

Nirvana Day

Nirvana Day is an annual Buddhist festival. It is also known as Parinirvana and is celebrated by some Buddhists on February 15th. Nirvana Day is one of many Buddhist festivals which also include Wesak and Uposatha days. Nirvana Day is the celebration of Buddha's death when he reached total Nirvana, at the age of 80.

On Nirvana Day, Buddhists think about their lives and how they can work towards gaining the perfect peace of Nirvana. Nirvana is believed to be the end of rebirth and is the ultimate aim of Buddhism. It is reached when all want and suffering is gone.

Buddhists celebrate Nirvana by meditating or by going to Buddhist temples or monasteries. 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. Some Buddhists will read passages from The Parinibbana Sutta which describes the last days of Buddha, while others may reflect on those who have recently passed away.

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