



## BHAGAVAD GITA: Chapter 5, Verse 23

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

śhaknotihaiva yaḥ soḍhuṁ prāk śharīra-vimokṣhaṇāt  
kāma-krodhodbhavaṁ vegaṁ sa yuktaḥ sa sukhī naraḥ

śhaknoti—is able; iha eva—in the present body; yaḥ—who; soḍhum—to withstand; prāk—before; śharīra—the body; vimokṣhaṇāt—giving up; kāma—desire; krodha—anger; udbhavam—generated from; vegaṁ—forces; saḥ—that person; yuktaḥ—yogi; saḥ—that person; sukhī—happy; naraḥ—person

shaknotihaiva yah sodhum prak sharira-vimokshanat  
kama-krodhodbhavam vegaṁ sa yuktaḥ sa sukhī naraḥ

### 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 God-realization. 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.

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 abeyance while the parties attempt to find a mutually acceptable solution.

ABEYANCE in Context

“A restaurant popular with college students ... will temporarily lose its liquor license for 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

Did You Know?

Jaw-dropping suspense is at the etymological heart of abeyance: the word’s Anglo-French forbear joined parts meaning “to open wide” and “to have the mouth wide open; gape,

pant.” Almost always partnered with the word 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 implied in the word’s parts and applied it to the edge-of-one’s-seat feeling when you don’t know who the next Earl or Countess will be.

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		5	7					
4	6					7		1
7		1	3				9	
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SOLUTION OF PREVIOUS PUZZLE

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

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 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:

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 yourself open to others.

■ 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 yourself 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 day.

■ 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 than later.

■ 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.