



# Realisation

I let my yesterday's stay stolen  
to let tomorrow breathe  
to sigh is to waste  
the wonder  
of a moment's truth.  
- **Renton de Alwis**



# Friendship

Almost everyone may feel  
Friendship as a heavenly gift  
To wipe off your tears and console  
And make the heart cool and soft  
Sometimes you may become so gloomy  
With heartfelt grievances to tolerate  
Life is not a journey to move alone  
But to share and bear with an intimate  
People may smile with you  
With evil in their hearts  
But a genuine friendship  
Is a lifelong gift  
**Lahiru Chamathka Wijayabandara**



# Happiness

A lotus in full bloom,  
Spreads fragrance, beauty and colour,  
So does virtuous man in society  
But the immoral one spreads  
Nothing but bad smell,  
Thoughts and deeds in society  
Follow the noble teachings of Buddha for happiness  
**Prof. Bernard W. Dissanayake**