

HOROSCOPES

Monthly Forecast for May 2010

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BY DR. PREM KUMAR SHARMA



ARIES: On the 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 supportive.



TAURUS: 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.



GEMINI: 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.



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 restraint 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: This month you are likely to realise that interviewing is not an easy job. It is time for you to realise that it requires perceptive & analytical skills on the part of the interviewer. At the same time your wrong choice can have disastrous implications on the organisation in terms of efficiency. You should therefore while interviewing-make full use of your eyes- ears and tongue to enable yourself to compile all the factual evidence and then take a final decision. This will not only enable you to recruit a deserving candidate but also develop confidence in you.



VIRGO: 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.



LIBRA: Your adventurous & risk-taking abilities would pave the way for professional success especially in mid of the month. There are indications that you might get an opportunity in tourism sector. Therefore continue efforts, as you step-in the path of professional success. To enable yourself to achieve set targets it would be better to develop a good adaptability to handle pressurised situations.



SCORPIO: The success mantra at workplace this month: not to remain satisfied with status quo nor with your achievements. This would encourage you to strive & work harder. You will be highly benefited if you make full use of your restless, energetic, challenging & positive attitude. At the same time tries to maintain motivation through enthusiasm and zeal to achieve more. This would help in taking your career to scaling heights.



SAGITTARIUS: Your communication skills coupled with positive attitude brighten chances at work. It is high time to make the fullest use of your aspirations, supportive nature and open mindedness to your benefit. At the same time there are chances that some of you could slip into self-sabotage under the delusion that you are intelligently self-activating. Those interested in joining armed forces are likely to succeed on getting positive results in competitive examinations.



CAPRICORN: 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.



AQUARIUS: 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.



PISCES: 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.

Tired Of Drama With My Mother

Dear Deep Essence,
I have not spoken to my mother in five years. She disapproves of my marriage and after a lot of drama, I stopped talking to her. Mother's day is next month and I would like to try to rebuild our relationship but I am tired of all the drama. I keep worrying that contacting her will lead to more pain, disappointment and rejection.

Please give me some advice.

Sincerely,
Tired of the Drama

Dear Tired of Drama,

As long as you are thinking, worrying, and brooding over the drama that might occur, you are creating drama. Drama is not an external event. It's inside us every minute of the day as we mentally replay everything that has happened, could happen or will happen. So, take a deep breath and relax. The past does not determine the present. Just because you experienced drama in the past does not automatically mean that you will have the same experience again.

You expressed a desire to talk to your mom again. Let me ask you a question.

Do you know if you will be alive tomorrow?

How would you feel knowing that you left this planet before attempting to reestablish a relationship with your mother?

Life is too short to hold back from someone you deeply love.

Please understand that I am not trying to minimize the potential conflict that could occur and the pain that could result. But, the truth is, you are

already feeling the pain now. The only difference is that the current pain is slow-growing anxiety and negative anticipation instead of hurt and anger. But at the end of the day, pain is pain.

I am not asking you to put yourself under any circumstances that could lead to more emotional damage. Remember to connect only if you feel ready to accept any outcome. If you think you are not ready to meet her, write a letter (or email) instead. Be clear about your intention to reconnect and stay away from talking about the painful past (at this time).

Below, you will find an example. Adapt as needed.

"I miss you. I miss how close we were and all the support and love you gave me. I hope and pray that our love is greater than our differences. I am not asking you to forget everything that happened but to remember all the wonderful times we shared. I look forward to hearing from you."

My wish is that you renew and revitalize your relationship with your mother.

Happy Mother's Day.

Deep Essence

Aqsa, MS is a licensed professional counselor, writer, public speaker, relationship coach, playwright and filmmaker. To send her a comment or a question, call or email her at info@deepsence.com or call her at (404) 312-4950 for a free 30 minute phone counseling session. Check out her website www.deepsence.com.



AQSA ZAREEN FAROOQUI

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

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

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

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