

Poson Pōya is the day of establishing the Buddha sānaya in Sri Lanka.



Poson poya marks the significant event of receiving the Buddha Dhamma, the greatest ever gift we got as a nation.

Vesak is celebrated by Buddhists around the whole world but Poson Pōya is of interest only to Sri Lankans, as Arhat Mahā Mahinda Thero, the only son of the King great Dharmā's ōka or Asōka of India who was known as 'Anu Budu' in the folk tale, was sent by the King Asoka as a Dharma dūta (envoys) to introduce Buddhism to Sri Lanka at the request of his friend, king Dēvānampiya Tissa. At that time in Sri Lanka, according to Chronicles, the first meeting of Mahinda Mahā Thero and Dēvānampiya Tissa took place on the Missaka pabbata, now known as Mihintalē, on a Poson Pōya day (While Lord Buddha arrived in Kelaniya on a Vesak Pōya day.)

Accordingly, we in Sri Lanka started celebrating this Poson Pōya as a special day of establishing the Buddha Sāsana. So, what is 'Buddha Sāsana'? As described in the 'Pāli-Sinhala Dictionary' 385-P, of Venerable, Maditiyawela Siri Sumangala Thera, it means "Buddhānusāsanā (Buddhassa Anusāsanā) or Buddhism or Buddhist doctrine or Thipitaka Dharma". In addition to this, it is mentioned as "the teaching (instructions) of the Buddha " - in Pāli-English Dictionary, 113-P, of T.W. Rhys Davids, the Pāli-Text Society,

This sermon gives a clear idea of The Lord Buddha, The Dhamma, and The Sangha, and describes how one becomes a Bhikkhu or Buddhist by understanding the Dharma, but not by forcefully converting. It also describes the simple and holy life of a Bhikkhu and a Buddhist and the sublime qualities he practices and possesses. Except that, the things he abstains from and the various stages of development of his life, and the attainment of arhantship, which is the final fruit of a Buddhist.

We must first understand ourselves, our lives, and about sadness and happiness. Sorrow or dukkha come about, how it is common to everyone in the world, the problem is misunderstanding it. We must see the reality as it is to understand the reality of life. Today, we have to understand the whole society to lead a good life as it is in a chaotic state. On this Poson Poya day, we can follow the path of The Dhamma, which we were given by the Arhat Maho Mahinda Thero for the sake of us and others, with the Compassion and Metta. I wish for a calm and prosperous future for all in the world.



Thousands of devotees pay homage to the Mihintale Aradhana Gala on Poson Poya.

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