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 cost the light.

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

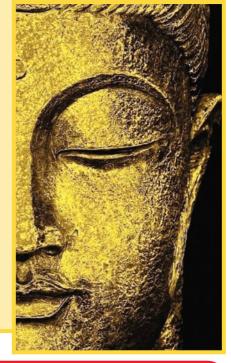
That the great Master has made the target of his teaching Even the Buddha with all his virtues and perfections

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

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.

I softly knocked at the door

- Ponniah Ganeshan

