



### The Buddha and Kisa Gotami

Once there was a woman named Kisagotami. Kisa Gotami lived in Savatthi. She was known as Kisa Gotami because of her slim body. She married a rich young man and a son was born to them.

The son died when he was a toddler and Kisa Gotami was stricken with grief. She was so stricken with grief that she roamed the streets carrying the dead body and asking for help to bring her son back to life.

The villagers all saw that the son was already dead and there was nothing that could be done. They advised her to accept his death and make arrangements for the funeral.

In great grief, she fell upon her knees and clutched her son's body close to her body. She kept uttering for her son to wake up.

A village elder took pity on her and suggested to her to consult the Buddha.

“Kisa Gotami. We cannot help you. But you should go to the Buddha. Maybe he can bring your son back to life!”

Kisa Gotami was extremely excited upon hearing the elder’s words. She immediately went to the Buddha’s residence and pleaded for him to bring her son back to life.

The Buddha told her, "Fetch me a handful of mustard seeds and I will bring your child back to life."

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Joyfully Kisagotami started off to get them. Then the Buddha added,

"But the seeds must come from a family that has not known death."

Kisagotami went from door to door in the whole village asking for the mustard seeds, but everyone said, "Oh, there have been many deaths here", "I lost my father", "I lost my sister".

She could not find a single household that had not been visited by death. Finally

Kisagotami returned to the  
Buddha and said,

"There is death in every family.  
Everyone dies. Now I  
understand your teaching."

Later, she was  
awakened and entered the

first stage of Arahantship.

Eventually, she became an Arahant ( One Who is worthy, anyone who has reached the ultimate state of Nibbana).

Reflecting on the  
formula of life: even  
when she does not see  
the "a dead person" she  
should constantly



reflect according to the  
five subjects that all  
people, male or female,  
lay followers or  
monastics, should  
constantly bear in mind.

1. We are

subject to aging and  
cannot escape it.

2. we are

subject to pain and  
illness and cannot  
escape them.

3. we are

subject to death and  
cannot escape it.

4. we must  
inevitably be  
separated from all  
people and things that  
we love.

5. we have  
kamma as our own;  
whatever deeds we  
do, be they good or  
evil, of those we will  
surely be the heirs.

# Regularly

reflecting in this way

helps to prevent

infatuation with youth,

possessions and life,

alleviating

heedlessness and

attachment, preventing  
evil actions and  
inspiring us to quickly  
work for goodness and  
benefit.

{jcomments on}