

Eternal change

The Buddha saw life in reality the impermanence of everything in the globe
 He said "all component things are transient" beyond hope.
 Every single thing is changing in the universe was the Buddhist view
 Everything transforms from one mode to another and nothing could be called new
 The human being from the day he sees the light
 Life is one of transition till he breathes his last.
 The transition is realised only when one experiences in brief
 The process begun by birth mixed with joy sorrow and grief.
 Much more-pain and despair, old age, disease and death
 Somewhere in the universe which is again followed by rebirth.
 In never ending *sansara* it is this process of suffering
 That the great Master has made the target of his teaching
 Even the Buddha with all his virtues and perfections
 Had to accept the truth about the structure the body and its fabrication
 Eternal change from the time of birth and on through childhood youth
 This is a certain and sure teaching of the Buddha the perfect truth
 Soon after birth, the body begins to age and wears out in every creature
 Nobody can avoid the weakening that comes with ageing, it is called
 Everybody was to accept the fact that is termed getting "old"
 The Buddha taught us to, look at it, to contemplate it and to accept
 What is happening throughout and not to reject
 Everything has to change in line with its condition
 Which shows that there is nothing in this world that is lasting
 With eternal change nothing in the world is permanent
 Regardless of this, the living are crazy for merriment
 You take the right path and develop your spirituality
 To unwind the tension of eternal change gradually.

- *Rupa Banduwardena*



The heart with a pain

I softly knocked at the door
 And wanted her to open once more
 Just to see her face and go.
 I tried and tried again in vain
 And returned home with a heavy heart in pain
 Travelling in a bus. Alas, I cannot believe myself
 She was seated next to me I did not ask how it was and nor did she.
 At last, I got down
 Saying good-bye and she was left alone
 Again in my dream.

- *Ponniah Ganeshan*