

On the 5th July it is

Dharma Day or Asalha Puja Holy Day



Dharma Day is important to Buddhists today as it reminds them of Buddha's teachings, what they can learn from his enlightenment and then apply it to their own lives.

It is usually celebrated in the temple, Buddhist centre or monastery with sermons, meditations and leading a candle procession around their temple three times. The congregation will also give offerings to the monks.

This religious celebration is one of the most beloved and holy days of the year for those of the Buddhist faith all over the world.



This is Manjushri Kadampa temple near the Lake District in England is dedicated to world peace and meditation.

What else can you find out about Buddha and Dharma Day?

