



Buddha Purnima (Poornima) Festival Details

Festival Aspects	Festival Details
Religion	Buddhism
Title	Buddha Purnima (Poornima)
Description	<p>Buddha <i>Poornima</i> is one of the most sacred festivals in the Buddhist calendar. It celebrates three important events in Buddha's life - birth, enlightenment, and final mergence. It occurs on the full moon day in the fourth lunar month of <i>Vaisakha</i>.</p> <p style="text-align: right;">- SSSIO – The Heart of Buddha</p>
Spiritual Significance	<p><i>Purnima</i> means full moon. The underlying message of Buddha <i>Purnima</i> is that the mind should shine with total purity like the full moon. It should unite with its source, which is pure and effulgent. There is no darkness on the full moon night. On the auspicious day of Buddha Purnima, we should attain full purity of the mind.</p> <p style="text-align: right;">- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 39, #9 (2006)</p> <p>Buddha declared that everyone should cultivate <i>samyag-dhrishti</i> (pure vision). It is only when man has a pure vision that he can get rid of impurities in the body, speech and mind.</p> <p>The second quality that is needed is <i>samyag-sankalpa</i> (pure thoughts). Everyone should have pure thoughts. Only the person who has developed purity in vision can have purity in thoughts.</p> <p>The third requirement for every man, along with purity in vision and thought, is <i>samyag-karma</i> (pure deeds). Everyone should do pure deeds. By his capacity for developing good vision, entertaining good thoughts and performing good deeds, man has the power to transform humanness into Divinity.</p> <p>A fourth requirement for man is <i>samyag-shruthi</i> (listening to sacred words). When one listens to sacred words he can have only sacred thoughts.</p> <p>The fifth quality prescribed by Buddha is <i>samyag-jevanam</i> (living a pure life). What is meant by "living"? It is not leading a worldly life attached to worldly pursuits. True living means making one's life meaningful by ideal actions. Man's life must be governed by idealism in action.</p> <p>Next, Buddha declared that everyone should aim at <i>samyag-sadhana</i> (right spiritual practice). <i>Sadhana</i> means elimination of the evil tendencies in man and acquiring good and sacred qualities. True <i>sadhana</i> is the eradication of all evil in a man. Study of sacred texts, meditation and penance do not constitute the whole of <i>sadhana</i> (spiritual exercise). To remove all the impurities in the mind is real <i>sadhana</i>.</p>



	<p>After this comes what Buddha called <i>samyag-samadhi</i>. What is meant by <i>samadhi</i>? It means treating pleasure and pain, gain and loss alike. <i>Sama-dhi</i> (equal mindedness) is "<i>samadhi</i>". To look upon light and darkness, pleasure and pain, profit and loss, fame and censure with an equal mind is <i>samadhi</i>. Buddha termed this equal mindedness as <i>nirvana</i>.</p> <p>- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 30, #13 (1997)</p>
Prayer	<p>Prayer:</p> <p><i>Namo Tassa Bhagavato Arahato Samma Sambuddhassa</i> <i>Buddham Sharanam Gatchami</i> <i>Dhammam Sharanam Gatchami</i> <i>Sangham Sharanam Gatchami</i></p> <p>Meaning: I seek refuge in the Buddha I seek refuge in Righteousness (<i>Dharma</i>) I seek refuge in Holy order/Community (<i>Sangha</i>).</p> <p>- SSSIO-USA – Multi-Faith Prayers - https://sathyasai.us/devotion/prayers/multi-faith</p> <p>These three maxims imply that firstly, one must sharpen the intellect and the capacity for spiritual discrimination. Next, intelligence has to be used in the service of society. Thirdly, service must be based on dharma or righteousness. If these three steps are followed, they would lead to Bliss. Never harm any living creature in any way whatsoever. Help ever, hurt never – this is the essence of Buddha’s teaching.</p> <p>- Sri Sathya Sai Baba, Summer Showers 2000, #8</p>
Purpose of Rituals	<p>On the auspicious day of Buddha Purnima, devotees worship Lord Buddha by lighting candles, offering prayers, and chanting and listening to His messages as they contemplate and make progress on their own spiritual journey.</p>
Chant / Song	<p>Song: Sai Natha Bhagawan Sai Natha</p> <p><i>Sai Natha Bhagawan Sai Natha Bhagawan</i> <i>Sathyam Shivam Sundaram Sai Natha Bhagawan [Sai Natha ...]</i> <i>Buddham Sharanam Gachchami</i> <i>Dhammam Sharanam Gachchami</i> <i>Sangham Sharanam Gachchami</i> <i>Sayeesha Sharanam Gachchami (Sathya)</i></p> <p>Meaning: O Lord Sai, You are the Truth, Auspiciousness and Beauty. I take refuge in <i>Buddha</i> (the enlightened one); I take refuge in <i>Dhamma</i> (the ultimate Truth); I take refuge in <i>Sangham</i> (the holy community). To Lord God Sai, I surrender all.</p> <p>- SSSIO Sai Rhythms – Sai Natha Bhagawan Sai Natha - https://sairhythms.sathyasai.org/sites/default/files/pages/songs/audio/sai-natha-bhagawan-sai-natha.mp3</p>
Story	<p>Siddhartha's Yearning for Ultimate Truth</p> <p>King Siddhodhana and his wife Mayadevi performed many spiritual austerities</p>



for years together with an aspiration to have a son. They also consulted many astrologers. Suddhodhana had no peace of mind, because the worry of not having an heir to the throne haunted him day and night. At last their prayers were answered when Mayadevi gave birth to a son at Lumbini.

Unfortunately, Mayadevi died soon after giving birth to her son who was named Siddhartha. Gautami, the second wife of Suddhodana, brought up the child with loving care like her own son. That is why he was also called Gautam. The astrologers predicted that Siddhartha would not rule the kingdom; he would leave the kingdom and become a renunciant. The prediction of astrologers was always ringing in Suddhodhana's ears and caused him anxiety as he watched his son grow. He took all precautions to see that his son did not step out of the palace and get into the company of others, lest he should be influenced by them.

One day, the parents of a girl came to Suddhodana and expressed their wish to give their daughter in marriage to his son Siddhartha. The name of the girl was Yashodhara. Suddhodhana accepted their proposal and performed the marriage of Siddhartha with Yashodhara. He begot a son, who was named Rahul. Both the husband and wife spent their time happily with their son.

In spite of all the comforts of the palace and happy married life, Gautam's mind became restless when he saw people afflicted with old age, disease, and death after he ventured out of the palace one day. One night, there was a sudden transformation in his mind. While his wife was fast asleep, he got up at midnight, caressed his son, and left for the forest. He had to undergo numerous hardships and difficulties in the forest. But he faced all ordeals with forbearance and determination. His parents were immersed in sorrow, unable to bear the pangs of separation from their son. Though Siddhartha was also undergoing a lot of anguish, he marched on his path of attaining self-realization.

During the course of his journey, he met a holy man. The holy man told him that the cause of his anguish was actually within him, and it was his anguish that was coming in the way of his self-realization. So saying, he gave him a talisman for protection and asked him to wear it around his neck. (At this point of time, Bhagavan materialized that talisman and showed it to the congregation amidst a thunderous applause). This was the talisman given by the sage to Siddhartha. When Siddhartha put it around his neck, all his anguish disappeared instantaneously. Till the last moment of his earthly sojourn, Buddha had the talisman around his neck. When he shed his mortal coil, the talisman disappeared.

Siddhartha started doing intense penance, which went on for a long time. He kept questioning himself, "Who am I? Am I the body? Am I the mind? Am I the buddhi (intellect)? Am I the chitta (mind-stuff)?" He came to the conclusion that he was none of these. Ultimately, he experienced the truth, "I am I."

- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 39, #9 (2006)



<p>Activity Suggestions</p>	<p>Activity 1: Stillness of Body and Mind – Groups 1, 2, 3, and 4 In this activity the students will learn the importance of keeping body steady and mind calm to connect with inner God. They will observe how they cannot see anything clearly in the water when it is stirred up. However, when the water is still, they can see their reflection.</p> <ul style="list-style-type: none"> - SSSIO-USA SSE SOuL Activities – Stillness of body and mind https://sathyasai.us/education/activities/stillness-of-body-and-mind <p>Activity 2: Walk in the path of righteousness Light an incense stick and ask the students the purpose of an incense stick. Incense emits fragrance when it is in contact with fire. Fire represents good actions. This incense stick can be used to light a few other incense sticks. Similarly, people through their good actions inspire others to walk in the path of righteousness.</p> <p>If the incense stick is dipped in water (mistakes or wrong actions), lighting it again becomes a challenging task. We should always be aware of what we do and indulge only in good actions as every action has its consequences.</p> <p>Activity 3: Soham Meditation – Group 2 In this activity the students will learn the importance of Soham meditation and how to do it.</p> <ul style="list-style-type: none"> - SSSIO Sai Rhythms – Soham Meditation https://sairhythms.sathyasai.org/soham-meditation <p>Activity 4: Guided Light Meditation – Groups 3 and 4 Students will be guided through light meditation. Students will concentrate on the flame of a lighted candle, visualizing the light moving to different parts of the body and purifying it.</p> <ul style="list-style-type: none"> - SSSIO – Meditation – A Guided How-To Video on Jyothi Meditation https://www.sathyasai.org/spiritual/meditation-guided-how-to-video
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