



Ancient Vedic Mantras and Rituals





Buddha Purnima 2026 | बुद्ध पूर्णिमा : जानें इस पवित्र दिन का महत्व, क्या करें और क्या न करें | PDF

Buddha Purnima

Buddha Purnima is the sacred occasion commemorating the birth, enlightenment, and Mahaparinirvana of Lord Gautama Buddha. It is celebrated with great devotion and enthusiasm by followers of Buddhism across the world. In 2026, this festival will be observed on **01 May**.

Importance of Buddha Purnima :

- **Festival of Knowledge and Enlightenment:** This day marks the attainment of wisdom and enlightenment by Lord Buddha.
- **Path to Freedom from Suffering:** Buddha Purnima shows the path to liberation from suffering.
- **Welfare of Humanity:** It inspires people to work for the well-being of humanity.



- **Message of Peace and Harmony:** It spreads the message of peace, compassion, and harmony.

When is it Celebrated?

Buddha Purnima is celebrated every year on the full moon day of the month of Vaishakh. This festival inspires us to follow the teachings of Lord Buddha and walk on the path shown by him.

What to Do:

- **Take a Holy Bath and Offer Prayers:** Wake up early, take a bath, and worship Lord Buddha. Offer flowers, fruits, incense, and lamps.
- **Charity:** Donating on this day is considered highly auspicious. You may give alms to the poor and needy or donate to any religious institution.
- **Meditation and Prayer:** Practicing meditation and prayer on this day brings peace of mind and spiritual energy.
- **Study Buddha's Teachings:** Read and reflect on the teachings of Lord Buddha and draw inspiration from his life.
- **Practice Non-Violence:** It is very important to observe non-violence and avoid causing harm to any living being.



- **What Not to Do:**
- **Avoid Non-Vegetarian Food and Intoxicants:** Do not consume meat, alcohol, or any intoxicating substances.
- **Avoid Anger and Quarrels:** Stay away from anger, arguments, and conflicts.
- **Avoid Negative Thoughts:** Do not allow negative thoughts into your mind.
- **Do Not Lie:** Speaking falsehood should be avoided.
- **Avoid Bad Habits:** Stay away from harmful habits and wrongdoing.

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