

## **Celebrate Bodhi Day**

Dec. 8 commemorates Bodhi Day, an important day for Buddhists around the world. It marks the day that Siddhartha Gautama reached enlightenment (discovering life's meaning) after meditating under a Bodhi tree for 49 days. After he reached enlightenment, he became known as the Buddha.

On this day, Buddhists meditate, study the Dharma (teachings), and chant the six [Sutras](#) (ancient texts). Often, coloured lights are put around homes to recognize the day of enlightenment. They are multi-coloured to symbolize the many pathways to enlightenment. The lights are turned on each evening beginning on Dec 8. and for 30 days thereafter. A candle is also lit for these 30 days to symbolize enlightenment.

A Bodhi tree ("tree of awakening" or "tree of enlightenment") is also decorated with multi-coloured lights and with beads to symbolize the way all things are united. They are hung with three shiny ornaments to represent the [Three Jewels](#) – The Buddha (The Teacher), the Dharma (The Teachings), and the Sangha (The Community). A special breakfast of rice and milk is eaten just like the Buddha ate after reaching enlightenment.

Here are some Buddhist temples you can visit around Niagara Region:

- [Thai Buddhist Temple \(Wat Ratchadham 2 Niagara Falls\)](#)
- Ten Thousand Buddhas Sarira Stupa ([4303 River Rd, Niagara Falls, Ontario, L2E 3E8](#))
- Khmer Buddhist Temple of Niagara ([966 Niagara Stone Rd, Niagara-on-the-Lake, ON L0S 1J0](#)).

To those celebrating, Happy Bodhi Day to you and your family!