



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 sthitah

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; sthitah—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

Continued from previous edition...

This is all God’s will.” A few days later, the farmer’s son broke his leg while riding one of the horses. The neighbors came to express grief. The wise farmer responded, “Pleasant and unpleasant, it is only God’s will.” Some more days went by, and the king’s soldiers came to recruit all young men into the army for the war that had just broken out. All the young men in the neighborhood were taken into the army, but the farmer’s son was left behind because his leg was broken.

Divine knowledge brings the understanding that our self-interest lies in giving pleasure to God. This leads to surrender to the will of God, and when the self-will gets merged in the divine will, one develops the equanimity to serenely accept both pleasure and pain as His grace. This is the symptom of a person situated in transcendence.



Is it your Birthday Today?

SEPTEMBER 1

Ruled by number 1 and the Sun, you possess natural leadership, a magnetic personality, and unwavering determination. This year ushers in excellent financial prospects, particularly in business ventures and property investments. Thoughtful financial planning can bring impressive returns and enhanced security. Women will excel in their fields, possibly gaining public recognition or leadership roles. Students aiming to study abroad will find timely support and positive developments. A brief but heartwarming romantic encounter could uplift your spirits. Spiritually, you may be inclined towards pilgrimages, meditation, or inner work, helping you find clarity and peace. This is a favorable time to embrace challenges and make bold moves beyond your comfort zone. You'll feel recharged, ready to chase ambitions that once felt distant. Significant personal growth and material success await you, especially during January, March, June, and August—ideal periods for launching new plans or celebrating milestones. Use this year to build upon your strengths, express your creativity, and step confidently into leadership roles. Emotional balance, backed by spiritual grounding, will guide your decision-making and strengthen your relationships. Trust your instincts—they'll lead you toward opportunities that align with your long-term aspirations.

Use ‘Mind Mapping’ to Be More Productive

I have always looked for hacks on how to become more productive, and one of the greatest tools I have come across is mind mapping. Maybe you are familiar with this concept or have never heard of it at all.

Mind mapping is a process of taking that entire mess of tasks and dreams swimming around in your head and capturing it in a great net. Essentially it is organizing your brainstorming sessions and using them to empower your success.

Once you have the information on your net, you can organize it and get things done. Test me on this and see how productive your life becomes. Keep reading to find out how to use mind mapping as a means to become more productive.

Step One: Brainstorming

Take a sheet of paper and write down everything you need to do. When I say everything, I mean everything you need or want to do in a day. What is going on inside of your head? This includes family items like changing the diaper, doing the dishes, and washing clothes.

Write out everything, no matter how mundane or silly you must do. Consider the projects you want to accomplish around your house and the relationships you want to build with your family. Don’t take much time to edit it at this point.

Consider your whole person, including work, social, mental, and spiritual tasks. Just write them all out.

Who do you want to be? What do you want life to be like? For now, you are simply brainstorming. Don’t worry if you can do all of these things or not. Simply get them all on paper.

For those more artistic, you can write them all over the paper, don’t worry about a straight line of tasks. For those who think more linear, maybe a straight line is ok. Think through your days and weeks. What are the things that are coming up that you need to do some work on to prepare for those events? Make the tasks as small as possible. But again, you are brainstorming. Keep writing.

Step 2: Create Themes

All of these tasks will fit into some sort of theme. Some categories include home, physical, mental, spiritual, social, work, and play. For now, simply consider all possible themes and

write them on another sheet of paper. You are still brainstorming a bit, so don’t edit too much. Break down your themes to as small a piece as you can. For example, you might have a theme that pertains to a specific project instead of work. This week I have a theme of developing a conflict resolution presentation. You might break themes into things like maintenance, marriage, or parenting.

In my experience, this step will remind you of some tasks you left off. Go ahead and put them on your other paper. Let the two documents feed one another.

Step 3: Bring it all together.

Take out another sheet of paper. In the center of the paper, consider the main objective theme for your week. Maybe it is to bring healing to your marriage, or maybe you need to be focused on a work project. This needs to be something that is critical for your overall success.

Place the other assorted themes randomly on a sheet of paper. Leave plenty of space around each theme and start plugging in tasks where they fit. Think through carefully where they go.

Things like meals may fit under physical health if you have a focus this week on getting healthier. However, for this week, that same meal might be under family because you want to spend time together around the dinner table.

Regardless all of the tasks should be on this paper somewhere. For those who are more artistically centered, you might choose to color code or draw pictures to illustrate themes or tasks.

Step 4: Make a plan

This can be where mind mapping gets trickier. If you are like most of us, you are looking at this page and realizing that there is no way that you can do all of these things.

First, consider how many of these things are essential to what is at the center of your paper. What things must I do if I want that objective to be realized? Remember that you already said that the week’s objective was that item. Under each theme, you can also set up a minor objective. Maybe you have a project at work that is your objective for the week, but you also would like to spend more time with your children. Put that second objective under your parenting

theme and think through those tasks. Which of those tasks are enabling you to also obtain that objective? Some of those tasks might be able to be delegated.

You might want to spend more time with a specific child, so delegating the dishes to a different child might help you to accomplish that goal. Do not be afraid to delegate off of that list. These things may need to get done but not necessarily by you.

Step 5: Take Action

Once you have your plan, get started on that plan. This is not the time to simply sit back and enjoy the fruit of your writing on paper or your clever pictures. You must fulfill the objective in the center of the paper. The other tasks would be nice, and if you can get them done, you should.

However, don’t get bogged down in the lesser important items for your week. If needed, you can always make those objectives a central objective for next week. Get started on tasks that will help you achieve your main objective.

Step 6: Review progress

At the end of the week, review your progress. Hopefully, you fulfilled your main objective and some of the other objectives. How did you do? What got done? What did you decide simply didn’t matter? Review and analyze your week. Use that as a start for creating your mind map for the next week.

Special Note

This process can be used for preparing a speech or other presentations. In the center, I will put down the main theme. This is something that I must get across to the audience. Everything else on the paper supports ideas, concepts, or illustrations.

As the presentation continues, I can pick and choose from those other items to back up the point in the center of the page. I will keep coming back to that central point.

Mind mapping organizes your brainstorming sessions and can be done as a group or as an individual.

You can be successful and productive daily by focusing on your random thoughts. In the beginning, it will take much more time than it will later on as you become more practiced, so keep at it until you master the process.

Word Of The Day

SIMPATICO

adjective | sim-PAH-tih-koh

What It Means

Simpatico typically describes two or more people or things with shared qualities, interests, etc. It can also describe someone who is agreeable or likeable.

// Even though they weren’t always simpatico with regard to the direction of their company, the pair managed to be successful partners for more than 35 years.

SIMPATICO in Context

“From the early 2010s, when he was a young teen rapper in Chicago ... Chief Keef was flooding his Instagram with self-documentation, all of which is essentially gone now. Enter Eduard Taberner Pérez, an amateur archivist and professional graphic designer, who compiled ‘Sosa Archive,’ a limited-run art book that gathers several thousand photos pulled from Keef’s Instagram, presenting then in visually simpatico grids of 12.” — Jon Caramanica, The New York Times, 5 Mar. 2025

Did You Know?

Simpatico, which comes ultimately from the Latin noun sympathia, meaning “sympathy,” was borrowed into English from both the Italian simpatico and Spanish simpático. In those languages, the word has been chiefly used to describe people who are well-liked or easy to get along with. Early uses of the word in English reflected those of their forebears, as in Henry James’s 1881 novel The Portrait of a Lady, in which one character says of another’s dying cousin, “Ah, he was so simpático. I’m awfully sorry for you.” In recent years, however, the word has gained an additional sense describing things or people who get along well or work well together.

SUDOKU PUZZLES

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				7		8		6
9			5			4	7	
		7					3	5
			4	3				2
6	2			1			4	9
1				9	2			
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SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS



■ **ARIES:** You may feel like you're being tested in some way, Aries, like you're on trial and must defend yourself, including what you believe and how you operate. This feeling is unsettling, but soon you'll realize that it's strengthening in many ways. Questioning your behavior patterns is healthy, so open up in a way that you may not have considered before.

■ **TAURUS:** Your vitality is low. It may be difficult to fight adversity, Taurus. Try not to get discouraged. Instead, realize that this is part of the natural cycle. Awareness of your energy patterns is half the battle. Don't force yourself into feeling something you don't. It's important that you not overexert yourself or take on more responsibilities than you can handle.

■ **GEMINI:** You may find it hard to admit that you can't do everything, Gemini. There are some jobs that you aren't cut out to do. Why pretend when a better option would be to delegate the task to someone else? If you don't feel a strong connection with something or someone, don't force it. Pretending that you're capable of something will only cause frustration for you and everyone else.

■ **CANCER:** Your hard work is paying off in ways that may not be noticeable to you now, Cancer. Things are flowing naturally, and you seem to have all your responsibilities under control. You may not be aware that this is so since it's easier to see when something's wrong than when something's going well. Take time to appreciate the incredible things you've created for yourself thanks to all your effort.

■ **LEO:** You may feel like it's your responsibility to take care of everyone, Leo. If you love someone, your brain translates this into thinking that you need to be the caretaker. If you don't take someone under your wing, maybe you see yourself as selfish or unkind. Dismiss this notion. Other people's feelings aren't your responsibility. Don't let another's well-being become your project.

■ **VIRGO:** There are opportunities for achievement, so stay open to new energy coming your way, Virgo. If you don't turn at these fortuitous junctions, you may never find this spot in the road again. What comes your way may not be a pot of gold, but it will certainly be the rainbow that leads you to it. If nothing else, you'll find opportunities that strengthen your spirit, preparing you for adversity later.

■ **LIBRA:** You may find it hard to relate to others verbally, Libra. You may have everything figured out in your head, but the words get in the way as soon as you share your ideas. Talking with someone else may add confusion instead of clarity to the situation. The other person's energy seems to affect your perceptions. Stay grounded despite your frustration.

■ **SCORPIO:** You may be coming to a point of reckoning in something you set into motion years ago, Scorpio. This is a time of hard work when you may need to either salvage the mess you've created or start reaping the wonderful rewards of the success you've become. Your ego is wrapped up in this scenario. You may be frustrated by people wasting your time with problems that seem insignificant.

■ **SAGITTARIUS:** Your thoughts may be scattered and confused, Sagittarius, especially regarding responsibilities that are important to you. You need to be disciplined and focused, but frivolous chatter may fill your brain. This kind of mental muddle limits you in many situations, making it difficult to express what you feel. Ask someone who knows you well to help you make sense out of these thoughts.

■ **CAPRICORN:** There's a chance that incredible luck will befall you, Capricorn, but nothing will come without hard work on your part. Don't expect someone else to hand you the treasure chest. You have the map in your hand, so follow it. Once you start, you may realize that you're much closer than you think. It's up to you to make the journey. There's a great deal of help for you along the way.

■ **AQUARIUS:** You may feel like someone's trying to pin you down before you start, Aquarius. Perhaps these obstacles are self-imposed. Maybe you're restricting yourself from doing the things you want to do because you're afraid they won't work out. This fear of failure is the pain you feel. Overcoming it is the first step. If you try and fail, you'll be no worse off than if you never try at all.

■ **PISCES:** Things should be running smoothly for you, Pisces, and you'll accomplish a lot with surprisingly little effort. Although there may not be any Earth-shattering developments, you should find that things go well. Maybe you won't win the lottery today, but the few dollars you invest now will turn into megabucks later. Be patient. Success may not come overnight, but it will come.