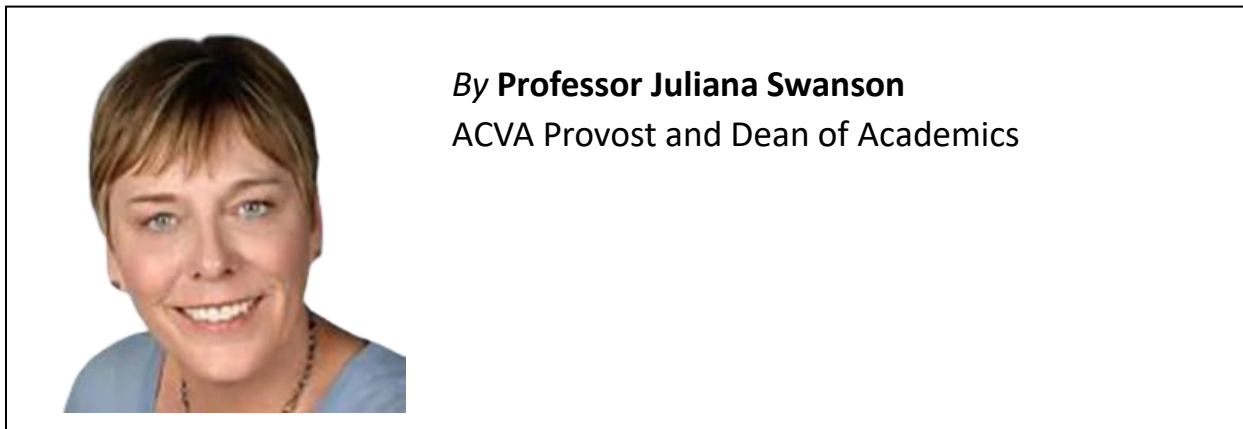


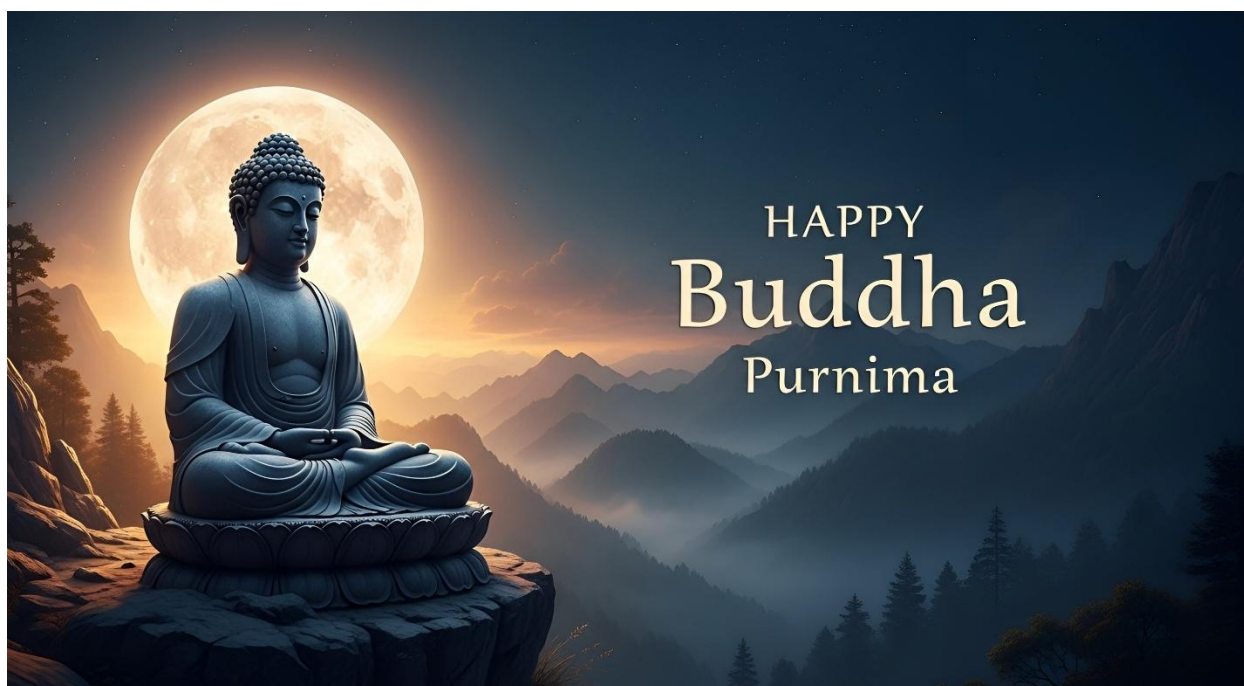
ACVA Newsletter 2026 –04 Holy Days



By Professor Juliana Swanson
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Buddha Purnima, May 1, 2026

The Full Flower Moon will occur on Monday, May 1. The May Full Moon corresponds with the Buddhist festival known as Buddha Purnima, or Wesak (Vesak). In the Vedic tradition, it is celebrated as Vishaka Puja. Dates may vary according to regional differences, so please check your local calendar (panchanga) as there may be variations in your area.



Gautama Buddha is said to have been born on the Full Moon Purnima in the Vaishakha month of May. This is known as Buddha Jayanti, which coincides with Buddha Purnima in some areas. Some areas in Asia may celebrate the Buddha's birth anniversary later in May, again due to regional variations.

Buddha's enlightenment is also celebrated on Buddha Jayanti, as is his Mahasamadhi. According to some legends, He promised to come back on this day every year, along with many other divine beings, to bring regenerating and healing forces onto the Earth for all beings.

The Theosophists teach that the Christ (Maitreya) gathers the entire spiritual hierarchy together in prayer and meditation at this Full Moon to invoke the forces of a heavenly realm known as Shambhala, which increases the input and output of the divine light within us on this Earth. Meditation and other contemplative and healing practices are so very rewarding on Buddha Purnima.

