

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 Poṅya is of interest only to Sri Lankans, as Arhat Mahaṅ Mahinda Thero, the only son of the King great Dharmaṅ oṅka or Asoṅka of India who was known as ‘Anu Budu’ in the folk tale, was sent by the King Asoka as a Dharma duṅta (envoys) to introduce Buddhism to Sri Lanka at the request of his friend, king Deṅvaṅnampiya Tissa. At that time in Sri Lanka, according to Chronicles, the first meeting of Mahinda Mahaṅ Thero and Deṅvaṅnampiya Tissa took place on the Missaka pabbata, now known as Mihintaleṅ, on a Poson Poṅya day (While Lord Buddha arrived in Kelaniya on a Vesak Poṅya day.)

Accordingly, we in Sri Lanka started celebrating this Poson Poṅya as a special day of establishing the Buddha Saṅsana. So, what is ‘Buddha Saṅsana’? As described in the ‘Paṅli-Sinhala Dictionary’ 385-P, of Venerable, Maditiyawela Siri Sumangala Thera, it means “Buddhaṅnusaṅsanaṅ (Buddhassa Anusaṅsanaṅ) or Buddhism or Buddhist doctrine or Thipitaka Dharma”. In addition to this, it is mentioned as “the teaching (instructions) of the Buddha “ - in Paṅli-English Dictionary, 113-P, of T.W. Rhys Davids, the Paṅli-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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