

# HOROSCOPES

## Monthly Forecast for January 2010

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BY DR. PREM KUMAR SHARMA



**ARIES:** A careful planning on your part would be required to bring success in projects already undertaken. It would be in your interest if you don't undertake any new assignments and focus your attention to complete the earlier projects. Business professionals should avoid new partnerships.



**TAURUS:** A promising month to change your job. It is therefore imperative for you to work to best of your ability to establish yourself in new organisation. Your self-confidence and adaptability would help you. Hectic schedule awaits for marketing executives.



**GEMINI:** Don't get disheartened as official commitments keep you busy this month and even then you are unable to complete the job. Keep in mind that life has its extremes and there are so many things, which are beyond human control. Unnecessary worrying about them would not help you.



**CANCER:** Although colleagues are not likely to be supportive at workplace but you will have to handle things diplomatically to get the work done. It is time to use your communicative skills to tackle the situation. Remember working in close harmony with them would only enable you to complete the work on time. Those who are in the field of public dealing will have to make special efforts to achieve desired results.



**LEO:** Keep your rigid attitude away during work otherwise it could hamper promotional chances. It would be in your interest to work in close cooperation with colleagues to achieve your goals. Marketing professionals must look out for some new business projects. This would allow you to develop your entrepreneurial skills thus brightening career prospects.



**VIRGO:** At professional front setting ambitious goals would drive you to achieve success. Keep in mind that some tough measures will be required on your part to succeed. Also make sure you keep work frustration under control. Chances that it could spoil the mood of other colleagues and might harm your relations.



**LIBRA:** Think patiently while finalizing your future professional plans. Keep in mind that any hasty decision on your part could hamper your business interests. You need to avoid a selfish person at work as his/her unnecessary interference might divert your attention. Better to be focussed on your targets.



**SCORPIO:** Professionals engaged in software development are likely to get good job offers from abroad. This is likely to open the door of new avenues for you. It is therefore very important to grab the opportunity. Also if you are looking for a rewarding career in a dynamic environment it is time for you to equip yourself with strong communication and inter-personal skills to brighten your chances.



**SAGITTARIUS:** Success in competitive exams this month is likely to open the road of higher avenues for you. However, self-confidence/discipline will be highly required on your part to bring expected results.



**CAPRICORN:** A very good month for people associated with theatre. Your fine display of creativity is likely to be highly appreciated. Better to join some regular course where you could learn more to bring forth your talent. Colleagues will also support you to make dynamic and progressive changes at work.



**AQUARIUS:** Consider a business opportunity, which comes in your way. You would definitely get be success. If started with a partner, both are likely to be benefited. For IT Professionals, Colleagues at work might not be supportive to their plans. However, they need to work in close harmony with them to get the work done. Keep in mind that a non-cooperative attitude would aggravate the situation and would only harm you.



**PISCES:** To wither away the rough time at work you will have to devote much of your time in planning & decision-making. Don't worry your professional expertise and strong determination would enable to pass it without any discomfort. Chances of your promotion with an important position in the hierarchy are also high.

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## My Husband Cheated On Me

Happy New Year to all the NRI Pulse readers. Thank you so much for reading and appreciating my column. It really is a blessing to hear from my readers.

pressure, resistance and emotional turmoil. Eventually, the emotional stress will affect your state of well-being and physical health. So, wake up every morning with the intention to forgive him but with the knowledge that it may take time for your body to feel the same way.



AQSA ZAREEN FAROOQUI

**Dear Deep Essence,**  
My husband had an affair five years ago. Once I confronted him, he apologized and stopped all contact with her. It's been five years since that happened and I am still not over it. Since then he has been honest, but I don't know if I will ever trust him again. I want my marriage to work but I hate him for what he did to us.  
**Sincerely,**  
**Unforgiving.**

**Dear Unforgiving,**  
Forgiveness is a life-long process. So, forgive yourself for not being able to forgive him. It's difficult to trust someone after such a deep betrayal. The first step to forgiveness is to accept and honor your feelings (betrayal, hatred, anger etc). The more you feel that you should be over his infidelity, the worse you are going to feel.

So, give yourself time to heal. However, forgiveness is a choice. So, accept all your negative feelings but make an intention to forgive your husband. It may take time for your feelings to fade but hold true to your intention (desire) to forgive him. Even if you chose to end the relationship you would still need to forgive him in order to let go and move on.

You might think that holding a grudge against your husband is protecting you from getting hurt in the future. But that's not true because you are still hurting. As long as you hold a grudge, your body will experience

The activity below (from my book "5-minute recipes for loving kindness") will help you cope with your feeling of betrayal and hurt.

**Sincerely,**  
**Deep Essence**

### The process of forgiveness

Forgiveness is a life-long journey. So, be kind and gentle with yourself. If you notice that your emotions are overwhelming, stop. Take deep breaths. The purpose of this activity is not to increase your pain but to gently dissolve the fear and pain that harbors in your body. So, continue to take deep, conscious breaths and feel the emotion (betrayal, anger, hurt, sadness, fear).

### Dear Deep Essence

Notice its presence in your body.

Where is the pain residing (back pain, chest tightening)?

Are you resisting the pain by adding your own meaning to it? (Example, Ugh I hate this anxiety, fear, depression or I will never forgive him/her, why doesn't this pain stop.). Write down the thought:

Just observe and breathe. Observe and breathe. Notice your breath's soothing sensation as it gently smoothes over your anxiety/sadness/rage.

As you breathe, write a positive affirmation below (e.g.

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## SuDoku Challenge

- Rules:** 1. The 3 x 3 sub grids are called **regions**  
2. Numbers already filled in the grid are called **givens**  
3. The goal of the player is to fill the blank grids of

- Every row
- Every column and
- Every 3 x 3 box
- With the numbers 1,2,3,4,5,6,7,8,9

**However:** All rows and columns and regions (3 x 3) should contain numbers 1 to 9 without being repeated.

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

### SuDoku Solutions

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

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