



BHAGAVAD GITA: Chapter 11, Verse 12

divi surya-sahasrasya bhaved yugapad utthita
yadi bhah sadrishi sa syad bhasas tasya mahatmanah

divi—in the sky; sūrya—suns; sahasrasya—thousand; bhavet—were; yugapat—simultaneously; utthitā—rising; yadi—if; bhāh—splendor; sadrishi—like; sā—that; syāt—would be; bhāsas—splendor; tasya—of them; mahā-ātmanah—the great personality

divi surya-sahasrasya bhaved yugapad utthita
yadi bhah sadrishi sa syad bhasas tasya mahatmanah

◆ TRANSLATION

BG 11.12: If a thousand suns were to blaze forth together in the sky, they would not match the splendor of that great form.

◆ COMMENTARY

Sanjay now describes the effulgence of the universal form. To give an idea of its dazzling radiance, he compares it to thousands of suns blazing simultaneously in the midday sky. Actually, God's effulgence is unlimited; it cannot be quantified in terms of the effulgence of the sun. However, narrators often describe the unknown by extrapolating from the known. The simile of a thousand suns expressed Sanjay's perception that the splendor of the cosmic form had no parallels.



Scientists Say Exercise May Be the Closest Thing to a Parkinson's "Medicine" Yet

With no known cure for Parkinson's disease, exercise has emerged as one of the most promising tools for helping slow the disease's progression. "Exercise may be more than just good for your general health, as it can actually help slow the progression of Parkinson's by reducing the brain inflammation at the root of the disease," said Merrill Landers, interim dean for UNLV's School of Integrated Health Sciences and a practicing physical therapist for the past 30 years.



Actor Michael J. Fox helped bring Parkinson's disease into the public spotlight after revealing his diagnosis at age 29, an unusually early age for the condition. Now 64, Fox continues to live with Parkinson's and has spoken openly about dyskinesias, the uncontrolled, jerky movements that can develop as the disease progresses or after years of treatment. His advocacy has also fueled major investments in Parkinson's research through the Michael J. Fox Foundation, now one of the world's leading nonprofit funders of Parkinson's studies.

Department guide people with Parkinson's through aerobic exercise at different intensity levels. They also collect blood samples during these sessions to better understand which amounts and intensities of exercise may be most helpful for people living with the disease.

For adults over 60, early signs such as a slight hand tremor, slower movement, or a reduced sense of smell may point to a more serious problem that should be evaluated. "Until a cure is found, one of the biggest goals in Parkinson's research is finding a treatment that can actually slow or stop the disease," Landers said. "One of the most promising candidates for slowing progression is aerobic exercise, which is the focus of my current research."

Supported by research funding from the Cyrus Tang Foundation, Landers has spent decades caring for people with Parkinson's disease as a clinician. In his current work, Landers and a small group of students in UNLV's physical therapy

department guide people with Parkinson's through aerobic exercise at different intensity levels. They also collect blood samples during these sessions to better understand which amounts and intensities of exercise may be most helpful for people living with the disease.

The Importance (and Benefits!) of Exercise Landers said exercise works like "fertilizer for the brain." It increases brain-derived neurotrophic factor (BDNF), a protein that helps neurons survive and grow. "BDNF also dials down inflammation throughout the body and brain by triggering the release of anti-inflammatory signals from muscles and tissues during exercise," Landers said.

Inflammation is an important part of immune defense, but too much of it can harm healthy tissue. In simple terms, inflammation can speed up

neuron death, while more aerobic exercise can lower a person's baseline level of inflammation.

The right intensity matters Landers recommends sustained aerobic activity of almost any kind, including treadmill walking, cycling, dancing, or another activity that raises the heart rate.

He suggests a level that feels moderate but challenging. A person should be working hard enough to speak only in short sentences, but not so lightly that carrying on a full conversation feels easy. That target range, about 60% to 75% of maximum heart rate, appears to produce the largest rise in BDNF.

"You want to be in this intensity zone so that you can sustain it over a relatively long time," he said. "If the exercise is too intense, you would not be able to do it long enough to get the boost in BDNF."

Training can challenge

balance too Brach Poston, a professor of kinesiology and nutrition sciences, said strength training, interval training, and boxing may also provide benefits. His research examines how noninvasive brain stimulation may improve motor skill learning in Parkinson's disease, aging, and young adults.

"Boxing involves more complex movements," he said. "It has an aerobic component and it has more interval training. It forces people to stand up, and it challenges their balance."

When symptoms begin to disrupt everyday activities, people with Parkinson's disease are often advised to take Levodopa, a medication that helps increase dopamine levels in the brain.

"For most people, it takes about six years after diagnosis before the symptoms get really bad," Poston said.

More About Parkin-

son's Disease "Bringing more attention to Parkinson's is a good thing," said Merrill Landers of UNLV's School of Integrated Health Sciences. "It not only brings more people into the conversation, but we hope it ultimately leads to more funding for research that could change lives."

Parkinson's disease is a progressive neurological disorder that disrupts communication between brain cells. It is best known for reducing dopamine, the chemical messenger responsible for coordinating movement, but the disease also affects other neurotransmitter systems involved in sleep, mood, digestion, and cognition.

Most Parkinson's diagnoses occur between ages 55 and 65.

About 1.1 million Americans are living with Parkinson's disease, with roughly 90,000 new diagnoses each year.

Word of the Day

INGRATIATE
verb in-GRAY-shee-ayt

What It Means
To ingratiate yourself with others is to gain their favor or approval by deliberately doing or saying things they will like. Ingratiate is usually used with with, and is often (though not always) used disapprovingly.

// Scam artists often have an uncanny ability to ingratiate themselves with their victims using subtle flattery

that only seems obvious in retrospect.

// Although she was nervous to be the new girl in school, Emma quickly ingratiated herself with her classmates through her effortless charm and kind demeanor.

INGRATIATE IN CONTEXT

"In ever greater numbers, Elizabeth's subjects flocked north to ingratiate themselves with the Queen's likely successor." — Tracy Borman, *The Stolen Crown: Treachery, Deceit, and the Death of the Tudor Dynasty*, 2025

Did You Know?

When you ingratiate yourself, you put yourself in someone's good graces in order to gain their approval or favor. While the word ingratiate does not necessarily imply that your behavior is obsequious or otherwise improper, the word may be used disapprovingly by those who distrust your motives. The word entered English in the early 1600s from the combining of the Latin noun gratia, meaning "grace" or "favor," with the English prefix in-. Gratia comes from the adjective gratus, meaning "pleasing, grateful."

Is it your Birthday Today?

MAY 29

You are manipulated by moon and number 2 and that is the reason why you are so energetic, impressive and full of life. Always remember that success comes to those who dare to dream and think different. Thus be confident, believe in yourself and do what you want to do in life, success will be definitely yours. A good shift and placement of stars in your sunsign will also cater you great heights in all areas of life. Business trips will be result-oriented but may become a reason of some health problems. An appropriate and healthy diet and fitness regime will be high on your agenda. Flow of money may be inconsistent but you will not lack of it when you need the most. This time you need to believe on your romantic partner's instinct. Some family issues may take your precious time and energy but these issues are also important to get resolved as soon as possible.

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SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS



■ **ARIES:** The day should be fairly positive, Aries, and you'll begin to feel the faintest hints of a major change beginning. This new phase will last seven months. As it progresses, you'll find greater freedom of expression. You can expect to shift into high gear in subjects you used to avoid. Some friction with siblings is likely to arise in the next few months.

■ **TAURUS:** The solar system is shifting gears today, Taurus, and it's liable to trigger a great transformation that will last seven months. The change will center on the means you use to fulfill yourself in terms of both your career and love life. If you feel somewhat hemmed in by your training or upbringing, you can expect to seek liberation from these inhibitions in the months to come.

■ **GEMINI:** It's an excellent forecast for you, Gemini! Although no specific events will occur, there is the huge promise of freedom over the next seven months. A fundamental shift is about to occur in your occupation and love life. As the months unfold, you can expect to be more visionary, more creative, and perhaps more rebellious. This time, you'll be much

■ **CANCER:** To understand the major shift that's taking place, Cancer, you must look at events from a lofty perspective. A slow-acting liberation is gathering momentum. In the next seven months, you'll be unable to resist the opportunity to rid yourself of some oppressive part of your past. You'll shed your old complexes and emerge renewed. Don't be

■ **LEO:** The gentle winds of change are blowing through your life at the moment, Leo. You have a feeling of newness and an open attitude toward the world. Some outside events will be coming up in your life that give you the impression you're advancing in a concrete manner toward a new life. You can expect to have some pleasant surprises.

■ **VIRGO:** The idea of a turning point in one's destiny often brings a smile to the faces of cynical people, but in your case, Virgo, it definitely has some meaning. This turning point can take the form of a new person in your life or a key event that changes things forever. Sometimes things that we only hear about actually happen. Something like

■ **LIBRA:** It may be that you've returned deeply changed from a long voyage, Libra. Of course, we're all changed to some extent by travel, but in your case, the change is truly profound. You're going to have some problems getting back into the life you had before you left. Your old life is likely to feel too limiting to you. So what are you waiting for? Change it!

■ **SCORPIO:** If you feel suffocated by your romantic relationships, if you feel they lack some spice or are too traditional, then why not liberate yourself? There is a feeling in the air that life is turning in a positive direction. This will help you set things up to turn even your craziest ideas into reality. Starting today, Scorpio, you're going to be asked to be more concrete.

■ **SAGITTARIUS:** During the last few months, Sagittarius, it could be that you've met some strange people who have greatly influenced your attitude about marriage or partnership. They've been pushing you to get more freedom into your life. If this is indeed the case, you can feel quite sure that they've come under a cosmic influence. That's no reason for you to agree. Freedom or

■ **CAPRICORN:** The last months have been very challenging - and there's a very good chance that you no longer feel up to meeting the challenges. If you've been yearning to modify something in your daily life, do it now, Capricorn. The hour has come to make concrete changes. Regardless of whether the change you seek is at home or work, physical or emotional, don't be afraid to seriously upset your life.

■ **AQUARIUS:** A change has occurred in our solar system, Aquarius, a shift that will probably be imperceptible but nonetheless profound. You have seven months to understand how this change impacts you. It will dawn on you that you feel a strong need for liberation. Perhaps you need to release yourself from the bonds of a group. Innovation is in the air!

■ **PISCES:** You mustn't expect any enormous changes today, Pisces. However, the process you began three or four years ago will accelerate slightly. You're changing the moorings of your identity, the ideas that make you sure of who you are. Your family, background, and education no longer count as much as your spiritual foundations. Don't be afraid of this shift. Go with it.