

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Find an outlet for your frustrations. Consider a creative hobby. Do not get involved in any uncertain financial deals. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Include the whole family in any plans. Reconsider your goals and objectives. Don't be too quick to respond. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Consult with someone you trust. Be relentless until you complete the project. Curb the impulse to make lavish purchases. Your lucky day this week will be Sunday.



CANCER (JUNE 22-JULY 22)

You will attract new love interests. Be prepared to deal with more significant groups. Your lucky day this week will be Saturday.



LEO (JULY 23-AUG 22)

Clear up important documents before the year ends. Be confident in your endeavours. Be assertive in your approach. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEPT. 23)

Use your abilities to come up with new ideas. Educational pursuits can bring interesting connections. Your lucky day this week will be Thursday.



LIBRA (SEPT. 24-OCT. 23)

Concentrate on work. Don't believe everything you hear. Someone created a real headache for you to sift through. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Work on legitimate financial deals that can bring in some extra cash. Try not to voice your opinions. Listen to others carefully. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't let loved ones rule your life. Compromise may be necessary. Cover all necessary groundwork before signing contracts. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Involve yourself in group endeavours. Make any necessary career changes. Try not to overwhelm yourself. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Don't reveal any private information. Entertainment could cost you more than expected. You can always stay ahead of the curve. Your lucky day this week will be Friday.



PISCES (FEB. 20-MARCH. 20)

It may be impossible to get the rest you require. Your loved ones could be experiencing problems. Stick to travel. Your lucky day this week will be Sunday.

PENNY WISE

BY NASREEN SATTAR

Former CEO, Standard Chartered Bank, Afghanistan



Consumption can be a remedy against boredom and may convey a sense of fictitious power and supremacy, by standing out from the crowd through the extravagance of the expenditure. As it becomes an addiction, however, it might be cured, if the right medication is administered: humbleness and mindful discovery of the others.

— Erik Pevernagie, Belgian painter

At times like these when our country is facing so many challenges, after-effects of floods and the huge refugee influx, we should be conscious of our own lifestyles. We tend not to think of all the poor people who have become homeless and living in dire conditions. There are many organisations that are working day and night to assist in building makeshift homes, provide drinkable water and basic



KUNDALINI RISING

BY SHAZIA OMAR

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The greatest present you can give is your presence!

As a working woman with two young children, I often struggle to find time for my mental and physical fitness. On top of these challenges, we all deal with traffic, household responsibilities, bills, aspirations, obligations, social demands, even lack of sleep. To keep ourselves sane, at peace and calm, is a constant challenge. What we need is the energy of mindfulness to keep us anchored in the present moment where life is happening.

My favourite teacher of mindfulness is Zen Master Thich Nhat Hanh. I encourage you to explore his books and videos. Here is some of his wisdom.

To stay in the present moment, we need to bring our mind back to our body. Often, we may be sitting in one place, someone may come talk to us. For example, our child perhaps, has come to show us something. Our body is there, but our mind is lost in the past or fretting over the future. Or, on our mobile phone. We are not present for our child. We are not able to engage. We miss out on the moment.

Mindfulness is the cultivation of present moment awareness. This means moment to moment living not running

Avoid wasteful extravagance

food. We can make a difference by contributing to these organisations, in whatever way we can.

The other evening it was raining incessantly and I looked out of the window to enjoy the beautiful view till it struck me that something I am enjoying could be a threat to survival for someone else. We tend to crib and complain when our comforts are at stake, we take so much for granted...

Many of us spend so much money going shopping and buying products that we soon discard. We tend to buy so much food that at the end we have to throw a lot away. We live in a world of our own and lose track of reality.

We spend millions on our children's wedding festivities, parties, expensive outfits and so on. Do we ever stop to think that there are many people who do not

have the means for one square meal?

I would like to repeat the importance of instilling values in our children and living by them. The world has changed and material things have become an important part of our lives, yet it is like falling into a trap. We need to be aware of not falling into this evil scheme because there is no end to it!

SOMETHINGS THAT WE SHOULD ALWAYS REMEMBER —

Do not be extravagant
Save for tomorrow
Do not try to keep up with the Joneses
Do not flaunt your wealth
Live well, but live modestly
Spend your money wisely and live within your means
Most importantly, share - help others who are in need

Of mindfulness

on auto-pilot. To do this, we must pay attention to one thing at a time. Make an appointment with life which only happens in the present moment. If we are not present, we cannot give love in the moment, so mindfulness is the practice of love. To cultivate mindfulness, begin with paying attention to your breath.

IN-OUT

Inhale, breathing in.

Exhale, breathing out.

To bring the mind back to the body, use the breath.

Be aware of present moment, without judging it; there is no right or wrong. Use your breath to relax your mind rather than letting it control you, dragging you back to the past or towards the future. Rather, just sit, sit in peace, and breathe, like the Buddha.

Mindfulness has many benefits. It allows us to remain anchored in the present moment. It allows us to see reality more clearly. It allows us to manage stress and be relaxed. It allows us to come to each moment fresh like a flower, not cluttered with the past. All you have to do is breathe and sit. And practice.

Stress is the body's reaction to per-

ceived threat from change. Change is constant. These days we find ourselves overwhelmed with information, exhaustion, lack of focus, health burn out, anger. Mindfulness improves our ability to respond to stress by helping us identify stress and deal with it. Mindfulness teaches us to relax. Relaxation helps us release stress and stay in present moment. To do so, use breath.

To develop mindfulness, practice. Cultivate mindfulness by focusing on one thing at a time with full attention: mindful eating, mindful brushing teeth, mindful walking. There are many techniques, such as inhale love exhale gratitude, inhale fresh as a flower exhale solid as a mountain. Explore and find the ones that resonate with you.

Thich Nhat Hanh suggests that therapists, rather than asking us what is wrong, should ask us what is NOT wrong with us? We have a lot inside to be grateful for, including an abundant repository of joy and peace, but we may not be able to reach it. That is where we need the help of therapists. To help us restore balance, through mindful meditation and walking meditation, to restore the conditions of peace and wellbeing within.

CHECK IT OUT

Victory month collection from Rang Bangladesh

Local fashion house Rang Bangladesh is once again geared up for December in celebration of Victory Day. This year, fabric has become the canvas that holds scenes of victory in red and green.

Cotton and half silk saris as well as single kurtis and panjabis are adorned with screen prints. Clothes in this collec-

tion feature cuts of different patterns with the colour palette of the national plus parrot green as a supplementary shade. The collection has not left out the children's section as frocks and boys' panjabis are also available.

Buyers can check out their outlets and shop online at www.rang-bd.com

Payment facilities include cash on delivery for the best possible shopping experience.

For more on Rang Bangladesh and their regular collection plus offers, visit www.facebook.com/rangbangladesh or call 01777744344.