



BHAGAVAD GITA: Chapter 5, Verse 17

तद्बुद्धयस्तदात्मानस्तन्निष्ठास्तत्परायणाः ।
गच्छन्त्यपुनरावृत्तिं ज्ञाननिर्धूतकल्मषाः ॥ 17॥

tad-buddhayas tad-ātmānas tan-niṣṭhās tat-parāyaṇaḥ
gachchhantypunar-āvṛittirñ jñāna-nirdhūta-kalmaṣāḥ

tad-buddhayaḥ—those whose intellect is directed toward God; tat-ātmānaḥ—those whose heart (mind and intellect) is solely absorbed in God; tat-niṣṭhāḥ—those whose intellect has firm faith in God; tat-parāyaṇāḥ—those who strive for God as the supreme goal and refuge; gachchhanti—go; apunaḥ-āvṛittim—not returning; jñāna—by knowledge; nirdhūta—dispelled; kalmaṣāḥ—sins

tad-buddhayas tad-atmanas tan-nishthas tat-parayanah
gachchhantypunar-avrittimm jnana-nirdhuta-kalmashah

◆ TRANSLATION

BG 5.17: Those whose intellect is fixed in God, who are completely absorbed in God, with firm faith in Him as the supreme goal, such persons quickly reach the state from which there is no return, their sins having been dispelled by the light of knowledge.

◆ COMMENTARY

Just as ignorance causes one to suffer in samsara, or the perpetual cycle of life and death, knowledge has the power to release one from material bondage. Such knowledge is always accompanied with devotion to God. This verse makes very emphatic use of words denoting complete God-consciousness.

- Tadbuddhayaḥ** means the intellect is directed toward God.
- Tadātmanah** means the heart (mind and intellect) is solely absorbed in God.
- Tanniṣṭhāḥ** means the intellect has firm faith in God.
- Tatparāyaṇaḥ** means striving after God as the supreme goal and refuge.

Thus, the sign of true knowledge is that it leads to love for God. Imbued with such love, devotees see Him everywhere. Such a divine vision is described in the next verse.



Is it your Birthday Today?

AUGUST 28

If you're born on August 28, you are ruled by number 1, making you reliable, ambitious, and naturally inspiring. You take responsibility seriously and are admired for your integrity and leadership. Still, at times, controlling tendencies or careless expenses may create setbacks. This year emphasizes planning, practical decision-making, and long-term security. Investments made earlier, especially in real estate or business, could bring strong returns. Career advancement is likely, with promotions or new roles boosting your profile. At home, there may be celebrations or good news related to a family member. Travel—both professional and personal—will bring learning and advancement. A message or reunion with someone from afar may leave you emotional in a good way. Stay disciplined with health routines to keep stress at bay. Maintain balance and don't allow ambition to overpower your personal peace. January, May, July, and October will bring fruitful results, fulfilling relationships, and life changes that add stability and joy to your path.

Why Finding Your Life Purpose Feels So Difficult

Why is it so hard to figure out what you really want out of life? Everyone talks about how important it is to find and live your calling. However, many of us struggle to identify it. What if your calling has changed over time? Is it OK to want many things out of life? How do you know if you are living your best life? Self-discovery can be a challenging and often never-ending pursuit.

A variety of strengths & personality tests can be taken to discover one's greatest assets. However, synthesizing them into one career that lasts a lifetime is not realistic for everyone. Human beings are complex and constantly undergo developmental changes.

Likewise, the market and demand of the culture can be fickle and are in a constant state of flux. Therefore, if you find it difficult to figure out what you really want out of life, you are not alone. Keep reading to discover six top reasons why it's hard to figure out what you want out of life, and what to do about it.

1. A big part of development is self-discovery, which lasts a lifetime

No life form exists that is static, and human beings are a prime example. Philosophers have proposed that the entire purpose of life is to discover your true nature. Individuals who have curious minds want to learn about themselves and the world in which they live.

Like an onion, as we uncover one layer of ourselves, we reveal new layers. This self-discovery process never ends.

Once you accept the process, rather than the destination as your guide, you can relax into doing what you want at this moment in time and being open to changing desires in the future. We cannot stop change. Doing so leads to death.

2. Many of us were not raised to use our intuition but told to focus outwardly to determine what is correct

Ideally, one follows their intuition while navigating the outer world with mastery. Cultures throughout the world have established norms of what is proper and acceptable behavior. Rules are necessary in order to have a functional society.

However, we often take them to an extreme, particularly when for-profit businesses get their hands in the influential mix. We all know that it's not what other people want for you or think you should have that makes you happy.

The decision must come from within you in order to produce satisfaction. One of the best ways to focus on your intuition and determine what is

truly desirable to you is to pay attention to your body sensations. We should honor the cues our body sends us if something leads to contraction and unpleasant physical responses.

When your body feels an expansion and sensations that delight you, it's a good indicator that you are on the right track.

3. Fear prevents us from discovering what we want out of life

Laurel Thatcher Ulrich, Harvard Professor and historian, said, "Well-behaved women seldom make history," but fear prevents people from making history.~ The masses of people live in fear presently.

People block a lot of what they want because they can think of endless reasons to be afraid, and it takes courage to have faith and receive criticism from others for stepping out on a limb.

Some studies suggest that the biggest fear of Generation Y (adults currently aged 20-35) is not fitting in and not having the approval of their peers. Under the pressure to conform, one must squash their own desires, which is why "groupthink" can be oppressive and lowers creativity.

Though there are no quick solutions to this dilemma, patience, perseverance, and confidence must be practiced. Remember what Gandhi said, "First they ignore you, then they laugh at you, then they fight you, then you win." Keep your eye on the prize.

Know that in the end, others will admire you for your bravery and originality. You will respect yourself for staying true to yourself. It doesn't matter whether your pursuit leads to worldly success. What matters is that you exercised courage in the name of alignment with the spirit within.

4. As humans develop throughout life, their perspectives and attitudes change

A key learning point in my psychotherapy training was that our perspectives change. This statement is true even for very specific incidents. For example, as a child, you may have feared being left alone in your room, while as an adult, you may love alone time.

Or, perhaps you had an argument with someone years ago that now, looking back, you see in a different light. The reason for these perspective shifts is that time and experience change our thinking. An event may happen that inspires you to advocate for a particular cause that you may not have cared about in the past. In order to navigate the uncertainties of life, you must be alert for messages and synchronicities in your life. If an opportunity presents itself, that was not part of your plan; it could be the

Word Of The Day

NEBULOUS

adjective | NEB-yuh-lus

What It Means

Nebulous is a formal word used to describe something that is difficult to see, understand, or describe—in other words, something indistinct or vague.

// A lot of philosophical concepts can seem nebulous at first, but a good instructor can cut through the jargon and help students see how they apply to day-to-day life.

NEBULOUS in Context

"[Rob] Harvilla began to notice the blurred lines of late-Nineties genres as he produced his podcast 60 Songs That Explain the '90s and while writing its corresponding book. 'The late Nineties were a weird, transitional wasteland,' he says. All of these genres that had such stark lines in the Nineties have now become a more nebulous concept, blending into one supergenre of just 'Nineties music.'" — Brittany Spanos, Rolling Stone, 21 July 2025

Did You Know?

Nebulous may sound otherworldly—after all, it's related to nebula, which refers to an inter-

stellar cloud of gas or dust—but its mysteriousness is rooted in more earthly unknowns. Both words ultimately come from Latin nebula, meaning "mist, cloud," and as far back as the 14th century nebulous could mean simply "cloudy" or "foggy." Nebulous has since the late 17th century been the adjective correlating to nebula (as in "nebulous gas"), but the word is more familiar in its figurative use, where it describes things that are indistinct or vague, as when Teju Cole wrote of an avant-garde photographer who viewed photography as existing "neither in the camera nor in the printed photograph, but in a more nebulous zone."

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SUDOKU PUZZLES

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SOLUTION OF PREVIOUS PUZZLE

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

What is My Zodiac Sign?

List of Zodiac Signs Based on Birth Dates

Your zodiac sign is determined by your date of birth. You may check the zodiac sign chart and find in which period of zodiac your birth date falls.

Aries

(Mar 21 - April 19)

Taurus

(April 20 - May 20)

Gemini

(May 21 - June 20)

Cancer

(June 21 - July 20)

Leo

(July 21 - August 23)

Virgo

(August 24 - September 22)

Libra

(September 23 - October 23)

Scorpio

(October 24 - November 21)

Sagittarius

(November 22 - December 21)

Capricorn

(December 22 - January 19)

Aquarius

(January 20 - February 18)

Pisces

(February 19 - March 20)

STARS & PLANETS

■ ARIES:

If you've been thinking about investing, Aries, this isn't the day to start. Not only would there be delays in processing your investment but it also probably won't pay off the way you hope. Read about the options open to you and then consult with someone knowledgeable in a few days. Think about it and then if you're so inclined, go ahead. Don't do it now!

■ TAURUS:

Attempts to reach a potential or current business partner could go awry today, Taurus. Phone messages may not get delivered, emails could get lost, and letters remain unopened. This person is having a hectic day. Don't think he or she is upset with you. If you really need to reach this person now, you might have to go over there. Technology isn't going to do it for you today.

■ GEMINI:

Today you might feel a little out of sorts, Gemini, perhaps because of overindulgence from last night. You might be tempted to stay home in spite of other commitments. This actually might be a wise course of action, though you may feel better by midafternoon. Spend the morning relaxing and taking care of yourself. See what the rest of the day brings.

■ CANCER:

Today you might be eagerly awaiting a phone call that never seems to come from a current or potential romantic partner, Cancer. This could awaken your insecurity and cause you to think the worst. You should be relieved when the call finally comes, probably in midafternoon. Relax, hang in there, and keep busy!

■ LEO:

A member of your household could be depressed over their job, Leo. Something may have gone wrong that wasn't their fault. You might be called upon to distract this person and get him or her going again. You won't be alone in this. More than one visitor could drop by to bring good news and information, thereby improving the mood. You'll enjoy this, too!

■ VIRGO:

Some letters, checks, or phone calls you may have been expecting for a long time could still be delayed, Virgo. There's no reason to get too frustrated, as the delays are beyond your control. The best course is to find something else to do and let whatever you're waiting for come when it will. It hasn't been lost - it will come!

■ LIBRA:

Some news about money, perhaps a check in the mail you've been waiting for still might not come. This could be frustrating, Libra, especially since there isn't much you can do about it. It will come, so the best thing to do is distract yourself and get your mind off it. Find a good book and catch up on your reading!

■ SCORPIO:

Delays in accomplishing certain goals could have you feeling down today, Scorpio. You could wonder if you did something wrong. Chances are you didn't. The delays probably stem from poor communication. Letters, emails, and other messages might not have been delivered in a timely manner. Hang in there and continue to believe in yourself.

■ SAGITTARIUS:

Today you might feel very low, Sagittarius, though you may not have any idea why. Your life is going well, so there's no real reason for you to feel this way. Chances are that you saw something that triggered an unconscious memory without even being aware of it. Discern what it was and then release it. Find something to do that you love!

■ CAPRICORN:

Today it looks like you might not be able to attend a group activity that you've been anticipating, Capricorn. Other pressing matters may demand your immediate attention. This could prove frustrating. However, if you work quickly and efficiently, you might be able to make it after all. Budget your time carefully and get to it!

■ AQUARIUS:

A delay in completing an important project could have you feeling irritated, frustrated, and inadequate, Aquarius, even though you've done your best. The problem is probably beyond your control. There isn't much you can do about this but wait. There are probably a lot of other important tasks waiting. Take care of them and get your mind off the other. It'll get done eventually.

■ PISCES:

Some pressing matters might have you worried that you may have to postpone a much-needed vacation, Pisces. You could be tempted to go into a funk over it, but don't. It could create the very situation you don't want. If you budget your time and work efficiently, you'll probably be able to go on your trip as planned and have a wonderful time.