



## BHAGAVAD GITA: Chapter 5, Verse 22

ये हि संस्पर्शजा भोगा दुःखयोनय एव ते ।  
आद्यन्तवन्तः कौन्तेय न तेषु रमते बुधः ॥ 22॥

ye hi sansparśha-jā bhogā duḥkha-yonaya eva te  
ādyantavantaḥ kaunteya na teṣhu ramate budhaḥ

ye—which; hi—verily; sansparśha-jāḥ—born of contact with the sense objects; bhogāḥ—pleasures; duḥkha—misery; yonayaḥ—source of; eva—verily; te—they are; ādya-antavantaḥ—having beginning and end; kaunteya—Arjun, the son of Kunti; na—never; teṣhu—in those; ramate—takes delight; budhaḥ—the wise

ye hi sansparsha-ja bhoga duhkha-yonaya eva te  
adyantavantaḥ kaunteya na teshu ramate budhaḥ

### TRANSLATION

BG 5.22: The pleasures that arise from contact with the sense objects, though appearing as enjoyable to worldly-minded people, are verily a source of misery. O son of Kunti, such pleasures have a beginning and an end, so the wise do not delight in them.

### COMMENTARY

The senses create sensations of pleasure in contact with the sense objects. The mind, which is like the sixth sense, derives pleasure from honor, praise, circumstances, success, etc. All these pleasures of body and mind are known as bhog (material enjoyment). Such worldly pleasures cannot satisfy the soul for the following reasons:

Worldly pleasures are finite, and hence the feeling of deficiency remains inherent in them. One may feel happiness on becoming a millionaire, but the same millionaire becomes discontented on seeing a billionaire, and thinks, “If only I also had one billion, then I too would be happy.” In contrast, the bliss of God is infinite, and so it gives complete satisfaction.

Worldly pleasures are temporary. Once they finish, they again leave one with the feeling of misery. For example, an alcoholic enjoys the pleasure of drinking alcohol at night, but the next morning, the hangover gives him a splitting headache. However, the bliss of God is eternal, and once attained, it remains forever.

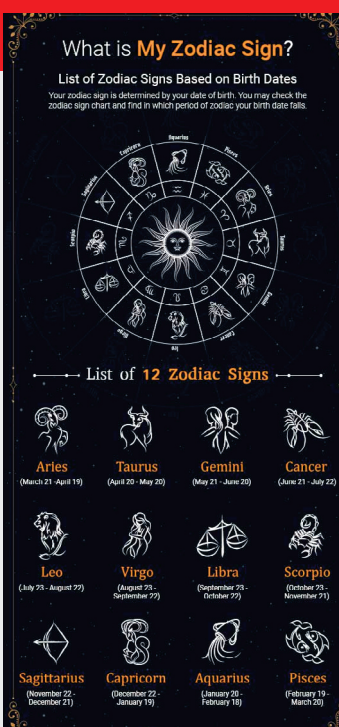
To be continued...



## Is it your Birthday Today?

### SEPTEMBER 3

Ruled by number 3 and guided by Jupiter, you're ambitious, creative, and deeply driven by purpose. This year promises recognition and growth, especially for your innovative thinking and consistency in efforts. You may receive accolades at work, along with financial gains through smart planning and strategic choices. Your leadership qualities will shine, opening doors to exciting professional opportunities and advancement. Persistence will place you in key roles where your voice and vision are valued. On the personal front, being honest and open in your communication will strengthen bonds with family and friends. Emotional transparency will foster deeper, more meaningful connections. Spiritually, you might feel drawn toward acts of service or contributing to causes that uplift others, adding emotional satisfaction to your year. Romantic relationships will thrive on sincerity and mutual respect, laying the foundation for lasting harmony. The months of February, April, June, and September are packed with potential, making them ideal for setting ambitious goals and pursuing them with confidence. Whether it's career breakthroughs or personal milestones, these months bring valuable opportunities. Stay grounded, lead with purpose, and trust that your dedication will be rewarded with both success and inner growth.



■ **ARIES:** You have an intense nature. You probably feel things deeply and spend time lost in thought. Too much intensity can take a toll on your well-being. It might be time you got out and enjoyed yourself. Get up from your chair and take a walk. Meet someone for lunch or do a little shopping. Find something active to do to break the monotony of your routine.

■ **TAURUS:** Feed your mind today, Taurus. While you enjoy being active and social, you do get bored quickly. You'll need to give yourself a constant supply of intriguing, fresh material in order to feel your best. Explore an interesting subject or learn a new hobby. Stimulate your mind and your body will become more energetic. Go online if you can't get away.

■ **GEMINI:** If you're trying to prove you have something valuable to offer, Gemini, think this through. You're naturally friendly and can get along with almost anyone. This may already be your strength, and you probably have something great to bring to a crowd. Consider just being you and not always trying to feel a part of things. Start by looking at your good qualities to prove your worth to yourself.

■ **CANCER:** Consider putting your problem-solving skills to the test today, Cancer. You have a real flair for investigating situations and figuring out what happened. If something comes your way that seems mysterious, deal with the problem directly and wrestle out the truth. If you're baffled, use the process of elimination. Stick with it and you'll learn what's what in no time.

■ **LEO:** Leo, try not to be fooled by others. If you don't know a person well and you aren't sure about him or her, trust your instincts. You tend to care about others, so it can be easy for you to feel sorry for someone and bend over backward to help. Make sure that the person you help really deserves it and you know the whole story. This can save you problems down the road.

■ **VIRGO:** It can be very easy to get carried away today, Virgo. You might get caught up in some excitement. You need to use your head on a day like this. Double-check everything and moderate your activities. Keep your limitations in mind. There's nothing saying you can't do whatever it is that catches your eye. Just use caution and keep yourself safe.

■ **LIBRA:** The energy you feel today may have you so jittery that others don't know what to do. The day's aspects can really bring a boost and you'd be wise to plan to do things so you have an avenue to spend it all. Get busy with physical chores. Pull things out, organize, move furniture around - whatever it takes. It's better to be productive than drive everyone crazy.

■ **SCORPIO:** Venturing into something completely new and different may be what you need, Scorpio. You have a solid practical side, but the need for excitement and adventure is likely just as strong. If you've been putting your nose to the grindstone a lot lately, take time off for some fun. Visit a friend or drive to a place you haven't been to before and explore.

■ **SAGITTARIUS:** Learning about things that interest you most is something you may want to do today. At work and home, there's a schedule to tend to. On your own time, you're free to learn about anything your heart desires. Intellectual growth is something you enjoy. Whether you delve into cooking, astrophysics, or genealogy, you'll find something new.

a lifetime— lies in purposely cultivating a gratitude practice. This meditation can be done in whole or in part, in five minutes or longer, when more time is available.

- Before you meditate, think of three things to be grateful for that are true today, that were not true three years ago. Send your appreciation to each of those circumstances and the people involved.

- Recall a problem that existed in the last five or ten years that is no longer present today maybe something you thought would never change. Celebrate and give thanks for the growth that came out of that difficulty.

- Find appreciation for a relationship that's new, or one you're finally willing and able to release. Receive them or send them away with love.

- Name one area where you have gained greater understanding or insight that you didn't have three years ago.

Observe how this new growth has helped you in your work, in your level of self-care and in your relationships, or anywhere else where you are experiencing a resulting shift.

A gratitude meditation can be sought out anytime and anywhere to transcend our present circumstances and enjoy peace and contentment.

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” — Ralph Waldo Emerson

### Make Your Practice Your Own

Meditation is for everyone, everywhere! Recently someone told me they can always meditate outside or when lying by a pool but they can't seem to do it the traditional way.

She gets too distracted and wanted to know what she was doing wrong. I told her absolutely nothing! Celebrate your own path to meditation and let go of the belief it has to look like your neighbor's practice.

Expanding our definition of meditation as a culture will help everyday people achieve a greater sense of daily presence and fulfillment. We as individuals will benefit, as will everyone who crosses our paths.

No training or years of practice required and it doesn't have to take a lot of time each day. Meditating is as easy as stopping to be where you are and intentionally observing what's happening inside you or around you. Cheers to your improved well-being at the office and beyond!

## Word Of The Day

**CARP**  
verb | KAHRP

**What It Means**  
To carp is to complain in an annoying way.

// They're always carping about their boss.

**CARP in Context**

“David Fincher and Brad Pitt are together again with the sequel to Once Upon a Time in Hollywood—written by Quentin Tarantino and directed by David Fincher. ... And while I hear people carping about the wig on Brad Pitt—to quote Caddyshack, ‘you’ll take what you get and like it’ ...” — Sasha Stone, Awards-Daily.com, 29 July 2025

**Did You Know?**  
Though someone might hypothetically carp

about the fish known as carp, the similarity between the words is wholly coincidental. Both entered the English language in the 15th century but from different sources. Like many terms for plants and animals adopted at that point in the language’s history, the fish’s name traces back to Late Latin, but the verb is of Scandinavian origin. It shares an ancestor with the Icelandic verb karpa, meaning “to dispute.” We promise there’s nothing fishy about that.

### SUDOKU PUZZLES

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

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

### SOLUTION OF PREVIOUS PUZZLE

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

## STARS & PLANETS

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■ **CAPRICORN:** If you meet new people today, Capricorn, be careful. Some can appear interesting because they're bold or dangerous. Perhaps they do things you'd never dream of doing. While this may be intriguing, it can lead to trouble and hurt you if you aren't careful. Stick to your usual standards and ethics. If danger excites you too much, it may be time to make some changes in your life.

■ **AQUARIUS:** You might have to make a choice between telling the truth and a lie. Sometimes this can be a difficult choice, especially if you're afraid you'll hurt someone's feelings. However, a lie can take far more energy than the truth. Consider what you'd want the other person to do in your place. Stick to your ethics, even of it's tough.

■ **PISCES:** Kindheartedness is wonderful, but being taken advantage of can be a danger. You really need to trust your instincts to keep this from happening. If what you hear doesn't match what you feel, trust your feeling. In the event that you get used, move past it. It would be a shame if resentment permanently dampened your giving nature.