



Bhagavad Gita: Chapter 13, Verse 29

saman pashyan hi sarvatra samavasthitam ishvaram
na hinasty atmanatmanam tato yati param gatim

◆ **TRANSLATION**
BG 13.29: Those, who see God as the Supreme Soul equally present everywhere and in all living beings, do not degrade themselves by their mind. Thereby, they reach the supreme destination.

◆ **COMMENTARY**
The mind is pleasure seeking by nature and, being a product of the material energy, is spontaneously inclined to material pleasures. If we follow the inclinations of our mind, we become degraded into deeper and deeper material consciousness. The way to prevent this downslide is to keep the mind in check with the help of the intellect. For this, the intellect needs to be empowered with true knowledge.

Those, who learn to see God as the Supreme Soul present in all beings, begin to live by this knowledge. They no longer seek personal gain and enjoyment in their relationships with others. They neither get attached to others for the good done by them, nor hate them for any harm caused by them.

Rather, seeing everyone as a part of God, they maintain a healthy attitude of respect and service toward others. They naturally refrain from mistreating, cheating, or insulting others, when they perceive in them the presence of God.

Also, the humanly created distinctions of nationality, creed, caste, sex, status, and color, all become irrelevant. Thus, they elevate their mind by seeing God in all living beings, and finally reach the supreme goal.



Is it your Birthday Today?

SEPTEMBER 19

Influenced by number 1 and the Sun. You are active, energetic, authoritative, brilliant, systematic and a talented person. You always welcome new ideas and thoughts, but you need to check your tendency to behave spendthrift and dominating at times. This year you will feel more secure with your prevailing job and your monetary position will also improve. Money transaction however should be made carefully. Some losses due to speculation or hasty decision during this period cannot be ruled out. Businessmen will sign new and important contracts. Overseas ventures will be highly lucrative. This might not be the perfect year for matters relating to your heart and forming a matrimonial alliance. The latter half of the year will see you undertake a pilgrimage, which will bring you mental comfort and peace. The months of October, December, February and April will be highly result oriented.

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.

List of 12 Zodiac Signs

Aries

(March 21 - April 19)

Taurus

(April 20 - May 20)

Gemini

(May 21 - June 20)

Cancer

(June 21 - July 22)

Leo

(July 23 - August 22)

Virgo

(August 23 - September 22)

Libra

(September 23 - October 22)

Scorpio

(October 23 - 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:** Communication involving romance could come unexpectedly today, Aries. You may get a loving message from a romantic partner, or you could hear of a wedding to take place in the future amongst your circle of friends. You could also read a love poem or romance novel or write something along the same lines yourself! Someone might also express affection to you. Don't be surprised. You deserve it!

■ **TAURUS:** A chance to increase your income by participating in an artistic project of some kind could come your way today, Taurus. You might take part in the creative work or you could promote it in a business capacity. Whichever it is, you're likely to form some firm friendships in the process. If you're single, one of your colleagues might turn out to be a potential love partner. Enjoy!

■ **GEMINI:** Have you been feeling stagnant lately, Gemini, as if your life is going nowhere? What happens today could change that. An unusual group event could put you in touch with people who open new intellectual, career, or spiritual doors for you. Stimulating conversations could turn your head toward opportunities that you were never aware of before. Onward and upward!

■ **CANCER:** Inspiration could hit today, Cancer. It's a beautiful feeling, but you might not be sure how to channel it. It could represent a spiritual breakthrough, artistic inspiration, increased understanding of others, or all of the above. What's almost certain is that you'll want to spend time alone to take it all in and figure out how to use it. Don't dismiss any possibility, however outrageous it may seem.

■ **LEO:** You might have the chance to speak with new people in interesting fields, perhaps from foreign lands, Leo. Your conversational abilities are at an all-time high, so you'll not only enjoy talking with everyone, but they'll enjoy talking with you, too. Intriguing ideas and useful information could have your mind buzzing all night. Try to take a walk in the evening to clear your head.

■ **VIRGO:** Information gleaned from surprising sources could lead to sudden, fortunate career breaks, Virgo. You might explore totally new fields, although this could be temporary. Your efforts should attract the attention of those who matter and eventually lead to advancement or a raise. Don't be afraid to continue to explore these sources. Keep up the good work!

■ **LIBRA:** A passionate encounter with a love partner might cement the bond between you so thoroughly that you start talking about commitment or even a wedding. A romantic haze may permeate your interactions. Still, exercise some restraint in expressing your feelings. Hitting your friend with too much at once could have the opposite effect from the one you're hoping for. Be patient!

■ **SCORPIO:** Have you been feeling less than your normal self, Scorpio? If so, today you may suddenly regain your strength and be raring to go. You might even be tempted to start a rigorous exercise program. Go ahead and start, but pace yourself and try not to make up for lost time all at once. You need to ease into these things. Maybe start with walking and yoga.

■ **SAGITTARIUS:** Love and romance aren't just part of your life today, Sagittarius, they're your whole life. If you're single, an exciting potential partner could have you reeling. If you're currently involved, recent events may have created such a powerful bond between you and your beloved that you think it will never end. Consider what led to this feeling and find a way to repeat it. This can only benefit you.

■ **CAPRICORN:** Does your house look like a cyclone hit it? Your tidy nature should drive you to clean it up. In the course of wading through the mess, don't be surprised if you discover some objects you thought you'd lost forever. Once you finish, you'll probably find that the place looks beautiful, better than it did before it was messed up. Something good can indeed come out of chaos.

■ **AQUARIUS:** An exciting phone call or email could come from a friend who has some great news for you, Aquarius. Love, romance, and success in the arts are all highlighted now, and this communication could bring it to your attention. Conversations could bring inspiration your way, and your mind is apt to be going a thousand miles an hour for most of the day. Make the most of it!

■ **PISCES:** An online group could form today, Pisces, perhaps friends who are involved in the arts or meditation or spiritual studies. This group is likely to be close, probably through mutual interests, so communicating with them this evening should be both intellectually stimulating and emotionally gratifying. What takes place today could also bring healing of some kind, either for you or for someone else.

Life

Why your immune system weakens with age is more complicated than scientists thought

A new study reveals how aging changes the immune system in complex ways and identifies potential targets for healthier aging.

WHY does immunity weaken with age, and does that decline happen the same way throughout the body? Researchers at USC approached that question by looking across the body rather than focusing on a single organ. Using macrophage data from multiple mouse tissues, including the brain, lungs, liver, and other organs, they found that these immune cells develop some common signs of aging while also changing in ways that depend on the tissue around them. The findings were published in BMC Biology.

“We know that aging affects immune cells like macrophages, but most studies focus on a single tissue or organ, so there is little known on how local tissue environment can impact immune cell aging,” said USC Leonard Davis School of Gerontology Associate Professor Bérénice Benayoun, the study’s senior author. “We wanted to understand whether immune cells age in the same way throughout the body or whether each tissue has its own aging story.”

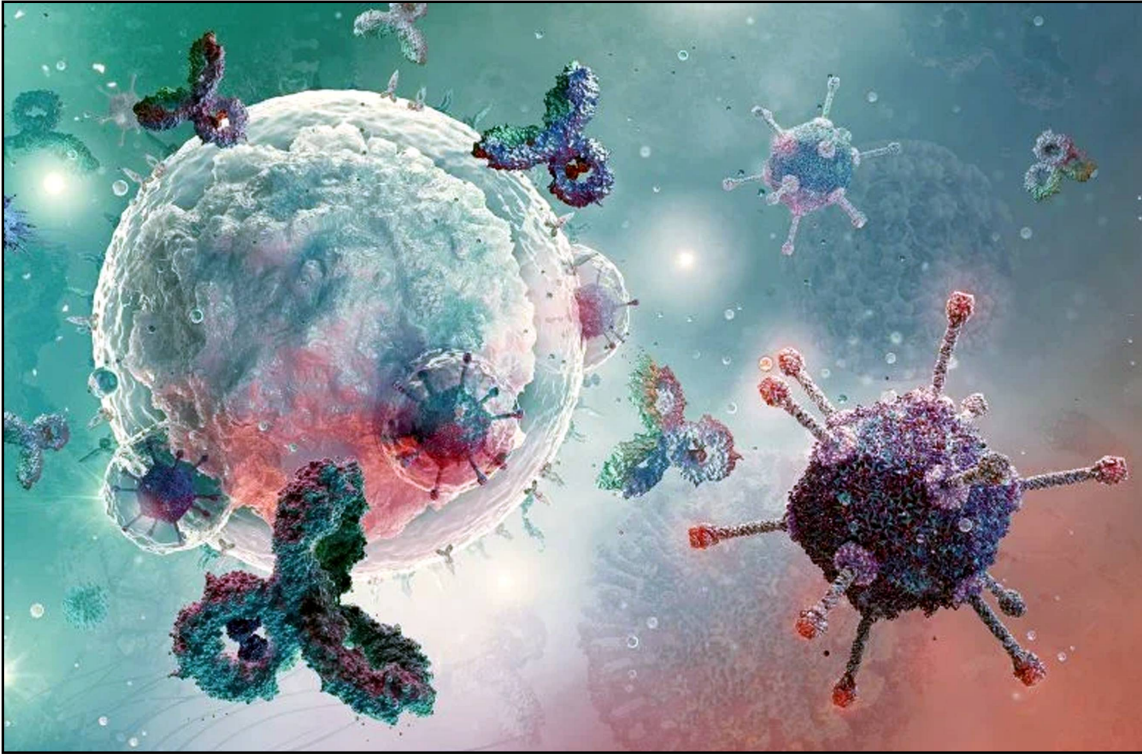
Macrophages are found in nearly every tissue and play several essential roles in immune defense and tissue maintenance. They fight infections, clear damaged cells, support tissue repair, and help control inflammation. But because the environments surrounding them differ greatly from organ to organ, researchers wanted to know how much those local conditions shape the aging process.

A body-wide view of macrophage aging

Comparing macrophages from younger and older animals revealed a combination of shared and tissue-specific changes.

Across many tissues, older macrophages shifted more of their activity toward responding to cellular stress and damage. At the same time, some molecular programs involved in maintaining healthy tissue structure and communicating with the surrounding environment became less active.

The similarities, however, only



went so far. Macrophages in the brain showed age-related changes that differed from those found in the lungs, for example. The researchers also found evidence that macrophage aging can differ between males and females across tissues.

Together, the findings suggest that immune aging reflects both broad biological processes that occur throughout the body and local influences unique to individual organs.

Public datasets made the comparison possible

To build such a wide-ranging picture, the researchers drew heavily on sequencing datasets that had already been made publicly available by other scientists.

Rather than examining one tissue in one experiment, the team integrated data from dozens of previously published studies. That allowed them to compare macrophage aging across tissues and sexes on a scale that would have been difficult for any single

study to achieve.

“There’s an incredible wealth of publicly available, underutilized sequencing data for studying immune aging,” said Ella Schwab, the study’s lead author, Benayoun lab member and PhD student at the USC Alfred E. Mann School of Pharmacy and Pharmaceutical Sciences. “By analyzing data from dozens of pre-existing studies, we could examine how macrophages age across tissues and between sexes – something no single study had the power to do alone.”

By combining those datasets, the researchers produced one of the most comprehensive maps yet of how macrophages change with age across the body.

Immune aging may require tailored treatments

The tissue-specific differences could have implications for efforts to slow or reverse age-related immune decline. If macrophages do not age identically throughout the body, a treatment that works well in one organ may not have the same

effect in another. Future approaches may therefore need to account for both the affected tissue and a person’s biological sex.

At the same time, the researchers identified genes and molecular pathways that changed consistently across many macrophage types. Because these recurring changes appeared in multiple tissues, they may represent more fundamental features of immune aging and could provide broader targets for future therapies.

Understanding both kinds of changes is becoming increasingly important as people live longer worldwide. Age-related immune dysfunction is associated with chronic inflammation, greater vulnerability to infection, slower wound healing, and numerous diseases linked to aging. The researchers hope their body-wide map of macrophage aging will give other scientists a foundation for investigating ways to preserve immune function and promote healthier aging later in life.

Word of the Day

churlish

adjective | *CHUR-lish*
WHAT IT MEANS

Churlish is a formal word used to describe someone or something that is impolite or rude.

I was shocked by the churlish remarks made by my opponent.

CHURLISH IN CONTEXT

“... I think a Bob Dylan concert is fundamentally for Bob Dylan himself. You could call it churlish, but I think it’s self-assuredness, an elder’s clarity. The man has a message he needs to send, a message important enough that he’ll strip away anything that might distract from it. A Bob Dylan concert is not about what Bob Dylan’s audience wants to hear; it’s about what Bob Dylan wants to say even if he, you know, mumbles a bit.” —Jared Kaufman, The St. Paul

(Minnesota) Pioneer Press, 7 July 2026

DID YOU KNOW?

In Old English, the word *ceorl* referred to a free peasant—someone who was neither part of the nobility nor enslaved or in debt. In Anglo-Saxon England, which lasted roughly from the 5th to 11th centuries, *ceorls* had many rights that peasants of lower social status did not, and a few even rose to the rank of thane, becoming a member of a kind of local nobility. However, as most *ceorls* were driven into the class of

unfree villains serving feudal lords over the centuries, especially following the Norman Conquest, the connotation of the word *ceorl*—spelled *churl* in Middle English and then finally *churl*—diminished as well, eventually coming to mean “a lowly peasant” and later “a rude, coarse person.” Similarly, *churlish* began in the form *ceorlisc* in Old English as a simple descriptor of someone with the rank of *ceorl*, but today it describes a boorish person, or their rude and insensitive behavior.

SUDOKU PUZZLES

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SOLUTION OF PREVIOUS PUZZLE

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

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