



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; vegam—forces; saḥ—that person; yuktaḥ—yogi; saḥ—that person; sukhī—happy; naraḥ—person

shaknotihaiva yah sodhum prak sharira-vimokshanat
kama-krodhodbhavam vegam sa yuktah sa sukhī 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

Continued from previous edition...

The resolute intellect should be used to check the mind. As soon as the thought of savoring a material pleasure comes to the mind, one should bring the knowledge to the intellect that these are sources of misery. The Shreemad Bhagavatam states:

nāyaṁ deho deha-bhājāṁ nṛloke
kaṣṭhān kāmān arhate viḍ-
bhujāṁ ye
tapo divyaṁ putrakā yena sattvaṁ
śuddhyed yasmād brahma-saukhyaṁ tva-
nantam (5.5.1)

“In the human form, one should not undertake great hardships to obtain sensual pleasures, which are available even to creatures that eat excreta (hogs). Instead, one should practice austerities to purify one’s heart, and enjoy the unlimited bliss of God.” This opportunity to practice discrimination is available only while the human body exists, and one who is able to check the forces of desire and anger while living, becomes a yogi. Such a person alone tastes the divine bliss within and becomes happy.



Is it your Birthday Today?

SEPTEMBER 6

Ruled by number 6 and governed by Venus, you are graceful, affectionate, and naturally drawn to balance and beauty. This year brings solid growth in finances and new professional breakthroughs. You might be entrusted with projects that enhance both your income and reputation. Though your expenditures may rise, the parallel increase in earnings will help you maintain financial stability. Work-related or leisure travel will be frequent and fruitful, offering you exposure and new opportunities. On the home front, small misunderstandings may arise, but a calm and loving approach will help restore harmony. Children’s achievements will fill you with pride and become a strong emotional highlight of your year. A growing interest in arts, culture, or creative pursuits may spark joy and inspiration. You might also feel a deeper pull towards spirituality or wellness practices that nourish your soul. February, April, August, September, and December will be especially rewarding, offering moments of recognition, advancement, and emotional contentment. Strengthen your personal connections, nurture your ambitions, and use this year to plan wisely for a more fulfilling future. With grace and determination, you’re set to make meaningful strides both professionally and personally.



■ **ARIES:** Upsets among family members in the home could drive you to escape it all and throw yourself into your work, particularly creative projects of some kind. This might be the right course of action, Aries. The situation isn’t permanent, and perhaps the others in your household simply need to work things out for themselves. In the meantime, your work will give you satisfaction and perhaps even advancement.

■ **TAURUS:** Don’t expect much luck with computers today, Taurus, particularly when it comes to writing or communicating with others. Malfunctions with technology could plague you throughout the day. If you want to get a message to a friend, the best way might be to visit in person! Creative efforts could be hindered the same way. Today is a great day to fall back on good old pen and paper.

■ **GEMINI:** Upsetting news about money may come your way today, Gemini. This could involve your personal finances or economic factors in general that indirectly affect your finances. Don’t panic. All may not be as it seems! Check the facts before acting. The situation could be real, but it’s more likely the product of overblown journalism. Don’t believe everything you read.

LIFE

5 Ways to Develop Growth Mindset

You know that feeling when you face a great opportunity; personal, professional or for your business, and you see how it could change your life, boost your health, wealth and/or happiness? All you need to do is to say ‘yes’ and go for it. But instead, you give in to that little voice in your head: ‘No, you can’t do it – it’s not your area of expertise’, or ‘You don’t have what it takes’, ‘You’re too old, or too dumb to learn’. You’re not dumb or too old to learn. Of course, you’re capable of learning, trying new ways and expanding your horizons. But the old doubts kick in, and that little voice in your head drowns out your dreams: ‘Forget it, you’re not that talented’. Stop! Don’t let that way of thinking kill your hunger for success. Don’t make the mistake of not pursuing your dreams because you don’t have the ‘talents’ required for achieving the goal.

Moreover, forget all you know about talents and strengths. You have been misled. In the world reigned by superheroes, where perfection and immediate success is praised and pursued at all price, we forget that successful people weren’t born that way. Malcolm Gladwell, in his book Outliers, dispels the myth of talent and ‘special powers’ and unveils the secret to outstanding performance – the blood, sweat, and tears. Genius is 1% talent and 99% hard work, said Albert Einstein. But that’s not all. There is one more thing you need to check before you roll up your sleeves. It’s your mindset. The right mindset is crucial to success.

Growth Mindset – what’s that all about?

You may have heard of Carol Dweck’s work in the psychology of success area. The evidence from her research clearly points out that the single most important trait that all successful people have in common is their specific mindset. Growth mindset.

Dweck’s excellent book: Mindset: The New Psychology of Success) presents Growth And Fixed Mindset – two beliefs systems about human abilities, intelligence, talent. People with Fixed Mindset perceive all these as inborn, given at birth. The individual just needs to discover these gifts and follow them to achieve success. People with Fixed Mindset, according to Dweck, thrive when they do things within their reach – things they can do really well and be recognized for. On the other hand, people with Growth Mindset believe you can grow, develop, and master whatever skills and abilities you wish in life. It’s all malleable and you’re the one who can make it happen.

These people love stretching themselves, learning, overcoming challenges, working outside the comfort zone and growing. Their path to success is following the joy of growth and personal development. Dweck is clear in her conclusions – it’s the effort you put in that makes your smart and successful, not your talents or level of intelligence.

She gives multiple examples of children and adults who achieved great things just by nurturing the right mindset. So Growth Mindset is the way to go. But you can’t just announce to the world: right, from now on I will have a growth mindset. ‘The path to a growth mindset is a journey, not a proclamation’, says

Dweck <https://bigthink.com/personal-growth/a-simple-principle-of-educational-psychology-has-been-massively-misunderstood/>.

What can you do to develop a Growth Mindset?

As Dweck explains, people usually have a mix of two mindsets, and that their mindset can change depending on the context or point in life.

Here are 5 ways in which you can strengthen your growth mindset:

1. Give yourself opportunities to develop Growth Mindset

First things first – without recognizing your way of thinking may need some tweaking, you’re unlikely to achieve anything. But don’t just stop there. Give yourself a chance to grow your Growth Mindset.

- Learn to spot when your thinking is slipping into Fixed Mindset, e.g.
 - ‘I love the idea of joining this project, but I don’t have all the skills they need and I’m probably too old to learn’
 - Recognize your mindset is your choice, so choose right.
 - ‘But this is just one way looking at it. On the other hand, they really appreciate my expertise and experience so far and believe I can do it’.
 - Talk back to your Fixed Mindset voice, using Growth mindset logic to argue, e.g.
 - ‘Actually, many people managed to learn new things, even at an older age. I’m not dumb, I could try.’
 - Take Growth Mindset action.
 - ‘How about I start learning about that digital marketing and see how I go?’ The approach described above is often enough to get you back on track with Growth Mindset. However, if your beliefs are more global, more entrenched, you may have a tougher nut to crack. Mindset is a belief system, which includes so-called core beliefs about ourselves and the world around us. These beliefs come from our innate dispositions, childhood experience and/or cultural/societal influence and are often entrenched. Cognitive Behavioral Therapy (CBT for short) may have some tools to help you shift those negative beliefs. CBT is typically used in clinical settings by qualified therapists, but also widely applied in multiple self-help techniques aimed at shifting negative core beliefs.

But because these beliefs are often well entrenched, this approach comes with a warning. Time and patience are needed to modify core beliefs, and the outcome may not necessarily be a total makeover, but a reduction in intensity.

Here are a few CBT strategies that challenge negative core beliefs and hence Fixed Mindset thinking () **Disclaimer. The strategies listed below are for your informational purposes only and not intended to be used instead of professional advice. You need to exercise your own judgment before you decide to use any of these. Always seek help from an appropriately qualified professional if needed.

Word Of The Day

HISTRIONIC

adjective | hiss-tree-AH-nik

What It Means

Histrionic is a word used disapprovingly to describe someone or something that is too emotional or dramatic.

// The head chef had a penchant for dish throwing, door slamming, and other histrionic displays of temper whenever a dish was sent back to the kitchen.

HISTRIONIC in Context

“Where did I put ‘em?/ Where’d I misplace ‘em?/ Where did I leave ‘em?/ Where did you take ‘em? With a barrage of questions ... Jordan Hawkins kicks off his latest single in the throes of borderline histrionic emotional turmoil—as converted by a vocal performance that primarily trades in growls, rasp and impassioned falsetto ...” – Kyle Denis, Billboard, 10 Feb. 2025

Did You Know?

If you’re already familiar with the history of histrionic, take a bow. But if you’re still waiting (in the

wings or elsewhere) to learn, we’ve got you covered. The adjective histrionic traces back to the Latin noun histrio, meaning “actor.” Something described as histrionic tends to recall the high drama of stage and screen, and especially the theatrical form known as melodrama, where characters have very strong or exaggerated emotions. But something that is histrionic isn’t always overdone; histrionic is also used (though less frequently) simply to describe something related to acting or the theater, as in “histrionic talent/skills.” Note that the noun histrionics refers to either theatrical performances, or, more commonly, to a deliberate display of emotion for effect, as in “parents used to the child’s histrionics.”

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Tonlex, Tharpa & Tashi

STARS & PLANETS

What is My Zodiac Sign?

List of 12 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 20)

Leo (July 21 - 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)

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■ **CANCER:** A strong desire for new romance, whether with a new or current partner, could prove overwhelming today, Cancer. You might be tempted to do whatever it takes to attain it. Don’t plunge ahead - this isn’t the day for it! It might cause problems. Go to a romantic movie or read a racy novel. Seek what you want in a few days. You should have better results by then!

■ **LEO:** Someone you’re very fond of could be in a difficult mood today. Don’t let your sensitivity get the better of you, Leo. Don’t take offense at what this person may say in frustration. Intuit what they’re feeling and be your usual compassionate self. This could strengthen your relationship and make you feel good, too.

■ **VIRGO:** An unexpected meeting with a friend could leave you sensing some strong emotions that your friend is experiencing. These could be unsettling, Virgo, so be prepared. Increased psychic awareness could cause you to pick up the thoughts and feelings of others more strongly than usual. This should increase your understanding of the person, but be careful not to reveal this understanding unless asked. It might prove too much for your friend right now.

■ **LIBRA:** A sudden desire for independence from the confines of a job, stagnant home life, or relationship that isn’t working could seem irresistible right now, Libra. You might have some outrageous ideas for changing jobs, moving, or finding a new partner. These ideas might be more workable than they seem, but this isn’t the day to make decisions. Wait a few days and then consider your ideas again.

■ **SCORPIO:** A warm, loving letter, phone call, or email could come today from someone dear who lives far away. This should be delightful, Scorpio, but the frustrations that result from the separation could cause you to think about taking a trip to visit the person. This might be a good idea, but don’t make any promises. Wait a few days and look into the possibility to see if it’s workable.

■ **SAGITTARIUS:** Someone could approach you today offering an opportunity to increase your income, which may seem too good to be true. It might be all they say, Sagittarius, but look into the facts before making promises to go ahead with it. All may not be as it seems! Today isn’t a good day to commit to investments of any kind. Wait a few days, consider the idea again, and see if it’s workable.

■ **CAPRICORN:** Whatever your situation, Capricorn, today you could encounter someone exciting who stirs a powerful romantic attraction within you. This can be delightful, and there’s no reason why you shouldn’t enjoy the company, but be a little cautious before taking any action. Get to know this person better before you decide on any sort of involvement, casual or serious. All may not be as it seems.

■ **AQUARIUS:** Annoying situations that arise today could have you feeling stressed, Aquarius. A sudden desire to escape might enter your mind. Take care not to work out your frustrations by overindulging in food or drink. This could only make the situation worse. Focus on the tasks at hand and get them done. Follow that with a long walk to clear your head and a movie to get your mind off it all.

■ **PISCES:** Difficulty reaching others could plague you today, Pisces. emails might not go through or you could be stuck in endless telephone tag. You may want to stop trying, but don’t give up. Keep at it! Find something else to do while you’re waiting. You’ll make contact eventually. What you have to discuss with these friends could prove gratifying on more than one level.