

# Happy

# Bodhi Day



A Bodhi tree is a very old sacred fig tree that belongs to the family *Ficus religiosa*. In religious iconography, the leaves of this tree are almost always represented as being heart-shaped.

Bodhi Day is a holiday which falls on December 8th to celebrate the day in which Siddhartha Gautama sat underneath the Bodhi tree and attained enlightenment. This one defining moment would become the central foundation upon which Buddhism has been built upon for the last 2,500 years. It is a day on which followers can renew their dedication to Buddhism; reaffirm themselves to enlightenment, compassion, and kindness to other living creatures; and also understand the relevance of this religion as it applies to the modern world. Bodhi Day can be celebrated in a number of different ways. Often, Buddhist homes will have ficus religiosa tree that they decorate with beads and multi-colored lights – much in the same way that Christians decorate their Christmas trees. They will also put on reflective ornaments that represent the Three Jewels: Buddha, Dharma and Sangha. Some people will spend the day meditate on the life of Buddha. Other people will visit stupas (shrines). In some homes, Buddhists will serve special cookies shaped like Bodhi trees or their heart-shaped leaves.

Source: <http://www.holidayscalendar.com/event/bodhi-day/>



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