

BG - 10

Verse

Bg. 15.15

सुमतिं सुमतिं सुमतिं सुमतिं सुमतिं
सुमतिः सुमतिं सुमतिं सुमतिं सुमतिं
सुमतिं सुमतिं सुमतिं सुमतिं
सुमतिं सुमतिं सुमतिं सुमतिं सुमतिं

Our focus for next three sessions will be the first two lines. Specifically - 1) Smruti 2) Jananam and 3) Apohanam. In this first session we will focus in Smruti - Remembrance.

Parents

<https://youtu.be/1oLQz1vMmvk?si=6Y6iRLvvp1i9aUSS>

For Parents and Seniors this video must ve played nicely on a big TV/screen. It is powerful. If KRISHNA takes away Memory then life is hell - every second and this video is the best to drive home the point.

Teachers must see this video couple of times and make notes.

Song (8-Feb-26 - replace bhajan - children are finding it difficult)

Replace in this and BG -11 and BG - 12.

Hari Hari Biphale

<https://kksongs.org/songs/h/harihari04a.html>

Katha - Ajamila Pastime

<https://www.backtogodhead.in/the-deliverance-of-ajamila-by-his-divine-grace-a-c-bhaktivedanta-swami-prabhupada/>

The Story of Ajamila - *Retold for Juniors*

Part 1: The Good Brahmin

There was once a young brahmana named Ajamila. He was one of the best young men in his village. He was gentle and kind, always told the truth, knew the scriptures by heart, and followed all the rules his parents and teachers had taught him. Everyone was proud of him.

Part 2: The Wrong Path

One day, Ajamila's father asked him to go to the forest to collect fruits, flowers, and grasses for their worship. On his way home, Ajamila saw some people behaving very badly—doing things that were completely against everything he had been taught.

Ajamila remembered what the scriptures said: "Look away. Don't watch bad things." He tried hard to walk away. He used all his knowledge and willpower to ignore what he saw. But he failed. He kept looking, and slowly, those bad images stayed in his mind.

From that day on, Ajamila began to change. He started spending time with the wrong kind of people. Little by little, he forgot everything good he had learned. He stopped his prayers. He stopped following the brahminical rules. He even left his own family.

Part 3: A Life of Mistakes

As the years went by, Ajamila did many wrong things. He stopped earning money honestly. Instead, he cheated people, gambled, and even stole. He completely forgot about God and the scriptures.

Ajamila lived like this for a very, very long time—eighty-eight years! During this time, he had ten sons.

Part 4: Baby Narayana

Ajamila's youngest son was just a baby. The little boy was named **Narayana**—which is a holy name of Lord Vishnu!

Old Ajamila loved this baby more than anything in the world. He would watch the baby crawl around, listen to the baby's sweet broken words, and laugh at the baby's funny movements. All day long, he would call out: "Narayana! Come here, Narayana! Where are you, Narayana?"

Without realizing it, Ajamila was chanting the holy name of the Lord—again and again and again!

Part 5: The Moment of Death

One day, Ajamila became very old and sick. He knew his time had come. Suddenly, he saw three terrifying figures standing before him. They had fierce twisted faces and hair standing up on their bodies. They were the **Yamadutas**—the servants of Yamaraja, the lord of death!

They had come to drag Ajamila's soul to Yamaraja's court, where he would be punished for all his sins.

Ajamila was terrified! He looked around for help. The only person he could see was his little baby playing nearby. With all his heart, full of fear and love, he cried out loudly:

"NARAYANA!"

Part 6: The Vishnudutas Arrive

The moment that holy name left his mouth, something amazing happened!

Four beautiful, glowing beings appeared instantly. They were the **Vishnudutas**—the servants of Lord Vishnu (Narayana)! They had heard someone call their master's name in complete helplessness.

"STOP!" they commanded the Yamadutas with powerful voices. "Release him immediately!"

The Yamadutas were shocked. "Who are you? This man is a sinner! We have every right to take him. He cheated, he stole, he broke every rule. He must be punished!"

Part 7: The Power of the Holy Name

The Vishnudutas smiled and replied:

"You don't understand the power of the holy name. When Ajamila called out 'Narayana,' even though he was calling his son, he chanted the name of God. And that one sincere, helpless cry has washed away not just the sins of this life, but the sins of millions of lives!

"The holy name of the Lord is so powerful that it works even if someone chants it by accident, or as a joke, or while singing, or without knowing its meaning—just like medicine works whether you understand it or not.

"Other methods like charity, fasting, and good deeds can reduce sins, but they cannot remove the desire to sin from the heart. But chanting the holy name purifies the heart completely.

"This man has already been purified. You cannot take him."

The Yamadutas had no answer. They left.

Part 8: Ajamila Wakes Up

Ajamila opened his eyes. He was alive! He bowed down at the feet of the Vishnudutas, grateful beyond words. But before he could speak, they disappeared.

Ajamila sat there, thinking about everything he had just heard. He remembered all the terrible things he had done in his life, and he felt deep, deep regret.

- Wash hands
- Spread the mat
- Sit down
- Keep the plate
- Serve prasadam
- Eat prasadam
- Drink water
- Get up
- Put the plate in the dustbin
- Wash hands again

That's it. No other material is needed.

Round 1: Everything is normal

Lay all the cards on the floor or table in the **correct order** so everyone can see.

Ask the children:

- "Is this how we take lunch?"
- "Will lunch go nicely like this?"

They will immediately say yes. Let them feel that everything is clear and easy.

Do not explain anything at this stage.

Round 2: Something is missing

Now quietly **remove a few important cards** and keep them aside.

For example:

- "Wash hands"
- "Serve prasadam"
- "Eat prasadam"

Mix up the remaining cards and place them back in a random order.

Point to the cards and say:

“Now it is lunch time. Tell me what will happen.”

Let the children speak freely.

They will notice problems:

- “First the plate goes in the dustbin”
- “Eating is missing”
- “Washing hands is at the end”

Very quickly they will feel that something is not right.

Pause and ask one question

Ask calmly:

“Is lunch bad... or is something missing?”

Wait.

They will answer:

“Something is missing.”

Ask:

“What is missing?”

They will say:

“Steps... order... memory.”

The main point (say this slowly)

“Nothing else changed.
But when memory is missing, life does not move properly.”

What the children repeat

Ask everyone to say together once:

“Memory puts life in order.”

Stop there.

Key Points for all age groups

1. WITHOUT REMEMBERING THE PREVIOUS MOMENT, THE CURRENT MOMENT IS MEANINGLESS

Real-Life Examples:

The Conversation Example (All ages)

- You're talking to someone and mid-sentence you forget what you were saying
- Everyone has experienced this - the panic, the embarrassment, the frustration
- The sentence becomes meaningless without remembering how it started
- *Demo*: Start telling a story, pause halfway, ask kids what happens next - they can't continue without remembering the beginning

The Movie Theater Example (Juniors/Seniors)

- Imagine watching a movie but every 5 seconds you forget everything that happened before
- Each scene would make no sense
- You wouldn't know who the hero is, who the villain is, why they're fighting
- The entire movie experience depends on continuous remembrance
- *Real scenario*: This actually happens to some Alzheimer's patients watching TV

The Staircase Example (Very practical for all ages)

- You're climbing stairs to your room to get something

- You reach the top and... blank. "Why did I come here?"
- You stand there confused, walk back down
- Suddenly you remember - "Oh yes, my phone!"
- Life literally stops when memory breaks even for 30 seconds
- *Activity*: Have kids try to complete a task in another room but give them a distraction midway - see how many forget their original purpose

The Exam Example (Seniors/Parents)

- Student studies all night for exam
- During exam, mind goes blank - can't remember anything
- The knowledge is somewhere in the brain, but remembrance is blocked
- No remembrance = knowledge becomes useless
- This shows: Knowledge stored \neq Knowledge accessible

The Medical Emergency Example (Parents/Seniors)

- Person having heart attack or allergic reaction
- Cannot remember: Am I allergic to this medicine? What blood type am I?
- Doctors asking "What medications are you on?" - patient can't remember
- Life-threatening situation made worse by failed remembrance

2. IDENTITY ITSELF IS MEMORY

Real-Life Examples:

The Morning Wake-Up Example (All ages)

- First thing when you wake up - you remember who you are
- Imagine waking up with NO memory:
 - "Who am I?"
 - "Where am I?"
 - "Who are these people in my house?"
 - "Why am I in this bed?"
- You would be terrified of your own parents!
- *Demo*: Ask kids to close eyes, imagine waking up remembering nothing - how would they feel?

The Name Story (Juniors)

- Your name is just a sound - "Ravi," "Priya," "Arjun"
- But when someone calls it, you turn around - why?

- Because you REMEMBER "that's MY name"
- Without that memory, it's just noise
- *Activity*: Call out random names, kids only respond to theirs - this is remembrance in action!

The Friendship Example (All ages)

- Your best friend is only your best friend because you remember:
 - The games you played together
 - The secrets you shared
 - The times they helped you
 - The fun you had
- Without these memories, they're just another stranger
- *Real case*: Alzheimer's patients who don't recognize their spouse of 50 years

The "You Are Your Memories" Example (Seniors/Parents)

- Ask: "Who are you?"
- Every answer is a memory:
 - "I'm a student" - you remember going to school
 - "I'm a son/daughter" - you remember your parents
 - "I'm a Krishna devotee" - you remember learning about Krishna
 - "I'm good at math" - you remember learning math
- Remove all memories = no identity remains
- Even "I am" requires remembering you exist!

The Reincarnation Connection (Seniors/Parents)

- Vedic teaching: Soul takes new body but forgets past life
- Why? Because identity is tied to memory
- New life = new memories = new identity
- Same soul, but functionally a different person without previous memories
- This is why Krishna's gift of forgetfulness (apohana) is also a mercy

3. EVERY SKILL IS STORED REMEMBRANCE

Real-Life Examples:

The Walking Example (Juniors - most powerful)

- Babies can't walk - they have to learn over 1-2 years
- Thousands of falls, getting up, balancing
- Now you walk without thinking - automatic
- But it's only automatic because your body REMEMBERS the thousands of hours of practice
- *Demo*: Ask kids to walk backwards or on one leg - suddenly they have to think again because less "remembrance" for that skill

The Language Miracle (All ages)

- You speak your language effortlessly
- But you learned it word by word, sound by sound as a baby
- Try learning a new language now - it's so hard!
- Why? Because childhood language is DEEPLY remembered (stored in different brain region)
- *Example*: Speak a sentence in English, then ask how they formed it - they can't explain, they just "remember" how

The Riding Bicycle Example (Classic for all ages)

- "You never forget how to ride a bicycle"
- Even after 10 years of not riding, you can still do it
- But that first time learning? You fell dozens of times!
- Every successful bicycle ride is remembrance of all those practice hours
- *Stats*: Researchers estimate 10-50 hours to learn cycling, but once learned, stored for lifetime

The Typing/Writing Example (Seniors/Parents)

- Touch typists don't look at keyboard - fingers "remember" where keys are
- Writing in cursive - hand remembers the flowing movements
- *Experiment*: Ask fast typists to verbally describe where each letter is on keyboard - they often can't! The fingers remember better than conscious mind

The Musical Instrument Example (All ages)

- Pianist playing complex piece from memory
- Thousands of notes, perfect timing, both hands coordinated
- This is tens of thousands of hours of practice REMEMBERED by the fingers
- *Real case*: Some amnesia patients can still play piano perfectly even though they don't remember learning it (procedural memory separate from declarative memory)

The Sports Example (Juniors/Seniors)

- Cricket batsman facing 140 km/hr ball
- 0.4 seconds to decide and swing
- No time to "think" - body remembers the technique from 10,000 practice balls
- Muscle memory = stored remembrance

- *Demo*: Throw ball to kids, watch them catch it automatically - ask them to explain HOW they knew where to put their hands - they can't! Body remembered
-

4. BODY FUNCTIONS DEPEND ON BIOLOGICAL MEMORY

Real-Life Examples:

The Heartbeat Example (All ages - most accessible)

- Your heart beats 100,000 times per day
- 35 million times per year
- 2.5 billion times in lifetime
- You never tell it to beat - it "remembers" its job
- *Demo*: Put hand on chest, feel heartbeat, try to STOP it by thinking - you can't! Something other than "you" is remembering to keep it beating

The Breathing Example (Very experiential)

- You breathe 20,000 times per day
- Right now, as you listen to me, you're breathing without thinking
- Hold your breath - you can control it temporarily
- But soon the body OVERRIDES you and forces breath - why?
- Because the medulla (brain stem) "remembers" its job to keep you breathing
- You can't forget to breathe even if you try!

The Immune System Example (Seniors/Parents)

- You got chickenpox once as a kid - you'll never get it again, why?
- Immune system REMEMBERED the virus
- Created memory cells (literally called "memory T-cells"!)
- Decades later, those cells still remember and protect you
- *Real fact*: Some immune memories last 70+ years
- Vaccines work ONLY because of biological memory

The Wound Healing Example (All ages)

- Cut your finger - you don't tell cells "Please divide and close the wound"
- Platelets remember to clot
- White blood cells remember to fight infection

- Skin cells remember to multiply and cover the gap
- Nerves remember to send pain signals
- All automatic because trillions of cells remember their roles

The Hunger/Thirst Example (Practical for all)

- Your body remembers when you last ate/drank
- Sends hunger/thirst signals at right time
- Diabetic patients: Body remembers ideal blood sugar, sends signals when too high/low
- *What if this failed?* You'd either starve or eat continuously!

The Sleep Example (Universal)

- Your body "remembers" to feel tired at night
- Circadian rhythm = 24-hour biological memory
- Jet lag happens when you cross time zones - body's memory gets confused
- Takes days to reset the remembered sleep schedule

The DNA Example (Mind-blowing for all ages)

- Every cell has DNA - a memory bank
 - Liver cell "remembers" to be liver, not skin
 - Eye color, hair texture, height - all remembered in DNA
 - *Analogy:* DNA is like Krishna's instruction manual given to each cell
 - 37 trillion cells, each following remembered instructions perfectly!
-

5. SOCIAL LIFE NEEDS MEMORY

Real-Life Examples:

The Parent-Child Bond (Most emotional - all ages)

- Baby doesn't recognize parents at birth - has to learn/remember faces
- By 3 months, remembers and smiles at parents
- Remove that memory - parent becomes stranger
- *Real tragedy:* Alzheimer's patients who don't recognize their own children
- The love is still there, but without remembrance, it cannot be expressed

The Trust Example (Very practical)

- You trust your friend because you remember:
 - Times they kept secrets

- Times they helped you
- Times they kept promises
- You don't trust a stranger - why? No remembered history
- Trust = accumulated remembrance of reliable behavior
- *Activity*: Ask kids who they trust most - then ask WHY - all answers will be memories!

The Teacher-Student Example (Relatable for kids)

- Teacher remembers which student struggles with math, who is good at art
- Teaches accordingly
- Imagine teacher with amnesia - every day is first day, no personalization possible
- Education itself depends on remembering student's progress

The Cultural Memory Example (Seniors/Parents)

- Why do we celebrate Janmashtami, Diwali?
- Because we remember the stories, the significance
- Culture = collective memory of a community
- *What if everyone forgot?* Festival becomes meaningless ritual
- This is why oral tradition was so important - keeping memories alive

The Promise/Commitment Example (All ages)

- "I promise to meet you at 5 PM"
- At 5 PM, you show up - why?
- Because you REMEMBERED your promise
- Without memory, no promise can be kept
- Marriages, friendships, business - all depend on remembering commitments
- *Real issue*: Legal contracts exist because we can't trust everyone to remember/honor their word!

The Gratitude Example (Deeply spiritual)

- You feel grateful to someone who helped you - only if you REMEMBER the help
- Forget the help = forget the gratitude
- *Vedic concept*: Ungrateful person = one who forgets benefits received
- *Krishna connection*: We forget Krishna's constant gifts → we become ungrateful

The Forgiveness Example (Mature discussion)

- Someone hurt you in past
 - Can you forgive? Only if you remember you also made mistakes
 - Grudge = remembering only others' faults
 - Compassion = remembering your own faults too
 - *What if we forgot all grudges?* Fresh start every day!
-

BRINGING IT ALL TOGETHER - THE KRISHNA CONNECTION

The Central Realization:

After establishing all these examples, the punch line:

"We've seen that life is IMPOSSIBLE without remembrance at every level - body, mind, identity, relationships, skills, everything. Now the question: WHO gives this remembrance? If I can't even control my heartbeat, if I can't force myself to remember something I studied, who is the REAL controller of memory?"

BG 15.15: *"mattaḥ smṛtir jñānam apohanam ca"* - "From Me (Krishna) comes remembrance, knowledge, and forgetfulness"

- Not from brain alone (brain is just hardware)
- Not from "you" (you can't force yourself to remember)
- From Krishna, seated in the heart (hṛdi sanniviṣṭa)

The Humbling Conclusion: Even this very moment of understanding, this realization, this memory of the lesson - is possible only because Krishna in your heart is allowing you to remember!

Revision #9

Created 22 January 2026 15:51:04 by Vijay Gopi Keshav das

Updated 8 February 2026 13:01:18 by Vijay Gopi Keshav das