

KK - 2

Vaishnav Song

<https://kksongs.org/songs/y/yasomatinandana.html>

Last Sunday the the first stanza was recited - you can continue that and the second one.

Bhagavad-gita Verse

Recap last week's BG 7.17 nicely so that children recollect "Krishna is the underlying thread" that holds EVERYTHING together nicely.

There were three Practice at home exercises - inquire if anyone has tried. If anyone did they must be encouraged and others can also be inspired. It is important that teachers regularly encourage students to practice the suggested exercises. Without practice progress will be slow.

Now in today's session we will explore that "thread" further by discussing BG 15.13.

Warm-Up for today's class

Ask:

“If Earth suddenly stopped moving, what happens?”
Let them answer freely — it anchors the seriousness of stability.

gāṁ āviśya ca bhūtāni
dhārayāmy aham ojasā
puṣṇāmi cauṣadhīḥ sarvāḥ
somo bhūtvā rasātmakaḥ

I enter into each planet, and by My energy they stay in orbit. I become the moon and thereby supply the juice of life to all vegetables.

“Is this poetry or physics?”
That question becomes the theme.

Core Message

Krishna personally **enters the Earth** and **holds it up from within** — like an invisible force keeping the planet stable and full of life. o when we look at the mountains, oceans, trees, and crops, we should remember:

“☐ “The Lord ~~is~~ *inside* the Earth, making it strong, green, and alive!”

☐ **Scientific Grounding for BG 15.13 — Simple Teacher Script**

Main message: *Science tells us how planets move. Krishna tells us why they can.*

☐ **Gravity — The Pull That Keeps Planets Around the Sun (5 min)**

Explain:

“Every object that has weight pulls on every other object.
The Sun is huge, so it pulls the Earth toward itself.
But the Earth is also moving sideways very fast — about **30 kilometres every second**.
That sideways speed makes it miss the Sun again and again, so it keeps going around instead of falling in.”

Analogy:

☐ “It’s like tying a stone to a string and spinning it.
The string keeps pulling it in — that’s gravity.
If you cut the string, the stone flies off — same with planets if gravity stops.”

Key line to connect:

“That invisible ‘pull’ is what Krishna calls *My energy (ojasā)*.”

* 2☐ **Balance — The Fine Tuning of Motion (5 min)**

Explain:

“If the Earth slowed down even **a little**, it would spiral into the Sun and burn. If it sped up a bit, it would fly away into space and freeze. The distance, speed, and size are all *just right* — as if someone tuned them carefully.”

Analogy:

“It’s like tuning a guitar string — too tight, it snaps; too loose, it buzzes. Nature’s ‘string’ is tuned perfectly.”

Teacher prompt:

Ask students:

“Who or what tuned it?
Could pure chance keep billions of planets in balance for billions of years?”

3 Energy — Nothing Moves Without a Power Source (5 min)

Explain:

“Gravity is a pull, but the whole solar system still needs energy to keep moving. The Sun constantly gives light and heat. Without that energy, all life and motion would stop.”

Analogy:

“A fan keeps spinning only while electricity flows. When you switch off the power, it slows down and stops. In the same way, Krishna’s energy is the ‘power-on’ button of the universe.”

Bridge line:

“Science calls it *energy conservation*.
The Gītā calls it *Krishna entering each planet and sustaining it*.”

Wrap-up question

Ask the class:

“Science has described gravity, motion, and energy very well.
But why are these laws constant and precise?
Who keeps the settings from drifting?”

Then reveal the verse again:

“*gām āviśya ca bhūtāni dhārayāmy aham ojasā* —
“I enter into each planet, and by My energy they stay in orbit.”

Teacher confidence cheat-sheet

Term	Simple meaning to say
Gravity	A steady pull between masses
Orbit	The perfect balance between pull and motion
Fine-tuning	Everything adjusted “just right”
Energy	The power that keeps things moving
Ojasā	Krishna’s invisible sustaining strength

“

Story - Varaha lifts Earth

* Teaching Bridge

Say to the children:

“Sometimes the Lord holds the Earth *invisibly* — like the power that keeps gravity working and trees growing.
But once, long ago, He showed it *visibly* — when the Earth had fallen into the ocean, and He personally came as **Varāha**, the divine boar, to lift her up!”

Hiranyaksha was a powerful demon. At the time of his birth unlucky omens appeared everywhere. Violent winds uprooted trees, volcanoes erupted and inky clouds rained endlessly as lightning slashed the sky. Owls screeched fiercely, wolves howled at the moon and trembling cows gave blood instead of milk.

Hiranyaksha grew to be as large as a mountain. His golden crown appeared to kiss the sky. The earth quaked as he walked. Greater than his height was his pride, but even greater was his greed. He mined so much gold from the Earth that the planet lost its balance, fell out of orbit and plunged into the ocean at the bottom of the Universe.

The proud Hiranyaksha dived into the ocean, terrifying all the sea creatures as he whirled his golden club. He was eager to fight and looked for Varuna, the lord of the waters. Coming face-to-face with Varuna, he challenged him to combat.

“I have stopped fighting now due to old age,” said Varuna. “However, you are so expert in fighting that the only person equal to you is Lord Vishnu himself. When you meet him, he will destroy your pride and you will lie down to sleep on the battlefield.”

Not caring for the words of Varuna, Hiranyaksha left in search for his enemy. Meanwhile, Lord Vishnu, in His form as a huge red boar, entered the cosmic ocean. Sniffing through the mud at the bottom, He found the earth planet. Then, lifting it on His two white tusks, He rose out of the water.

Hiranyaksha was waiting, very angry. “Oh amphibious beast,” he cried, “this Earth is mine. Today I will please my demon friends by smashing your skull.”

Lord Varaha was concerned to protect Mother Earth and so raced through space with the planet on His tusks.

Hiranyaksha followed him shouting “Coward! Come back! Come back!”

Lord Varaha is in charge of the law of gravity. Making the Earth very light, he gently placed her on the surface of the sea where she floated like a turquoise ball.

With the earth now safe, Varaha turned to Hiranyaksha and laughed mockingly, “I am indeed the beast out to kill dogs like you. I am not afraid for you are a mortal, bound by the laws of death. Give up your foolish talk and fight.

Hiranyaksha, trembling with anger and hissing like a cobra, sprang at the Lord with his golden club. Varaha dodged the blow and struck out with His own mace. As the fight raged on, both were injured and the smell of blood increased their fury.

From up on high the residents of the heavens watched this terrible fight. They begged Lord Varaha “please, do not play any longer with this wicked demon. Finish him off quickly.”

Lord Varaha glanced lovingly at His devotees, then sprang at Hiranyaksha, aiming His mace at the demon’s chin. But Hiranyaksha knocked the mace from Varaha’s hand and sent it spinning deep into space.

The demigods cried in alarm, 'Alas! Alas! What will happen now?'

Lord Varaha called for His famous disc weapon and it appeared in the sky, razor-sharp and whirling like a circular saw.

Seeing this, Hiranyaksha exploded with fury. Glaring at the Lord with burning eyes, he hurled his mace, screaming "Now you are slain!"

The Lord deftly knocked it away with His left foot. Then coolly and calmly He said, "Pick up your weapon and try again?"

Roaring like a lion, the demon again hurled his mace. But the divine boar easily caught it just like a hawk catches a mouse. He offered it to the demon. "Why don't you try again?" He asked.

Hiranyaksha became ashamed and angry. Taking instead a flaming trident, he hurled it with all his might towards the Lord.

Varaha easily cut it into seven pieces with His razor-sharp disc.

Using his magical powers the demon became invisible. Fierce winds blew from all directions: stones dropped out of the sky; angry clouds poured down blood, urine, hair and bones; armies of fierce demons appeared as if from nowhere riding on phantom horses and elephants.

Using His own mystical powers, the Lord dispelled the demon's magic. Still Hiranyaksha did not give up. He ran up to the lord, embraced Him and tried to crush Him with his powerful arms.

The demigods watched in horror. Seeing their forlorn faces, Lord Varaha decided; "I've played with this demon long enough."

Casually, He slapped Hiranyaksha at the base of his ear. Hiranyaksha's body quivered; his eyeballs bulged out of their sockets; and he fell down dead like a huge tree cut down by a hurricane.

Lord Varaha placed the earth back into its correct orbit. The demigods were overjoyed and praised the Lord, "You are not forced like us to take your birth but you do so by your own free will. You appear in a form just suitable to perform your mission of rescuing the Earth from a dirty place".

Debate Segment

Split class into 2 teams:

☐ Team A *Scientific Explanation Only*

“ “Planets stay because of gravity; no divine hand needed.”

“Laws are real, but laws imply a law-giver.”

Give 5 min prep with cue cards.

Encourage citing both **data** (Newton, Einstein, fine-tuning) and **texts** (BG 15.13, 9.10).

Moderator (teacher) ensures logic, not preaching.

After 15 min debate, hold 5 min **cross-examination**:

Each side asks the other one question — e.g.,

“Who maintains the constants of physics?”

“If everything is divine will, why does math predict orbits exactly?”

Synthesis Discussion (15 min)

Facilitator writes on board:

Science describes HOW | Gītā explains WHY.

Prompts:

- Can both be true simultaneously?
- Is “divine energy” another name for “universal laws”?
- If gravity vanished for 1 sec, what verse describes it (BG 9.7–9.8)?
- What is the “personal gravity” in our own life that keeps us in orbit?

Let students find harmony rather than hierarchy.

☐ Mini-Experiment (in class): “Orbit in Your Hand”

📌 Goal:

To help students visualize *how planets don't fall* — by balancing gravity (pull) and motion (sideways speed).

They'll see that if either force is removed, the “planet” flies away or crashes — just as the Gītā says the Lord's energy keeps them “in orbit.”

⚙️ Materials Needed (per demo set)

- 1 soft rubber ball or tennis ball (planet)

- 1 piece of string about 1 metre long (gravity)
 - 1 sturdy pen / marker / plastic cup (acts as the Sun, held at center)
 - A small open space — or even an empty classroom corner
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Steps

1. **Tie** one end of the string to the ball; the other end you hold in your hand.
 2. **Spin** the ball gently in a horizontal circle.
 - Tell students: “The string is like gravity — it keeps the planet from flying off.”
 3. **Stop pulling or cut the string** (you can untie, don’t really cut).
 - The ball shoots straight — not in a circle.
 - That shows: without a steady pull, the planet *flies off* — gravity / Krishna’s ojasā gone.
 4. **Slow down your spin** until the ball begins to droop.
 - This shows: if the planet’s motion slows, it would fall into the Sun.
 5. **Ask the class:**
 - “What keeps it in perfect motion? Who keeps that balance from ever failing?”
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Key Teaching Lines

“What the string does for this ball, gravity does for planets. But what keeps gravity constant? That’s what Krishna explains — *‘I enter each planet, and by My energy they stay.’*”

At-Home Exercises

Exercise 1 — The Water-in-the-Cup Challenge

<https://www.youtube.com/watch?v=KdbbCf9Aluc>

Goal: Demonstrate that motion + pull can balance gravity.

You’ll need:

- A plastic cup half-filled with water
- A firm grip and some courage

Steps:

1. Hold the cup tightly.
2. Swing it in a full circle over your head (do this *outdoors*).

3. The water doesn't fall — even when upside down!
 - Because the circular motion pushes water toward the bottom just as gravity pulls.
4. Reflect: "Even water listens to the laws set by Krishna."

Connect:

“If I stop mid-way or lose rhythm, water spills — just like the universe collapses if Krishna withdraws His energy.”

At Home Exercise — The Invisible Pull of the Earth

Goal: Feel the constant presence of gravity in daily life.

Steps:

1. Hold any small object (pen, eraser, key) at shoulder height and drop it.
 - It *always* falls — not 9 out of 10 times, but 10 out of 10.
2. Try this at home, outside, on stairs — it never changes.
3. Reflect in your journal:
 - "Gravity never forgets to act.
Does Krishna ever forget to support us?"
 - "Who maintains this perfect reliability of nature?"

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