

Take a minute

Take a minute
To say a word- say a word
To a friend.
Take a minute
To put a smile on someone's face,
A smile that will
Warm their hearts.
Take a minute
To listen to someone
'Coz you never know it's important
Or if it will be the last time.
Take a minute
To appreciate life
And the beauty around you,
'Coz you never know what's in store.
Take a minute
To tell you family & friends
That you love them,
'Coz you never know when life will end.
- Bhagya Senaratne

The lily of the valley

"I am a very simple, unassuming, humble,
beautiful, Little lily.
I live, in a valley.
The colours of my dress are Pink, Yellow, and
Green, with a touch of White, in the middle
of my small petals.
I live, for each day.
As the duration of my life span, is very short.
In a couple of days, I will be gone.
Exhibiting my beauty, to this wonderful
world, is my only bounden duty. Before,
I whither away, saying goodbye and die."

- C Mohanlal de Mel

Lover's dream

Let me tell you what I've got to say
To your little heart in a loving way
Or shall I hide that message in a sun's ray
And send secretly in a summer day
But then will you walk far away from me
To a place where my eyes can't see thee
Alone, like a dreaming little fly bee
Till you come,
I will be filtering in lovers' lee
How long I will be feeling alone there
Dreaming about a day I feel your care
Tears dancing in my cheeks smiles very rare
Since you will be away all these are fair
- Umesh Moramudali

A contemplation

Have you ever had that queer feeling?
The feeling of being pulled towards an abyss?
An Abyss that may not know an end?
The realisation of Doom and imminent depression?
Then, hurry! Be quick, drag your mind elsewhere,
Look around with eyes open wide, and
Help where help is needed,
Donate whatever possible to the needy,
Feed the hungry, help cure the sick.
Drag the mind away from self pity and meditate.....

Count the breath going in and out.
Feel the fresh cool air that enters the nostrils
and the warmth of the exhaled.
Softly, gently, peace of mind is restored.
Grasp it hard and don't let it go astray.
The human mind is the forerunner of all thoughts
and actions,
Never let it go haywire
Tie it down and fill it with love,
to all around both man and beast.
Including the wrong doers too.
You are at peace.

- Laki Rajapaksa

Peace for conflict-hit Sri Lanka

Boom of guns, blast of bombs;
Arson, abduction in every village;
Forcible conscription, human carnage,
And torture, extortion and pillage;
An ethnic war in the isle home.

For a quarter century
"Black Devils" reign,
Breaching peace in the southern terrain.
Murder and mayhem in supreme reign
In Lanka fear psychosis remain.

Children inducted as gun
toting men, Depriving future man
power to the fair isle;
Sleuthing the edges of the
jungle bowers,

The 'brain washed'
militants kill innocent people.
The land of 'Dhammadeepa'
groans in pain

For the countless crimes
caused for 'Separatism'.

Bowels of the earth
riddled with landmines
And bunkers, where hide
the 'demigods' of Terrorism.

Besiege the city the
ruthless "Black Devils"

And suicide bombers
on a wild spree.

Target they the civilians
for their gory deed

And paint Lanka in
red this gruesome breed

Lives of school kids

and suckling toddlers;

Breadwinners of family

and doting parents;

Wantonly sacrificed

at the altar of terrorism.

Bombs and landmines now being

effaced from Lanka

And terrorists extirpated

by the defence force,

For peace and harmony to prevail.

Million bouquets to

President Rajapaksa

For debilitating the

blood-thirsty "Black Devils".

And soon peace and

harmony will be restored,

Then 'Dhammadeepa'

will be a land of unity and serenity.

- A F Dawood