

# HOROSCOPES

## Monthly Forecast for August 2009

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BY DR. PREMKUMARSHARMA



**ARIES:** A good beginning at work will prove exciting, but for this you may have to put in sincere hard work. Barring mid month, when expected success easily comes your way, you will have to strive harder to get the desired success.



**TAURUS:** This month starts on an encouraging note, as you put in hard work and effort in a challenging project. Don't lose your presence of mind and keep self-confidence high to conquer challenging situations. Be rest assured of the expected success coming your way by the month end.



**GEMINI:** Expect success on the professional front this month, as your sincere efforts bring positive results. Mid month promises a professionally enjoyable time. Timely support of colleagues helps you complete a project in time. Strong determination and decision-making trait helps in overcoming a challenging situation.



**CANCER:** You are not likely to face any problems at work, but will need to work really hard to get the desired success. By mid month you are likely to get an opportunity for promotion or increment. You may need to find time to hone your technical skills.



**LEO:** The one aspect of life that brings disappointment this month is your professional life. Lethargy and lack of an action-oriented approach are likely to make you a sufferer. Despite efforts, you fail to change your attitude and style, courting additional problems.



**VIRGO:** You will have to take a cautious approach, especially in first half of the month to achieve professional success. A careful analysis, discussion and initiatives will be required for launching a new venture. Things move smoothly in later half of the month.



**LIBRA:** Setting off towards new horizons help enhance career prospects. Things at work are likely to remain satisfactory throughout the month. There are indications of getting a variety of assignments, so make full use of your aspirations, supportive nature and open mindedness.



**SCORPIO:** Things at work move smoothly in first half of the month, when expected success comes your way. Handling tough situations and pressures cannot be ruled out by the month end. In any case you do not shy away from putting in concerted efforts.



**SAGITTARIUS:** Except mid month to pave the way for success at work. This will certainly give a boost to career advancement. Good negotiation skills and perseverance will get you a lucrative deal. Seniors prove helpful in helping you execute an important project.



**CAPRICORN:** Professional life throughout the month is likely to remain satisfactory. You are likely to be entrusted with an important responsibility, especially in the beginning of the month. Your dynamic nature proves an asset in motivating others. Success enhances career prospects.



**AQUARIUS:** A result-oriented month, in which much of your professional expectations are likely to be fulfilled. Mid of the month requires guarding against jealous colleagues. Graphic designers, accountants and IT professionals get ample opportunities to exhibit their talent, especially in later half of month.



**PISCES:** Expected success eludes you this month, but all is not lost, as you manage to consolidate your position at the workplace. Things at professional front will stabilise by the month end. You may need to build up a workplace environment conducive to efficient handling of work.

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## Does Therapy Work?

Thank you to all the readers for sending their responses to "Why do we put people in boxes?" I appreciate all the ideas to find a rental space. Keep the comments coming, folks.

As a licensed therapist for the last six years, I have encountered numerous questions about whether therapy works.

For example: Do you see desis in your practice? (Yes, I do.)

I could give the advice you give and make money too. (That could be true)

Therapists charge so much, just give a couple of suggestions and send the client home. (Therapists charge different rates based on their training and experience)

What's the point? (Well, until you try it you won't know.)

How does just talking about it help? (Therapy is more than talking.)

Do you see men? (Yes, I do.)

Based on all the questions I have received about this topic, I really felt a strong desire to break all the stereotypes about therapy. I hope this article addresses all of them.

If not, please send your inquiry to [info@deepsence.com](mailto:info@deepsence.com)

Therapy is for people who have a mental illness OR are interested in self-growth. A huge stigma exists around therapy, but in all honesty, therapy is a simple process where you actively choose to become more aware of habits that are not working for you and commit (through the help of a professional) to changing them.

People may view therapy as an expert telling them what to do with their life. I have heard the phrase "I am sure he/she cannot tell me anything that I have not heard before." That is probably true. If you have read self-help books or talked to friends about your problems,

you probably have heard "Just let it go," or had someone listen to you as you vented. However, there are several differences between talking to a therapist and a best friend. A therapist does not give advice about what you should. Therapy helps you realign and

process what you already know and have heard in all the self-help books. A therapist will help you absorb the theory and integrate it with your own personal experience. For example, if you have read about how to have the perfect relationship but are unable to manifest that in your life, a therapist can help you discover which patterns are not working for you, for example by teaching you assertiveness. Also, therapy is a two-way relationship. Unless you are willing to work on yourself, a therapist cannot force you to change. A willingness to open up and accept the feedback is desirable and conducive to therapy.

Therapy combines several aspects of other modalities e.g. meditation, visualization, art etc. As an avid meditator, I truly believe in the art and science of meditation. Several well-known groups in Atlanta teach all aspects of meditation. Therefore, if you have the will and determination, meditation can ease you out of a state of mild depression and reduce reactivity. However, meditation sessions require daily care...



**AQSA ZAREEN FAROOQUI**

### Dear Deep Essence

Continued on Pg 21.....

## 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.

### SuDoku Solutions

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

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

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