# Buddhism:

## Vesak day.

Vesak", the Day of the Full Moon in the month of May, is the most sacred day to millions of Buddhists around the world. It was on the Day of Vesak two and a half millennia ago, in the year 623 B.C., that the Buddha was born On April 8, Buddhists celebrate the commemoration of the birth of Gautama Buddha, the founder of Buddhism, thought to have lived in India from 563 B.C. to 483 B.C. Actually, the Buddhist tradition that celebrates his birthday on April 8 originally placed his birth in the 11th century B.C., and it was not until the Buddhists celebrate Vesak by decorating their temples with flowers and other decorations. They gather at these temples before dawn for the raising of the Buddhist flag while singing hymns. Buddhists are also allowed to bring simple offerings to lay at the feet of their teacher. In Theravada countries following the Buddhist calendar, it falls on Uposatha Day, the full moon typically in the 5th or 6th lunar month. Nowadays, in Sri Lanka, Nepal, India, Bangladesh and Malaysia, Vesak/Buddha Purnima is celebrated on the day of the first full moon in May in the Gregorian calendar.

# Asalha Pooja:

Asalha Puja is the day when Buddha chose his first disciple Kondanna who was also ordained as the first Buddhist monk. The day commemorates the first sermon delivered by Buddha after his enlightenment to the five ascetics at a forest near Varanasi. Asalha Puja, also known as Dharma Day, is one of Theravada Buddhism's most important festivals, celebrating as it does the Buddha's first sermon, the Sermon in the Deer Park at Sarnath, in which he set out to his five former associates the doctrine that had come to him following his enlightenment.

Asalha Puja is typically celebrated on a single day, which is the full moon day itself. However, the occasion is often followed by the Vassa period, also known as the Buddhist Lent or Rains Retreat, which begins the day after Asalha Puja and lasts for three lunar months. Asalha Puja Day also marks the start of a three-month mandatory retreat for monks. Buddhist people visit temples on this day to pray, meditate, listen to sermons, and give offerings. This is a day of new beginnings, renewal, and recommitment to the faith for Buddhists. Āsāḷha is a Theravada Buddhist festival which typically takes place **in July, on the full moon of the Āsādha month**.

# Magha Pooja

Āsāḷha Pooja is a Theravada Buddhist festival which typically takes place **in July, on the full moon of the Āsādha month**. Magha Puja Day commemorates an important event in the life of the Buddha, in which the four disciples traveled to join the Buddha. Date Details: Full moon day of the 3rd lunar month.

General Practices: Buddhist gather at temple at dusk where they make merry, share flowers, incense and lit candles. This Buddhist holiday celebrates a moment about 2,500 years ago when 1,250 enlightened Buddhist monks who had all been ordained by the Buddha came to see the Buddha without being summoned on the night of the full moon of the third lunar month. Makha Bucha, also known as Magha Puja, marks a crucial three days for Buddhists and is celebrated in many countries such as Cambodia, Myanmar, Sri Lanka, and Thailand. The “Magha Puja” (“Makha Bucha” in Thai and “Meak Bucha” in Cambodian) commemorates the sermon that Buddha gave nine months after reaching “enlightenment” when 1,250 Buddhist monks gathered spontaneously to hear the principles of Buddhism.

# Buddha Pooja

Informally called "Buddha's Birthday," it actually commemorates the birth, enlightenment (nirvāna), and death (Parinirvāna) of Gautama Buddha in the Theravada tradition. At the Mahabodhi Temple of Bodhgaya in India, Buddha Purnima is celebrated with great enthusiasm. A puja is a ritual that helps us combine understanding and meditation with devotion that enriches and enhances all aspects of our practice and ourselves. It involves using our body, speech and mind. This is known as devotional practice and its purpose is to enable Buddhists to express how grateful they are to the Buddha for what he taught. This allows them to show respect for his teachings. Puja can help Buddhists to overcome suffering. The Medicine Buddha puja purifies and heals on all levels: physical, mental, spiritual, and environmental. It is considered particularly powerful for people who are sick or have recently died, and for bringing both temporal success and the ultimate success of enlightenment. Lamps, or burn fragrant incense at shrines with images of the Buddha. These acts pay respect to the Buddha and make merit for Buddhists worship at temples or monasteries, where they meditate and pray. Some also set up shrines at home to worship privately. Buddhists offer fresh flowers, lights, and the devotee