little weepy today, Cancer. The day's planetary influences could enhance your sensitivity to everything, including your feelings. Let yourself cry if you need to - it can be cleansing. Try not to wallow too much, as things will look better tomorrow. Take good care of yourself today.

LEO: Obsessive thinking may be something you need to look at today, Leo. Common areas for such behaviors are in the pursuit of money, power, success, and romance. There's a fine line between determination and obsession. If you fixate on the same thing day after day, it may be time to talk with someone about it. An expert can help you see what you don't want to see.

VIRGO: Don't act impulsively today, Virgo. It can be easy to confuse this with spontaneity, but one has more thought in it than the other. Look before you leap! Think everything through from decisions to projects to contracts. Read the fine print more than once. When it comes to relationships, avoid trusting too quickly. Don't set yourself up for hurt by being gullible.

LIBRA: Is it time to take a more drastic approach to solving a problem, Libra? If you've made several attempts to resolve your trouble to no avail, it might be something to consider. As long as drastic doesn't equate with destructive, you may find it works to try something more aggressive. Be careful. Think things through first. Run any ideas past a trusted friend.

SCORPIO: Tap into your creativity to unblock your emotions today, Scorpio. This can be a more powerful tool than you realize. Creativity is a big part of you - almost as big as communication. Your emotions are linked to these, and all are interacting beneath the surface. If one is blocked, the key to releasing it is to focus on the other two. Express yourself through creativity and talking to someone close.

SAGITTARIUS: You may need to deal with disapproval today, Sagittarius. This will likely come from someone you see as a superior or authority figure, perhaps a parent or teacher. While it's important to listen, if what they have to say involves your personal life and how you live it, it's no one's concern but yours. No matter what you do, someone will disapprove of something!

PISCES: You may feel insecure about your appearance today, Pisces. This can be a vicious cycle, and the end result is almost always negative. Rather than picking yourself to pieces, find ways to accept your looks. Whether it's your weight, age, or anything else, if you can't accept yourself as you are, you'll always find something wrong no matter how many changes you make.

CAPRICORN: Taking time alone is essential for everyone, Capricorn, but recognize when you're isolating yourself to the point where it's unhealthy. If you ask why you're taking this time and answer because you're avoiding something or someone, you need to reconsider. Things will only build and get worse under these conditions. You begin to work things out by facing whatever it is that's upsetting you.

AQUARIUS: Watch out for the green-eyed monster today, Aquarius. It can rear up before you even say the word "jealousy" if you're not on your guard. Many situations that cause this feeling are born of insecurity. If you aren't secure in your job, relationship, or family, and feel threatened by someone else, it's time to take a look at the reason. Look for answers rather than lash out.