

## A Mustard Seed: Company in Sadness

This story mentions the death of a child.  
Read with an adult. You may pause or skip.



## Look closely

How could we keep someone company when they feel very sad?



## Story 1 / 3



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In a traditional commentary story, Kisa Gotami's young child had died. Deeply grieving, she hoped someone could bring him back. She sought the Buddha's help. He asked her to find a mustard seed from a household where nobody had ever died.

Pause and ask: Why did she ask the Buddha for help?

## Story 2 / 3



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She visited homes. Mustard seeds were easy to find, but every household had also lost someone. Through these conversations she discovered that loss had touched other families too. Mustard seeds are not medicine that brings someone back to life, or a task we must repeat today.

Pause and ask: What did she discover through conversations?

## Story 3 / 3



The traditional story ends with her returning to the Buddha and continuing to learn. Our picture adds quiet companions to express care. Knowing life changes does not require us to stop missing someone. We can seek trusted company, or choose not to talk yet.

Pause and ask: How could you say that you do not want to talk now?

## A Buddhist idea

Missing someone and feeling sad  
can be met with company.



## Talk together

What could others do if Gotami wanted some quiet?

Does companionship need lots of explanations?



## Try an activity

Draw a companionship card, or choose to skip.



# For grown-ups

Adapted and abridged by BlessFu from Andrew Olendzki, Skinny Gotami & the Mustard Seed (2005), Access to Insight. Original source translation: ©2005 Andrew Olendzki. Free educational edition.

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