

BHAGAVAD GITA: Chapter 5, Verse 23

शक्नोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात्। कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥ 23॥

śhaknotīhaiva yaḥ soḍhuṁ prāk śharīra-vimokṣhaṇāt kāma-krodhodbhavam vegam sa yuktaḥ sa sukhī naraḥ

śhaknoti—is able; iha eva—in the present body; yah—who; sodhum—to withstand; prāk—before; śharīra—the body; vimokṣhaṇāt—giving up; kāma—desire; krodha—anger; udbhavam—generated from; vegam—forces; saḥ—that person; yuktaḥ—yogi; saḥ—that person; sukhī—happy; narah-person

> shaknotihaiva yah sodhum prak sharira-vimokshanat kama-krodhodbhavam vegam sa yuktah sa sukhi narah

TRANSLATION

BG 5.23: Those persons are yogis, who before giving up the body are able to check the forces of desire and anger; and they alone are happy.

COMMENTARY

The human body presents a golden opportunity for the soul to reach the Supreme goal of Godrealization. In this body, we possess the faculty of discrimination, while animals are driven by their nature. Shree Krishna emphasizes that this power of discrimination should be exercised to restrain the impulses of desire and anger.

One meaning of the word kām is lust, but in this verse kām is used for all kinds of desires of the body and mind for material pleasures. When the mind does not attain the object of its desire, it modifies its state to exhibit anger. The urges of desire and anger are very powerful, like the strong current of a river. Even animals are subject to these urges, but unlike humans they are not bestowed with the discrimination to restrain them. However, the human intellect has been bestowed with the power of discrimination. The word sodhum means "to withstand." This verse instructs us to withstand the urges of desire and anger. Sometimes one restrains the urges of the mind out of embarrassment. Let us say there is a man sitting at the airport. A beautiful lady comes and sits by his side. His mind desires the pleasure of putting his arm around her, but the intellect resists with the thought, "This is improper conduct. The lady may even slap me for it." To avoid the shame of censure, he restrains himself. Here Shree Krishna is not asking Arjun to restrain the mind out of embarrassment, fear, or apprehension, but through discrimination based on knowledge.

To be continued...



Is it your Birthday Today?

SEPTEMBER 5

Ruled by number 5 and influenced by Mercury, you are intelligent, quick-witted, and exceptionally communicative. This year brings exciting shifts in your career path, allowing you to explore new directions through either a job change or launching your own venture. Your clever thinking and adaptability will help you make steady progress and attract the right opportunities. People are drawn to your charismatic presence, making you the center of attention in social settings. However, impulsive decisions-especially in finances-should be avoided to ensure lasting gains. Personal growth will flourish through spiritual or self-reflective practices, helping you connect with your inner self. This year also encourages the balancing of ambition with wellness-focus on maintaining good routines and emotional clarity. A significant romantic development may unfold unexpectedly, bringing warmth and happiness. Your communication style will make a lasting impact in both personal and professional relationships. August, November, and February emerge as powerful months that support long-term success and life-altering progress. These periods will align your ambitions with results, giving you momentum to reach your goals. Stay focused, grounded, and open to new paths-this year holds the potential to redefine your journey in remarkable ways.

How Living an Abundant Life Differs From Just Existing

or over fourteen years, I have had the privilege of working with men and women who are experiencing homelessness. Throughout those years, I have been duly impressed by the ability of these men and women to survive, but hoped they could start living an abundant life.

How to go from surviving to thriving and living an abundant life

Some have learned how to eat out of the trashcan, while others have learned how to create makeshift shelters out of junk. There are others who know how to manipulate and cajole their way to sleep on someone's couch. These people are the ultimate survivors. While I am impressed with their abilities, I consistently remind them they were designed for more than that. They were designed to live an abundant life. This abundant life will fulfill their dreams, give them significance, give them love, and give them the opportunity to inspire others to succeed. But how do we get them

The changes must become a must

Leadership master, John Maxwell, had been inspiring men and women for years with his insights and inspiration toward becoming the best leader that

He has written dozens of books, created videos, and led more seminars than there are hairs on my head. Because of his busyness, he pushed himself hard. Poor diet and little sleep were a consistent part of his lifestyle. Certainly, as he worked alongside other leaders, he felt he should take better care of his body by eating right and exercising. This 'should' became a must after he had a heart attack. That emergency woke him out of the should and propelled him into the musts.

He refers to that moment as a defining moment that caused him to reevaluate what was really important. After the recovery from the heart attack, he became motivated to choose how to spend his time and how to choose his diet more wisely.

How you spend your time increases your ability to live a life of abundance

Many of us know we should spend more time with our family. We should spend more time reading and

less watching television. We should eat right and exercise. As long as these items stay in the realm of the 'shoulds,' we will never muster what we need to make it a long-term and lasting change for our lives. What will it take for you to turn your 'shoulds' into a must?

Hopefully, you don't need to have some real-life crisis to propel you there. Unfortunately, many people do. We can create our own mock crisis by setting goals like running a marathon, interviewing for a job, or just some other not-life-threatening but still serious personal crisis. My mom once bought a dress for my sister's wedding that she could not fit into as of two months before the wedding. She really wanted to wear that dress. It became a must as she got closer to the wedding. She succeeded.

They must believe that they can change

All of that "must" business is great, but what if you believe it is impossible? Many of the men and women I work with have so many excuses. Typically, in an early conversation with them, they will list for me all the things they have tried or all of the things that they cannot do. These lists are sometimes pretty extensive and they are serious when they say that they don't believe that they can pull it off.

On most occasions, I must cut them off and ask them quite simply, "What can you do?" Every time that they try to go back to the list of things they cannot do, $% \left(x\right) =\left(x\right) +\left(x\right)$ I interrupt them and ask them what they can do. Ultimately, they come up with a shortlist of things they can do. That is where we start. As we set their goals, we will discuss how they can use those things that they are confident are in their wheelhouse to achieve them. Amazingly, for most, after a taste of success, they don't want to go back.

They must believe that they must do the

We live in a world of excuses. There is always someone else to blame. Parents are significant targets, but bosses, teachers, police, and even the President of the United States are to blame for their problems. Many sit around waiting for someone else to come and fix everything and make it better. The only one who can do the work is your very self. We determine that we are going to do whatever it takes to get well. Don't sit around and wait for the doctor to cure your illness. Do the research; push the doctor by asking smarter questions. Look for cures that are being developed in other countries. We must strive to overcome all obstacles.

I am so amazed by Nick Vujicic; who has lived his entire life without arms or legs, yet he seeks ways to overcome obstacles and never gives up.

They must find the right motivation to change

Not all reasons for change are created equal. Sometimes that motivation is just not enough to push us through those days that we want to quit. In order to be strong enough, the motivation can be positive or negative. An example of a positive motivation would be that you will choose to eat right and exercise so that you can play with your great-grandchildren when you are ninety years old.

A negative motivation might be that you don't lose weight, you will experience the pain of walking. Either way works or you might need a good blend of positive and negative to push us over the top.

One of the brilliant innovations of our time is to bribe ourselves. Stick.com is where you can automatically make a donation to your favorite charity for a positive motivation or if you fail that donation will go to an opposing charity. This is a brilliant blend of positive and negative reinforcement.

They must continue to adjust their plans to succeed

As you progress on your quest to live an abundant life, it is likely that some things that you do will work. others will not. Keep adjusting and working to overcome and keep what works, dismiss those things that don't work. The key is to remember that you have not yet tried everything. If your desire for a more fulfilling life is strong enough, you will find the creativity to get

It is your destiny to live an abundant life. Do not settle for less. There may be moments when you desire to quit. When they come up, find someone that believes in you to remind you that you can do it. As my father-in-law is fond of saying, "Kick the cant's in the pants." What are some defining moments in your life that moved you from 'I should do' to 'I must do'?

pant." Almost always partnered with the word

_Word Of The Day

ABEYANCE

noun | uh-BAY-unss

What It Means

Abeyance is a formal word that is almost always used in the phrase "in abeyance" to describe something in a temporary state of inactivity-that is, something in a state of suspension.

// The legal case is now being held in Did You Know? abevance while the parties attempt to find a Jaw-dropping suspense is at the etymological mutually acceptable solution.

ABEYANCE in Context

"A restaurant popular with college students ... more than a week in October after the state Alcoholic Beverage Control Commission found multiple underage patrons consuming alcohol. ... The actual liquor license suspension issued lasts for 18 days, but only nine of those days must be served, from Oct. 7 to 15, according to the report. The other nine days 'will be held in abeyance for a period of two years provided no further violations' are found ..." — Katelyn Umholtz, Boston.com, 12 Sept. 2024

will temporarily lose its liquor license for in, abeyance refers to a temporary lull in activity—a state of suspension (and perhaps suspense) before an action continues. If something, such as a plan or contract, is in abeyance, it is temporarily unable to take effect, be enforced, etc. When first borrowed into English in the early 16th century, abeyance referred to a lapse in succession during which there exists no person with a legal right to an estate or title of nobility; think of a property or title in this type of abeyance as being in a state of limbo, waiting for a rightful heir or owner. This meaning comes directly from its Anglo-French ancestor, which took the jaw-dropping suspense imheart of abeyance: the word's Anglo-French plied in the word's parts and applied it to the forbear joined parts meaning "to open wide" edge-of-one's-seat feeling when you don't and "to have the mouth wide open; gape, know who the next Earl or Countess will be.

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STARS & PLANETS What is My Zodiac Sign?

- ■ARIES: Something out of the ordinary may appeal to you, Aries, especially if life seems dull these days. Nothing says you can't indulge yourself as long as what you're considering isn't dangerous or something you'll regret. To bring some excitement into your life, just think through the means of attaining it. Perhaps all you need is to try a new sport or go out this evening.
 - TAURUS: It's a great day to set some goals or review existing ones, Taurus. If you don't have a working list, it's time you started one. Brainstorm without censorship. Let your thoughts flow and write them down. Then prioritize the list, add the steps needed to reach each goal, and consider the time frame. Map out your life and go where you want.
 - **GEMINI:** Make yourself available to someone in need of a friend, Gemini. Don't turn anyone away even if you're busy or under the weather. Chances are the person who comes to you needs the advice and support that only you can offer. Listening doesn't take that much energy, and that may be all that's required. Leave
- CANCER: Take care of yourself if you feel tired, Cancer. There's no shame in slowing down or taking a day off if it's needed. If you can spend a day in bed, go for it. This can be more restorative than you know. If some things must get done, delegate or work on a laptop in bed. Take heed when your body tells you it's had enough. Give vourself the rest you need.
- LEO: Music can soothe the savage beast, Leo. If you feel rather savage yourself, turn on some music. Dance and sing aloud. You'll be amazed at how this reduces stress and increases energy. Many find it therapeutic when times are tough and emotions run high. Try it for yourself. Expand your listening range to include many musical styles. You'll be glad you did!
- VIRGO: If you feel sluggish today, Virgo, put on some upbeat music to get you going. Whether it's your favorite tune or the radio, it will help a great deal. Dance a little or sing while you tend to your work. Housework, filing - just about anything goes more quickly with a little rhythm. It also makes it more fun! Bring some enjoyment to your
- LIBRA: Try then try again today, Libra. It can feel terrible to fail at something. Sometimes you just want to hide rather than face the possibility of humiliation. If success is important to you, you need to overcome your embarrassment and fear. Most people have to try more than once, especially when striving for important goals. Don't give up. Your goals are worthy of the effort.
- SCORPIO: Consider talking with a good friend today, Scorpio. Don't let your pride get in the way of getting the support and help you need. If you've made a mistake or fear you've done something wrong, don't walk around with guilt. Sit down with a confidante over a cup of coffee and share what's happening. Remember that everyone ends up in positions like this at some time.
- **SAGITTARIUS:** It might be time to face a recent failure, Sagittarius. No one is exempt from disappointment, of not succeeding at something. It's part of reaching a goal, no matter who you are or what you've done in the past. Even the most accomplished people have had to face this. You aren't alone in your feelings. Give it another shot. Things will work out.
- **CAPRICORN:** Don't delude yourself, Capricorn. While it can be a real temptation to see what you want to see, there's danger in doing so. A pipe dream can only last so long. It's never permanent! Rather than playing this kind of trick on yourself, take off the blinders and face what's before you. Even if it hurts, it will likely be far less painful now
- **AQUARIUS:** Do you need a change of pace, Aquarius? If things are beginning to feel boring and you're apathetic, chances are that you do. All you have to do is figure out what to shift. If you're home most of the time, change the furniture around. It can make the house seem new. Consider putting up new pictures or bringing in fresh flowers. Switch your schedule around. This will energize you.
- **PISCES:** Mind your physical health today, Pisces. Don't push yourself if you're feeling tired and run down. Seriously consider taking a day off from everything to get the rest your body needs. This can prevent more serious ailments by bolstering your strength and immune system. If you can't take a day off, consider what you'll do when you're forced to take a week because of illness.