

FESTIVAL INFO

FESTIVAL.COM

NIRVANA DAY

Parinirvana Day, or **Nirvana Day** is a [Mahayana Buddhist holiday](#) celebrated in [East Asia](#). By some it is celebrated on [8 February](#),^[*citation needed*] but by most on the [15 February](#).^[*citation needed*] In Bhutan, it is celebrated on the fifteenth day of the fourth month of the Bhutanese calendar. It celebrates the day when the Buddha is said to have achieved [Parinirvana](#), or complete [Nirvana](#), upon the death of his physical body.^[1]

Passages from the recitations of [Nibbana Sutta](#) or [Nirvana Sutra](#) describing the Buddha's last days of life are often read on Parinirvana Day. Other observances include meditation and visits to [Buddhist temples](#) and monasteries. Also, the day is a time to think about one's own future [death](#) and on the deaths of loved ones. This thought process reflects the Buddhist teachings on [impermanence](#).

Some Western Buddhist groups also celebrate Parinirvana Day.

CONTENT

- [About This Event](#)