



BHAGAVAD GITA: Chapter 5, Verse 20

न प्रहृष्येत्प्रियं प्राप्य नोद्विजेत्प्राप्य चाप्रियम् ।
स्थिरबुद्धिरसम्मूढो ब्रह्मविद् ब्रह्मणि स्थितः ॥ 20॥

na prahrīṣhyet priyaṁ prāpya nodvijet prāpya chāpriyam
sthira-buddhir asammūḥho brahma-vid brahmaṇi sthitaḥ

na—neither; prahrīṣhyet—rejoice; priyam—the pleasant; prāpya—obtaining; na—nor; udvijet—become disturbed; prāpya—attaining; cha—also; apriyam—the unpleasant; sthira-buddhiḥ—steady intellect; asammūḥhaḥ—firmly situated; brahma-vit—having a firm understanding of divine knowledge; brahmaṇi—established in God; sthitaḥ—situated

na prahrishyet priyam prapya nodvijet prapya chapriyam
sthira-buddhir asammudho brahma-vid brahmani sthitah

◆ TRANSLATION

BG 5.20: Established in God, having a firm understanding of divine knowledge and not hampered by delusion, they neither rejoice in getting something pleasant nor grieve on experiencing the unpleasant.

◆ COMMENTARY

The section of this verse—neither rejoicing in pleasure, nor lamenting the unpleasant—is the highest ideal of the Vipassanā tradition of meditation in Buddhism. Rigorous training is undertaken to reach this state of clarity and precision, ultimately leading to equanimity, and destruction of self-will. However, the same state is naturally reached in devotion to God, when we surrender our will to the divine. In accordance with verse 5.17, when we unite our will to the will of God, then both pleasure and pain are serenely accepted as His grace.

A beautiful story illustrates this attitude. A wild horse once ran into a farm. People congratulated the farmer on his good luck. He said, “Good luck, bad luck, who knows? It is all the will of God.” A few days later, the horse ran away, back into the forest. His neighbors commiserated with his bad luck. He said, “Bad luck, good luck, who knows? It is all God’s will.” A few more days went by, and the horse returned with twenty more wild horses. Again people congratulated the farmer on his stroke of good luck. He wisely reflected, “What is good and bad luck?”

To be continued...



Is it your Birthday Today?

■ AUGUST 31

If you're born on August 31, you are guided by number 4, which makes you loyal, sincere, and clear-minded. You are focused and goal-oriented, which often leads you to success. However, moments of impatience or carelessness may delay results. This year encourages strong career advancement—new job offers or business ventures will help you move forward. Delayed payments or past financial blocks may finally get resolved. Investments in stocks or property are likely to be fruitful if planned properly. Emotionally, you may develop a bond that grows into lasting love. A meaningful or spiritual journey will bring clarity and inspiration. Family ties strengthen as you offer more time and understanding. Avoid overexertion—give your body and mind the rest they deserve. Stay grounded in your principles. Health will stay in balance if you practice consistency. March, May, July, and September bring valuable decisions, gains, and achievements that make this year truly transformative.

Ignore Your Limiting Beliefs and Break the Rules

I hate rules, so I endlessly advocate that people break the rules. Seriously! I used to wonder why and constantly asked myself if there was a time to break the rules. Looking back, there were a few clues along the way that I was going to be a rule-breaker... (Insert Wayne’s World alternate ending music...)

There was that time in theology class when I argued like a seasoned trial lawyer with the well-meaning priest who had to be at least 100 years old. I got him so upset that he leaned down, banged on my desk, and said (with as much restraint as he could muster), “Young lady, I have had about enough of you!” My reaction... I laughed. However, I stopped laughing when I had to spend the afternoon in the Dean’s office.

Gender norms are another rule I have struggled with since childhood! I think I was 8 or 10, during a 4H class when the nice volunteer mother had the boys make Balsa Wood racecars and I was assigned to sew a wrap skirt. I remember making her afternoon a living heck, refusing to sew like a good girl, and demanding that I get to make a race car like the boys. To this day, if a button falls off a garment, I take it to the dry cleaner or bribe a friend to sew it on.

Break The Rules And Celebrate You

Don’t get me wrong; there is a time and a place for actual rules. Rules, for example, to keep us safe. I am referring to limiting thoughts and actions masking as rules. We need to break those rules. As the rule-breaking coach, I will not list them, as you already know what they are for you.

What you may not know is this: When we don’t know what our innate strengths are, we don’t function in a way that is natural to the person we were meant to be. This creates a void, and that void gets filled with limiting thoughts and actions that mask as rules. So, how do we know what our innate strengths are? How do we operate naturally? It starts by trusting our instincts. We were born with certain instincts. They have been there since we were children. These are the same instincts we may have tried to ignore as an adult. I knew at an early age that I had to put my spin on things. Just like I knew that I would always question the status quo. Another thing I knew at an early age was that Sally Homemaker was not someone I would be. It’s just not me. There are 4 modes of operating within our natural instincts. Most of us are dominant in one or two of these modes. So what might be your natural way of

operating? How do you know what your instincts are? Here are some clues:

1.) You might be a natural ‘Fact Finder’ if (this is the ‘why’ person):

- You are the detailed note-taker at work
- You look up restaurant menus online before making reservations
- Your emails are long paragraphs, including details and facts
- You prefer to hear the cost is \$39.89 versus it’s about \$40

As a natural detail person, you might say things like, “Have we tried that before, and what was the result?” or “Give me the details, precisely how did you come up with that hypothesis?” You like to do research and you value accuracy.

What others need to know about you: Be sure to have your facts. When in doubt, don’t guess. You are going to ask a lot of questions and that’s because you want to make sure you gather information first, before deciding. If you find yourself insisting that you don’t ask questions and figure things out on your own, break that rules and follow your strength!

2.) You might be a natural ‘Follow Through’ if (this is the ‘process’ person):

- You like agendas and check off items as they are completed by presenters
- You follow the recipe every time
- You naturally organize everything, even your sock drawer
- When you watch a sporting event, you can see the plays, almost like a mathematical formula

“Follow Throughs” believe in the process, an established road map. You have an impressive ability to go from point A to point B, and so on. Maybe you’d say something like, “What process did you follow?” or “Where is the project plan?”

What others need to know about you: Be sure to show you what steps were taken. If others want to deviate from the process, they need to show you that the new way has been thought through. They need to show you the logic behind the decision and explain what is remaining the same.

3.) You might be a ‘Quick Start’ if (this is the big idea person):

- Oohh, look... bright shiny object!
- Bullet points, please

Word Of The Day

PROTOCOL

noun | PROH-tuh-kawl

What It Means

Protocol most often refers to a system of rules explaining the correct conduct and procedures to be followed in a formal situation; in computer programming a protocol is a set of rules used in formatting data. Protocol can also refer to a plan for a scientific experiment or medical treatment, or to a document that describes the details of a diplomatic treaty.

// What is the proper protocol for declining a

job offer?

// My doctor recommended a simplified treatment protocol for my condition.

PROTOCOL in Context

"Back in the UK, it's still unclear what kind of royal life, if any, lies ahead for Archie and Lilibet. While they hold their princely and princess titles, bestowed upon them following the death of Queen Elizabeth II, their day-to-day lives in Montecito are a world away from palace protocol." — Faye James, Hello Magazine, 15 July 2025

Did You Know?

In Late Greek, the word prōtokollon referred

- Get to the point, then the details
- Sitting in a meeting is painful; you’re the one standing in the back of the room

New ideas are your fort and it’s not unusual for you to have lots of starts and stops. You imagine solutions and are a great visionary. “I have a bunch of new ideas” or “Give me the high-level version,” is something you might say.

What others need to know about you: Give you the bottom line or punch line first, then feed you some details. You don’t need a lot of details to decide. Emails should be bullet points whenever possible. You are going to jump in and you are going to chase the bright shiny objects because you trust your gut and it is usually right.

So if you find you are second-guessing yourself a lot and telling yourself to slow down, break your rules, and keep going full speed ahead.

4.) You might be a natural ‘Implementor’ if (this is the action & hands-on person):

- When giving a presentation, you must have props!
- “Step aside and let me set that up (I’ll do it correctly)”
- You prefer to build solutions instead of talking about them
- “Don’t buy another one honey, I can fix it!”

You are very hands-on and value having someone show you what he or she has done more than telling you about the work.

Perhaps you say something like, “Show me how you did that, walk me through it.”

What others need to know about you:

You have to get up and move because sitting behind a desk all day is not your style. When working with you, remember that you expect high-quality materials.

So which mode of operating is best? YOURS!

When we embrace our natural strengths by going with our grain instead of against it, refusing to do anything but be who we are; we gain courage, conviction, and self-esteem.

Also, our personal lives and professional lives flourish with passion and purpose! As you go about your day, ask yourself, “How will I trust my instincts today?” And don’t be afraid to break the rules (that you set for yourself)!

to the first sheet of a papyrus roll bearing the date of its manufacture. In some instances, it consisted of a flyleaf that was glued to the outside of a manuscript’s case and provided a description of its contents. Coming from the Greek prefix prōt- (“first”) and the verb kollan (“to glue together”), prōtokollon gave us our word protocol. In its earliest uses in the 15th century, the word referred to a record of a document or transaction. By the turn of the 18th century it was being used for the original record or minutes of a diplomatic negotiation, and still later for the etiquette observed by heads of state in ceremonies and relations with other dignitaries. This sense has since extended in meaning to cover any code of proper conduct.

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SUDOKU PUZZLES

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

SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS

■ **ARIES:** Don't assume that the person you're trying to reach is getting your messages, Aries. Perhaps you've been waiting for a reply, thinking that this person has blown you off. Maybe this person doesn't understand the question you're trying to ask. When it comes to matters of love and romance, you're going to have to spell things out.

■ **TAURUS:** You feel reprimanded because of the way you reacted to a situation that came out differently than you'd hoped. Trust that you acted in the best, calmest, and most understanding way possible. If the person you're dealing with doesn't understand your actions, then this is probably more a function of their own baggage and not yours.

■ **GEMINI:** Something unusual could put a smile on your face today, Gemini. Look for beauty and love in the simplest things. If you can't see it, then work on adjusting your attitude. Your inner state is likely what needs to be fixed, not the world around you. If you can shift to a light, understanding mood, you'll receive the laughter and romance that are sure to brighten your day.

■ **CANCER:** It's time to step up to the plate and take responsibility for the things you want to have happen, Cancer. It's one thing to talk about great visions and dreams, but the bottom line is that they'll continue to remain abstract concepts unless you work to develop them into something solid and tangible. Test this theory for yourself today.

■ **LEO:** The warm, loving feeling that you've been happily nurturing is calling for a bit of practicality in order to make your romantic life work out the way you want it to. Remember that less is more, Leo. Having love and romance in your life doesn't necessarily mean that you have to be best friends with every person you meet. This is a good time to enjoy more quality time with fewer people.

■ **VIRGO:** You might feel a bit reserved when it comes to issues of love and romance, Virgo. Other people might consider this rather strange when they see that suddenly your courageous forward motion comes to a dramatic halt. Don't feel like you need to make excuses for the way you feel. It's probably better if you slow down a bit, especially when it comes to love.

■ **LIBRA:** Things are apt to remain quite orderly for you, Libra. Even though your heart may want to soar into the clouds, you'll find that there's a stable side to the equation that's working to keep things in perspective. You might want to consider making a greater commitment to someone you love. You're of a sound and solid mind to do so now.

■ **SCORPIO:** The engagements in your social calendar are likely stacking up to the point of absurdity, Scorpio. Make sure you schedule some time for yourself somewhere in there. Today you're choosy about your companions. Feel free to say no to people you'd simply rather not see.

■ **SAGITTARIUS:** Just because your heart is feeling extra generous now doesn't mean that you need to send flowers to everyone you know, Sagittarius. On a day like this you should channel all your incredible love and affection to one special person. Help him or her feel like an important part of your life.

■ **CAPRICORN:** You may be confused by your heart, Capricorn. It may be extremely frustrating when you can't keep a tight rein on your emotions. This internal conflict is a signal that there's a lesson to learn. Perhaps your heart knows something that your conscious mind hasn't yet realized.

■ **AQUARIUS:** Your mind gives you a great deal of security, Aquarius, which allows you to explore other worlds. You have your satellite outpost operating smoothly, and you can now take trips into the frontier knowing that you have a secure facility to fall back on. Find new ways to bring love into your life.

■ **PISCES:** This is a good time to get more serious about your art, Pisces. You were probably born with talent, but perhaps you don't treat it with as much respect as someone endowed with only a fraction of your natural ability. Look at your tools realistically and know that you have the power to accomplish a great deal when you put your creative nature into high gear.

