



Visakha Puja - May 12, 2025

Visakha Puja, also known as Vesak or Buddha Day, is one of the most important Buddhist holidays observed around the world. It commemorates three significant events in the life of Gautama Buddha: his birth, enlightenment (Nirvana), and passing away (Parinirvana). Celebrated on the full moon day of the lunar month of Vesakha (usually in April or May), Visakha Puja is a time for Buddhists to reflect on the teachings of the Buddha, practice meditation, offer prayers and acts of kindness, and engage in charitable activities. The holiday emphasizes the core Buddhist principles of compassion, wisdom, and mindfulness, encouraging believers to cultivate inner peace and spiritual growth.

HOW CAN WE CELEBRATE?

- **Practice generosity** by volunteering, donating to charitable causes, or engaging in community service projects
- Dedicate time to **meditation and mindfulness** practices
- Visit www.bit.ly/PS_Buddha to learn about Buddha
- Learn more about Buddhism at www.bit.ly/4dl22o6