

# BG - 8

## Recap

BG 15.14 - last session the focus was on COMPLEXITY of the DIGESTION PROCESS. Ask a few questions.

## Bhajan

## Katha (Bhima kills Bakasura)

[https://iskconeducation.org/media\\_library\\_old/Bhima20Slays20Bakasura.doc](https://iskconeducation.org/media_library_old/Bhima20Slays20Bakasura.doc)

## Teaching Time

### What **Children** Need to Bring

**Each child should bring *any ONE* small food item from home - send a note to Parents.**

Suggested options (choose one):

- A small bowl of **cooked rice**
- **Chapati / bread**
- **Fruit** (banana / apple / orange)
- A few pieces of **boiled vegetables**
- A small cup of **cooked dal / khichdi**

“ Dear Parents,

Hare Krishna ☐☐

For the upcoming **BPSS class**, we will be doing a **simple, hands-on activity** to help children appreciate how wonderfully Krishna takes care of us *inside our bodies*.

**Please send your child with ONE small food item** (any one):

- Cooked rice / chapati / fruit / boiled vegetables / cooked dal  
(Just a small bowl is enough.)

This activity is **safe, supervised, and symbolic**—children will *not* taste or cook anything themselves. The focus is on gratitude and understanding Krishna’s role in sustaining our life, as explained in the Bhagavad-gita.

Thank you for your cooperation in making this a meaningful experience for the children.

Warm regards,  
BPSS Team

### What the **Teacher should Arrange**

#### **Activity & Demo Setup**

- Food processor / mixer (teacher-handled only)
- One sealed vial labeled clearly:  
    **“ONE DROP OF BLOOD”** (symbolic - colored water - dark red)
- Disposable bowls / plates
- Napkins / wipes
- Table covering (to manage spills)

### **The Challenge**

Make teams and tell them the challenge.

Say clearly:

“Take some of the food items from the table and using the Blender Produce just **ONE DROP OF BLOOD.**”

Let teams come forward.

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Let them try:

- Crushing in the Blender - let them actually do it (teacher should operate the blender)
- Mixing

Then stop.

Ask directly:

- “Did we succeed?”
- “Why not?”

Let them answer:

- “We don’t know how”
- “We need a lab”
- “It’s complicated”

Do **not** correct them yet.

### The Turning Point

Hold the vial and say:

“Every day your body is making new blood. Yesterday you ate breakfast, lunch and dinner. And your body took all that and converted into blood.

Pause.

Then ask:

“Who is doing what we cannot?”

Silence.

Now introduce **Bhagavad-gita 15.14** (either chant or paraphrase):

“Krishna says:  
**‘I become the fire of digestion and digest the food.’”**

Then ask the key question:

“Why does Krishna take *personal ownership* of digestion?”

Let them think.

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Krishna is not claiming credit. He is revealing **dependence**.

## PART 2 — THE INTELLIGENCE QUESTION

### Principle 2: *Digestion Is Intelligent (Guidance)*

Now you dismantle the “it’s just chemistry” idea.

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The Killer Question (Ask exactly like this)

“If digestion were only chemical, why doesn’t it digest the stomach itself?”

Do not rush. Let the room sit in silence.

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Ask follow-ups:

- “Is stomach acid weak?” → No
- “Is it selective?” → Yes
- “Can acid decide?” → No

Then say:

“Chemicals cannot decide. Machines cannot decide.  
**Decision requires intelligence.**”

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## The Core Realization

Say slowly:

“Digestion decides:

- what becomes blood
- what becomes waste

- what is stored
- what is rejected
- when to stop digestion

And *you* are not consulted.”

Then ask:

““So who is controlling this?”

Let someone say “God” or “Krishna”.

Then say:

““Krishna doesn’t deny it. He says: *‘That is Me.’*”

## Craft for Juniors

### Teacher arranges (class-level):

- Pre-cut paper strips (A4 cut into 3 vertical panels)
- Crayons / sketch pens (ask children to bring)
- Stickers (optional)

**Children bring:** Nothing extra.

### Teacher Instructions

Say:

““You couldn’t make blood today. But Krishna makes it every day. Let’s show that with our craft.”

Guide them to:

- Draw food in panel 1
- Draw a red drop / heart in panel 2

- Draw themselves smiling in panel 3

Then help them write:

“Krishna is working inside me.”

### Extra Points for Seniors

#### THE DEBATE (CORE ADDITION)

This is where seniors engage **intellectually**, not emotionally.

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Frame the Debate, Divide the group into two sides:

Side A – *Mechanism*

“Digestion is automatic, chemical, and self-sufficient.”

Side B – *Guidance*

“Digestion requires intelligence and regulation.”

Clarify:

- This is **not a faith debate**
  - Use **reason, logic, experience**
  - No quoting scriptures yet
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Debate Prompts (teacher asks one by one)

### Prompt 1 (Blood)

“If digestion is automatic,  
why can we not produce even one drop of blood?”

Let both sides answer.

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## Prompt 2 (Selectivity)

“Why does digestion choose nutrients and reject waste?”

Follow-up:

“Can chemistry *choose*?”

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## Prompt 3 (Self-protection — the killer)

“Why doesn’t the stomach digest itself?”

Let them struggle. Don’t rescue them.

## Prompt 4 (Timing)

“Why does digestion stop when the body is full?”

Ask: “Who says ‘enough’?”

### Final Reflection

Ask them individually to answer:

1. “What part of digestion surprised you today?”
2. “What assumption did this challenge?”
3. “Does Krishna now feel distant or closer?”

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CLOSING LINE (Memorable)

End with this:

**“If Krishna is this careful with your digestion, He is not careless with your life.”**

Silence.

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