



Buddhism

What is **Parinirvana**?

Parinirvana.

This is a Buddhist festival that marks the death of the Buddha. It is also known as Nirvana Day.

He died in a state of meditation, and attained nirvana, a release from the cycle of death and rebirth.

Why celebrate?

Buddhists celebrate the death of the Buddha, because they believe that having attained Enlightenment he achieved freedom from physical existence and its sufferings.

How they celebrate:

The Parinirvana Sutta describes the Buddha's last days, and passages from it are often read on Parinirvana Day. Buddhists celebrate Parinirvana Day by meditating or by going to Buddhist temples or monasteries. As with other Buddhist festivals, celebrations vary throughout the world.

What do the celebrations include?

The Buddha died in a state of meditation.

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

What do Buddhists believe?

The day is used as an opportunity to reflect on the fact of one's own future death, and on friends or relations who have recently passed away. The idea that all things are transient is central to Buddhist teaching. Loss and impermanence are things to be accepted rather than causes of grief.

Meditations are carried out for the newly deceased to give them help and support wherever they might be now.



Now you have read the slides answer the following questions using full sentences in your books:

- 1). What does the Buddhist festival of **Parinirvana** celebrate?
- 2). What did the Buddha free himself from when he died?
- 3). What 3 traditions do Buddhists follow during the **Parinirvana celebrations**?
- 4). Parinirvana Day is treated as a social occasion what do Buddhists share on this day?
- 5). What do Buddhists reflect on during this day?
- 6). Meditation is also important on this day, why?