

## ***Who made the happiness samurai?***

*This samurai, I mean...*

*the one who has flung himself out of the maddening hubbub,  
the one who is cutting away darkness out of the world,  
who is moving his strong body back and forth  
ready for battle who is gazing around with his enormous and  
focused eyes.*

*Now he lifts his strong forearms and thoroughly rips out the sadness.  
Now he pulls his katana in, and walks away from the abyss.*

*I do know exactly what a happiness prayer is.*

*I do know how to pay attention.*

*How to live in the moment that shapes the soul,  
how to pause, how to ponder,  
how to be strong and blessed,  
how to battle through this scarred journey,  
which is what I have been doing all my life.*

*Tell me, what else should I have done?  
If not now, then when?*

*Tell me, what is it you plan to do?  
With your one and only precious life?*

*Be your own Happiness Samurai...*

***Written at Nuwara Eliya,  
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