

HOROSCOPES

Monthly Forecast for July 2010

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BY DR. PREM KUMAR SHARMA



ARIES: Things don't promise much joy at professional front this month. However this is only an indication to suggest that you will need putting-in extra efforts to succeed. Therefore don't hesitate to use expertise and work in close cooperation with subordinates to achieve your goals. Professionals engaged in the fields of PR and banking in particular will have to make special efforts to achieve desired results.



TAURUS: At work discouraging results especially at the beginning of the month might disappoint. However things would change for better in the later half when expected success comes your way without much efforts. It would be in your interest not to assign an important work to an unreliable person. Admitting your mistakes will also go in your favor.



GEMINI: You are likely to have a very smooth sailing in professional life. To begin with, sudden development at workplace would inspire. Success is strongly indicated on using professional expertise to solve stumbling blocks in your path. Businessmen need to respond positively and quickly to new ideas in business. Professional engaged in architecture, IT and social services would find later half of the month in particular very rewarding.



CANCER: A promising start at work heightens your spirits. Things are likely to remain under control throughout the month. However there is a need control negative emotions in big business dealings. A simple restrain on your part would augur well for future. Efforts to enhance career prospects are likely to succeed. Working in close cooperation with others would highly benefit.



LEO: Professional life tests your mettle, as results are likely to come only after putting-in increased efforts. You will need adopting a dynamic approach to pursue career ambition. In this your positive thinking coupled with dedication will come to your rescue. Professionals engaged in PR, banking and sales & marketing in particular are likely to undergo through a hectic schedule to achieve goals.



VIRGO: At professional front, your creative energy and past experience would enable achieving set targets. A special assignment in mid of the month is likely to bring in the limelight besides enhancing career prospects. For some changing job would relieve from big tension. However this requires working hard to prove your mettle. Colleagues' will also be very supportive.



LIBRA: Things are likely to remain discouraging at professional front in first half of the month. However this is only an indication to make you cautious that you need adopting a careful approach to succeed. Making new contacts with high profile personalities would also help. Computer professionals, looking for an overseas career are likely to get an opportunity to realise their dream at month end.



SCORPIO: You are likely to have a very smooth ride, as your confidence enables making an impact at work. Assigning important responsibilities to subordinates, who can deliver the successful results would enable achieving set targets on time. Don't get surprised if some of you get an opportunity to go on a professional trip. Businessmen are likely to join hands with new partners.



SAGITTARIUS: Your ability to shoulder additional responsibilities and solve intricate problems brings professional success. Things are likely to move very smoothly at the beginning, but later half requires remaining alert to save personal professional interests. Better to be cautious as wasting time in useless activities might go against you by slipping many promising opportunities.



CAPRICORN: At work you are likely to have a very smooth ride especially in first half of the month on getting an excellent opportunity to achieve goals. However there are chances that human-made problems could make you a sufferer in later half. A busy schedule coupled with lack of colleagues' support could make is somewhat difficult to complete work on time.



AQUARIUS: Let some discouraging results not dishearten at work because the month in general holds promising results. However it will be in your interest to maintain a distance from a greedy colleague, as chances that he/she might misguide you. Using your intuition to take quick decision would highly benefit. Those planning to change the job are likely to receive positive results with influential contacts.



PISCES: Sound health and spirited love life give desired energy to work to your full potentials. There are indications that new work assignments bring an important responsibility, giving an opportunity to prove your mettle. The heartening news is that your incredible efforts would bring successful results, besides the style & unique way of doing things catching others' attention.

I Need To Lose Weight

Dear Deep Essence,

I eat too much. I am about thirty to thirty-five pounds overweight. I lose ten pounds and then I gain it back. I don't know what to do. I have tried all the diets (including Atkins and South Beach). I walk three times a week. But nothing seems to work. I am hitting forty this month and I am hoping this is the year that I finally lose some weight. Please help me!

Sincerely,
Eat-too-much



AQSA ZAREEN FAROOQUI

Dear Eat-Too-Much,

The focus of your email is losing weight. Unfortunately, your obsession with your weight is making you fat. Obsession is fear magnified to the power of a hundred. And that fear of gaining a pound is enough to paralyze anyone.

You carry that fear wherever you go. Whether you are walking, driving, sleeping or brushing your teeth the desire to lose weight is somewhere in the back of your mind. So, the first step is to let go of that fear. So, start to notice your thoughts. If you notice yourself starting to obsess about your weight, breathe deeply a few times (for 2 to 5 minutes) and state to yourself "I am wonderful just the way I am." Letting go of the obsession will help you lose weight naturally. Next, shift your focus from being thin to being healthy. Instead of watching your calories like a hawk, slow down when you are eating. To help you with that process, I have listed a number of questions that can help you.

1. Do you eat with distractions, e.g. TV, radio, reading etc?

2. Are you thinking about other things while you are eating?

3. How long does it take for you to complete a meal?

4. Are you standing, walking or driving when you are eating?

Geneen Roth's book "Women, Food and God" sheds more light on the concept of eating with awareness. The bottom line is eating in peace with no distractions and noticing what you are eating. Noticing the colors, shapes and size of food helps tremendously. And before you start to find an excuse such as "I don't have time to do that," remind yourself of your desire to be healthy and fit.

Lastly, exercise. And I mean, really exercise. Many people equate exercise with a stroll three times a week in flip-flops. But exercise is much more than that. Running, jogging and swimming are acceptable activities. Any exercise that increases your heart rate qualifies as a work out. Ask your doctor for the level of cardio that would suit your body.

If it's difficult for you to stay motivated, find a personal trainer in your area to help you.

*The advice may be helpful but is not intended as a substitute for professional care. **Aqsa Zareen Farooqui, MS, LPC is a relationship counselor and author. She provides individual and couples counseling for relationship/marital issues. She accepts most insurance including BCBS, Humana, Aetna and Kaiser. Send her an email at info@deepsence.com or call her at (404) 312-4950 for a free phone consultation.*

Dear Deep Essence

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

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

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

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