

Nirvana Day

Nirvana Day is an annual Buddhist festival that remembers the death of the Buddha when he reached Nirvana at the age of 80. It is also known as Parinirvana Day. It is celebrated by some Buddhists on February 15th.



Nirvana is believed to be the end of the cycle of death and rebirth. Buddhism teaches that Nirvana is reached when all want and suffering is gone.

Celebrations

Buddhists may celebrate Nirvana Day by meditating or by going to Buddhist temples or monasteries. As with other Buddhist festivals, celebrations vary throughout the world.

In monasteries Nirvana Day is treated as a social occasion. Food is prepared and some people bring presents such as money, household goods or clothes.

Reflecting

On Nirvana Day, Buddhists think about their lives and how they can work towards gaining the perfect peace of Nirvana. They remember friends or relations who have recently died and reflect on the fact that death is a part of life for everyone.

The idea that nothing stays the same is central to Buddhism. Buddhists believe that loss and change are things to be accepted rather than causes of sadness.