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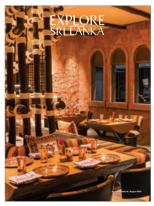
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A Multi-Sensory Experience

Experience a culinary legacy shaped by time, terrain, and tradition. Rooted in a rugged region, this cuisine celebrates ingredients and the art of slow cooking.

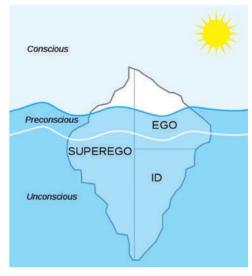
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Buddhism encompasses a religion, a philosophy, a psychology and a path toward wisdom and mental tranquility. Generally, religion is understood as a belief system that includes rituals practiced by its followers.



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It was a star-studded affair and a red-carpet event when Sri Lanka's first musical biopic, Clarence - Rhythm of the Guitar, premiered at the Kandy City Centre Multiplex in Kandy.



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Kingdom of Saudi Arabia Pavilion at Expo 2025 Osaka opens

The Kingdom of Saudi Arabia Pavilion for Expo 2025 Osaka has opened to the public.



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THE MIRACLE DOME

Sri Lanka's Newest Religious Tourism Marvel:

ri Lanka is fast becoming a hub for religious tourism, with its newest attraction, the Miracle Dome, capturing the hearts and minds of visitors from around the world. Every Sunday and Thursday, hundreds of international travellers flock to this state-of-the-art auditorium witness the powerful ministry of His Excellency the Ambassador, Rt. Rev. Prophet Dr. Jerome Fernando. Located just 800 meters from

Bandaranaike International Airport in Katunayake, the Miracle Dome is now Sri Lanka's largest and most advanced 5000-seater auditorium.

Many first-time visitors to Sri Lanka have discovered the nation only after searching for the name of Prophet Jerome Fernando online. His global reach is undeniable. featured prominent international networks such as God TV, Daystar, Word Network, Yes TV and Zee Tamil.

His sermons and prophetic messages have inspired millions across the globe.

What makes this spiritual phenomenon truly unique is the diversity of its followers. Devotees come not only from Christian-majority nations such as those in North and South America or Africa, but also from non-Christian including Japan, where flights have arrived filled with spiritual tourists seeking divine encounters.

"Located just 800 meters from Bandaranaike **International Airport in** Katunavake, the Miracle Dome is now Sri Lanka's largest and most advanced 5000-seater auditorium.'

The Glorious Church, led by Prophet Jerome Fernando, is widely recognized as fastest-growing

Southeast Asia, with a presence in over 100 nations and 28 branches worldwide. His vision is ambitious yet profound: to establish a church in every nation on Earth, a feat no church originating from the Indian subcontinent achieved at such a global scale until now.

Renowned his for uncompromising preaching of the Gospel, awe-inspiring and miracles. accurate prophetic revelations, Prophet Jerome Fernando has become a spiritual voice recognized on the world stage. International prophecies, including his accurate foretelling of the Indian airline crash and the October 7 attack on Israel, have drawn widespread attention to this young and charismatic Man of God.

For anyone visiting Sri Lanka, the Miracle Dome is not just a destination, it's an encounter. Prophet Jerome Fernando is not just a preacher; he is a spiritual experience you will never forget.

For more information:

Phone: +94 117 774 877 WhatsApp: +94 773 477 477 Website: www.prophetjerome.com

The Timeless Majesty of Kandy's Esala Festival



The Esala Dalada Perahera, a dazzling festival by Sri Dalada Maligawa, is a vital part of Sri Lanka's cultural and religious calendar.

This year, the Esala Perahera in Kandy will parade the streets showcasing its unmatched pageantry and timeless tradition. At the heart of this grand celebration is the Sacred Tooth Relic of the Buddha.

Words Jennifer Paldano Goonewardane. **Photography** Sri Dalada Maligawa.

he Esala Dalada Perahera (procession), held by the Temple of the Tooth in Kandy, is a cornerstone of Sri Lanka's cultural and religious calendar. Winding through the streets of Kandy's city center, the procession's main attraction is the Sacred Relic, enshrined in an ornate casket and carried on the back of a majestic tusker. The event is a dazzling

spectacle of the island's traditional dances and devotional expressions, with the streets lit and adorned in festive splendor.

Integral to the perahera are four devales close to the Tooth Relic Temple—shrines dedicated to the guardian deities Natha, Vishnu, Kataragama, and Pattini. They are prominently featured in the rituals. Beyond its spectacle, the festival holds deep

meaning. Held in July–August, it marks gratitude for past harvests and invokes divine blessings for rain. The Tooth Relic is believed to have miraculous powers, including bringing rain. In 1815, when British colonial authorities halted the festival, a drought ensued. Public demand saw the rituals restored, and rains soon followed.

The Unsettling History of the Buddha's Relic

The Sacred Tooth Relic of the Buddha is Sri Lanka's most venerated object—an enduring symbol of heritage, sovereignty, and kingship. Its history is steeped in intrigue, wars, and ambition, coveted by local rulers and foreign invaders. The Relic arrived in the fourth century CE from the Kingdom of Kalinga in India, smuggled to safety by Princess Hemamala and Prince Dantha, hidden in her hair, as threats loomed over its survival.

Since its arrival during King Mahasena's reign, successive monarchs became guardians. The Tooth Relic came to represent the right to rule; protecting it became a sacred duty. Throughout the island's turbulent history, the Relic was moved from kingdom to kingdom—from Anuradhapura to Polonnaruwa, Dambadeniya, Yapahuwa, Kurunegala, Gampola, Kotte, and Sithawaka—often hidden or rescued in times of war, notably during Chola and Pandya invasions.

Its final resting place is the Temple of the Tooth in Kandy, the last kingdom of Sri Lanka. King Wimaladharmasuriya I received it from its hiding place in Delgamuwa Raja Maha Viharaya, in Kuruwita Rathnapura, then part of the Sithawaka kingdom. The first shrine to the Tooth Relic was built in 1590 in Kandy. Though later destroyed by the Portuguese, it was rebuilt and expanded. The current structure, including the iconic octagon, is a legacy of kingship and devotion, completed under the last king, Sri Wickrama Rajasinghe.

The Diyawadana Nilame

The Diyawadana Nilame is the highest-ranking lay official of the Temple of the Tooth Relic, a role steeped in history and tradition. Initially, the title referred to three royal officials responsible for water-related duties in the Kandyan court. One oversaw the king's bath, another attended to the royal household's water requirements, and the third was tasked with providing water for washing hands when the king worshipped the Sacred Relic.

By the time the British annexed the kingdom in 1815, only one Diyawadana Nilame remained. He was of noble lineage and held office for life, charged



The golden casket of the Sacred Tooth Relic borne by a tusker.



Caparisoned elephants are the heart and soul of the perahera.



Kumbal Perahera is an extraordinary spectacle of unmatched grandeur.

with preserving rituals and managing temple lands. In 1853, official custodianship of the Sacred Relic was entrusted to the Diyawadana Nilame and the Chief Priests of Malwatta and Asgiriya Chapters. The Diyawadana Nilame, as lay custodian, was given one of the keys to the Relic's casket. Today, the position is an elected one, limited to two terms. Yet, it remains an immense responsibility. The Diyawadana Nilame upholds traditions, most notably by organizing the annual Esala Perahera. During the festival, he leads the proceedings, adorned in regal attire, symbolizing the unbroken legacy of reverence for the Sacred Relic.

Planting of the Kapa

The Esala festival begins with the Kapa Situwima ritual in July, marking the ceremonial planting of a branch from a *lactiferous* tree, typically a tender, 60-centimetre male jackfruit stem. The *Kapa* carries multiple meanings: a sacred dedication and a representation of Lord Indra, the god of rain, symbolizing fertility, prosperity, and divine blessing.

As with all auspicious beginnings in Sri Lanka, this ritual seeks the blessings of the deities for a successful festival. The



Dancers create a hypnotic symphony of movement.

branch is carefully cut by the Kapurala (officiating priest) of the Aluthnuwara Dedimunda Devalaya near Mawanella. Wrapped in white cloth and carried in procession atop an elephant, it is first brought to the Vishnu Devalaya before being distributed to Natha, Kataragama, and Pattini shrines. The planting occurs at precisely chosen auspicious times, setting the spiritual tone for the following days.

Devale Perahera

The first phase of the Esala festival begins with the Devale Perahera—the processions of the four shrines dedicated to Natha, Vishnu, Kataragama, and Pattini. These processions commence following planting the Kapa within each shrine's premises, marking the formal start of the festivities. For the next four days, at auspicious times each evening, the four



Drummers - The heartbeat of the perahera.



Flag bearers proudly carry the Buddhist flags.

Winding through the streets of Kandy's city center, the procession's main attraction is the Sacred Relic, enshrined in an ornate casket and carried on the back of a majestic tusker.



The planting of the Kapa – the ritual in progress.

shrines conduct a short procession within the shrine premises known as the Abhyanthara Perahera or the internal procession. Each deity is honored through a reverent procession led by the Kapurala, carrying sacred insignia in an ornately adorned palanquin. Though confined within the temple grounds, these early processions are rich in symbolism, devotion, and ceremonial splendor, laying the spiritual groundwork for the grand pageantry yet to come.

The Kumbal Perahera

The second stage of the Esala festivities is the Kumbal Perahera, which runs until August 3. The name Kumbal is thought to derive either from the circular path a *Kumbala* (potter wasp) takes to build its nest, echoing the procession's route around the Temple of the Tooth Relic, or from an old tradition where a Kumbal Karaya (potter) led the procession bearing new clay vessels as offerings.

Today, the Kumbal Perahera is the most modest of the processions. It features fewer dancers, drummers, and elephants, and is marked by subdued lighting and minimal pageantry. The Diyawadana Nilame and Basnayake Nilames dress in simple white Mul Anduma attire, the ancient court costumes. Traditionally lavish, these outfits are deliberately pared down for this phase. Notably, the Diyawadana Nilame walks at the head of the procession only on the first day, with the Basnayake Nilames of the four shrines leading on the remaining nights—a recent change introduced under the current custodian.

Randoli Perahera

The Randoli Perahera marks the majestic final phase of the Esala festival. It parades through the streets of Kandy city from August 4 to 7, culminating in the Grand Randoli Perahera on Nikini Poya August 9. Each evening, the procession begins at a precisely chosen auspicious time.

The term Randoli refers to the palanguins once used by royal consorts today, symbolically borne in honor of the four guardian deities, carrying their sacred insignia. The order of the procession is deeply symbolic. Leading is the Dalada Perahera, the grand procession of the Sacred Tooth Relic, followed by those of the devales: Natha (believed to be a past life of the Buddha), Vishnu (protector of the island and Buddhism), Kataragama (Skanda), and finally Pattini, the only female deity, whose procession features the only women performers—an inclusion introduced in the 1970s. Until then, men dressed up as women to perform in the Pattini Perahera.

The Randoli Perahera is a spectacle of unmatched grandeur. Chieftains, dancers, and drummers are lavishly attired in gold-threaded finery. On the final night, the Grand Randoli Perahera is a living pageant of Sri Lanka's sacred traditions—rhythmic, resplendent, and unforgettable. Elephants, adorned in elaborate regalia,



The tusker bearing the Sacred Tooth Relic embarks on the Dahawala Perahera/Day Procession.

sway under the glow of hundreds of torches. Over 2,000 performers and nearly 70 elephants participate, showcasing the rich heritage of Kandyan dance and ritual. It is a dazzling cavalcade of culture, tradition, and heritage in motion. Barebodied men, others draped in cascading layers of cloth, dancers spinning wheels and somersaulting to the thunder of drums and the haunting call of Horanewa flutes-each element adds to the rhythmic magic. Elephants, cloaked in luminous, jewel-toned regalia, sway gracefully to the music as they march. Every detail radiates opulence, with no effort spared to elevate the festival to the grandeur it so richly deserves.

The Water-Cutting Ceremony

After the grand procession concludes at midnight, the Sacred Tooth Relic casket is taken to the Asgiri Gedige Viharaya for the night—a historical tradition. When the Relic was smuggled out of Portuguese reach and hidden at Delgamuwa Raja Maha Viharaya during the Sithawaka era, it spent a night at Asgiri Gedige before arriving in Kandy. Today's ritual commemorates that moment. This place is also known as the



Pradeep Nilanga Dela, the Diyawadana Nilame in ceremonial attire.



The Kap Chanting (Kapa Kapeema) ceremony and procession.

the Relic back to the monks, who resume the daily worship rituals.

In a gesture steeped in tradition, the Diyawadana Nilame and other temple officials then meet the President of Sri Lanka to present a scroll announcing the successful completion of the Esala Perahera. This practice is a derivation from the past, when the chieftains reported to the king.

Waliyak Netuma

Following the day procession, the Walivak Netuma ritual is performed at the Vishnu Devalaya—a Shanthi Karma meant to dispel any malevolent influences affecting all who took part in the Esala Perahera, including elephants, drummers, dancers, and officials. This sacred ceremony lasts seven days, yet interestingly, the performers do not participate.

The ritual is traditionally conducted by two families from Aluthnuwara Dedimunda Devalaya near Mawanella, a practice passed down through generations. This connection traces back to when the Vishnu Devalaya was initially located in Aluthnuwara before being moved to Kandy by King Keerthi Sri Rajasinghe, fleeing Portuguese invasions that ravaged and looted the original site.

Auspicious Times and Rituals

Every aspect of the Esala festival unfolds according to carefully chosen auspicious times, guided by expert astrologers. Each day, three cannon shots mark the rhythm of the celebrations: the first calls all The Esala festival is the island's most revered religious and cultural celebration. From venerating the Sacred Tooth Relic of the Buddha to invoking its ancient power as a provider of rain, the festival is a living testament to faith, tradition, and devotion.

While the Relic rests, the processions of the four devales continue to the Getambe jetty for the Diya Kapeema, or watercutting ceremony, held this year at 1.18 am on August 9. The officiating priests of the four shrines board a boat, sail to a designated spot on the Mahaweli River,

Adahana Maluwa – the royal crematorium

of yore.

and ceremonially release the previous year's water and kapa branches, collecting fresh water in their place to be preserved for the year ahead.

Following the rite, the devale processions proceed to the Pillayar Kovil in Katukelle, where the deity palanquins are respectfully placed until the start of the Dahawal Perahera – the day procession.

The Day Procession

The Dahawala Perahera, or day procession, takes place on August 9, beginning at 2.16 pm from the Asgiri Gedige Viharaya, where the Sacred Tooth Relic rested overnight. Earlier that day, the shrine processions stationed at the Pillayar Kovil in Katukelle set out at an auspicious time to join the main procession as it winds its way through the streets of Kandy toward the Temple of the Tooth Relic.

Upon reaching the Dalada Maligawa, the procession goes around the temple square three times in a final act of reverence. As the procession concludes, each party returns to its respective shrine. The Diyawadana Nilame formally hands

participants—including officials and performers—to prepare and don their elaborate costumes; the Diyawadana Nilame and his deputies take nearly 45 minutes to dress in their ceremonial robes and regalia. The second cannon signals the procession's start, and the third marks its conclusion. After each day's parade, the Sacred Relic and the deities' insignias are respectfully returned to their shrines. This ritual rhythm of cannon fire concludes with the Day Perahera.

Thus, the Esala festival is the island's most revered religious and cultural celebration. From venerating the Sacred Tooth Relic of the Buddha to invoking its ancient power as a provider of rain, the festival is a living testament to faith, tradition, and devotion. At its heart, it remains a tribute to a sacred object that Sri Lankans hold miraculous, a symbol of unity and spiritual continuity across generations. (§)

August 1: 3rd Kumbal Perahera August 2: 4th Kumbal Perahera August 3: 5th Kumbal Perahera August 4: 1st Randoli Perahera August 5: 2nd Randoli Perahera August 6: 3rd Randoli Perahera August 7: 4th Randoli Perahera August 8: Final Randoli Perahera (The Grand Randoli Procession) August 9: Diya Kapeema (The water cutting ceremony) and Dahawal Perahera (Day procession)

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Nestled amidst quaint tea hills and a majestic mountainscape, the Tea & Experience Factory - a premier hotel in Mandaramnuwara - lies at the heart of Sri Lanka's tea country. Steeped in rustic, old-world charm, our boutique hotel is one of the oldest tea factories in the region, dating back to the 1800s. An edifice frozen in time, it offers guests an authentic tea experience like no other.

Today, a scaled-down version of the original factory remains in operation. Stay with us and witness the magical journey of a humble tea leaf - from bush to brew - as you discover the timeless art of tea-making.





























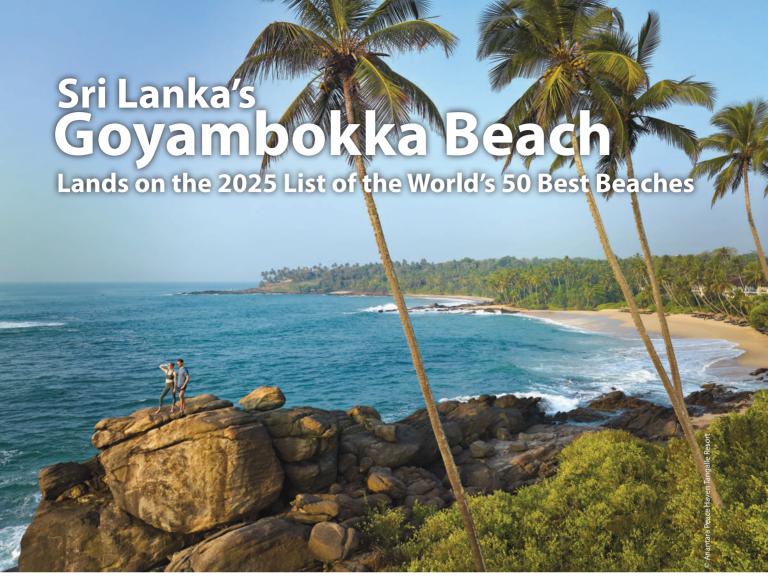


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Goyambokka has been recognized as one of the World's 50 Best Beaches for 2025, celebrated for its pristine sand, tranquility, and unspoiled natural beauty.

Tucked away along Sri Lanka's southern coastline, far from the usual tourist trails, a hidden gem has quietly claimed global attention. Goyambokka Beach in Tangalle, nestled in the Hambantota District, has earned its place among the World's 50 Best Beaches for 2025, ranked at forty, and rightly so.

Words Jennifer Paldano Goonewardane. **Photography** Sujith Heenatigala and Dinesh Fernando.

Goyambokka Beach to be named among the World's 50 Best Beaches—a coveted recognition for an island embraced by the sea, whose timeless allure has long captivated the world. While the south is famed for its bustling resorts, lively reefs, and long-standing tourist hubs, Goyambokka stands apart, landing on the annual list, described as the 'perfect Sri Lankan Beach'. This quiet cove of a location stands tall at fortieth place in the world and leading in South Asia, beating competitors

like the Maldives. Remote, untouched, and wrapped in a tranquil stillness, it offers a rare solitude. Goyambokka has made it to the list of the World's 50 Best Beaches for 2025 for its pristine stretch of sand, calmness, unspoiled nature, and peacefulness where time seems to pause.

Every year, a list of the best 50 beaches is compiled with the support and input of more than a thousand travel industry professionals and influencers who evaluate beaches on a set of criteria that include natural beauty, tranquility, and the overall

experience they offer. Low crowds, calm conditions, and untouched nature are added advantages to get into this coveted list. From Italy to Indonesia, from the North to the South Americas to the Indian Ocean, the list unveils some of the most breathtaking and alluring beaches that only the beach ambassadors could unveil to the world. For the judges, it comes down to natural beauty, a sense of serenity, and a place that spurs an emotional response. Sri Lanka's Goyambokka Beach's raw beauty is a testament to how, in an era of

Goyambokka has made it to the list of the World's 50 Best Beaches for 2025 for its pristine stretch of sand, calmness, unspoiled nature, and peacefulness where time seems to pause.



The long narrow path leading to Goyambokka Beach.



The laid-back charm of a coastal haven.

overloaded tourism, this place thrives with laid-back establishments, less overcrowding, and with a focus on preserving the environment, which were strong points for it to secure a place in the World's 50 Best Beaches for 2025.

Goyambokka Beach is indeed a rare coastal treasure that remains largely

undiscovered, tucked away from the frenzied rhythm of mainstream tourism. Located in Tangalle, around 195 kilometres from Colombo, it offers a glimpse into the unspoiled charm of Sri Lanka's southern village life. The name "Tangalle" hints at its heritage: an old Sinhala village shaped by the land and the sea, where generations

have lived quietly by farming and fishing. To them, this beach was simply part of everyday life—familiar, ordinary, unremarkable. But Goyambokka is anything but ordinary.

Outside the peak season, which stretches from December to April, there's a wild beauty to be found here. One can



Tourists stroll leisurely along the Goyambokka Beach.



Basking in the golden light.

sit by the shore and watch as the ocean hurls itself at the rocks, wave after wave. The sea may be fierce, but something is exciting in its raw energy—a reminder of nature's pulse, rhythm, and power. There's a certain serenity in its fury. The waves, though relentless, have a predictability. Some rise higher, some crash harder, yet all eventually surrender into a soft, foamy embrace that gently kisses the shore before retreating—an endless conversation between land and sea that invites us to pause, breathe, and simply be.

For reasons unknown, Goyambokka Beach feels cocooned—hidden from plain sight, as if nature intended to keep it a secret. Accessing it requires a short journey down a narrow lane, the popular route. However, there is also access through a flight of steps that leads to another section of the same shoreline, partially separated by rocks and scattered cabanas. The moment you step onto the sand, it's as though you've crossed a threshold into a secluded paradise. What strikes you first are the rugged rocky outcrops that define the beach's dramatic landscape. Goyambokka isn't a flat, open stretch of sand; it's an inlet—a bay where powerful waves crash into stone. Its formation allows for body surfing and wave-catching. Its very name suggests this topography. Goyam means paddy, and bokka means cove. One story goes that a rocky hollow in the sea was once filled with paddy, either by myth or by accident, with one of the villagers pointing to a cove a little further into the sea. Another tale simply tells of a place where grain got washed and settled into the arms of the bay. Whether fact or fable, the place itself lives up to its evocative meaning—a cove shaped by stone and sea.

The ocean's sound is more than the clamor of the rolling waves; thunderous is their encounter with the rocks. Though ceaselessly thumped, the rocks gleam, standing like armor, as if nothing could unseat them from their positions. Standing atop the boulders as waves hurl toward you may not be the safest pursuit, however tucking beneath the lower rocks—facing inland—can reward you with a playful spray, a salty mini-shower.

Another reason for Goyambokka's rise to global acclaim in beach couture is the presence of tide pools – natural basins between boulders, created by the clash between sea and stone. These natural basins, constantly refreshed by the sea, invite visitors to lounge within them.

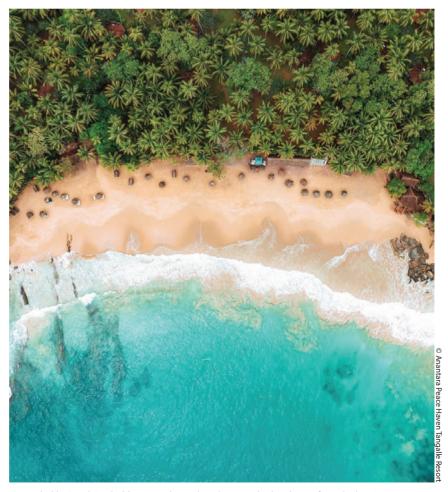
The rocks teem with tiny spectacles: shore crabs scuttling furiously against the tide, holding their ground in a relentless battle; sea-slug-like creatures clinging to the rock face, leech-like and stoic, unfazed



Goyambokka's rugged coastline.

by the pounding sea. Every corner of the beach hums with life, making Goyambokka a place to relax and witness nature's theatre in full glory.

Though it lay outside the peak season, Goyambokka Beach was highly recommended to a few interested travelers, drawn by its quiet beauty and unspoiled charm. Its seclusion spoke to them. They were captivated by its rugged edges, the thunder of waves crashing against rocks, and the sense of stillness that wrapped around it all like a veil. Goyambokka is a study in contrast: secluded yet alive with sound, remote yet richly expressive. The waves and clouds move in tandem, performing an endless aerial and aquatic ballet. One can sit for hours simply watching the tide, the rise and fall of each wave unfolding like a language of its own, spoken in tones that shift from thunderous to tender. There are unexpected moments of hush between the crescendos of crashing waves, where the ocean seems to pause, inhale, and then begin again. During the peak season from December to April, the sea settles, as if taking a break from its constant aquatic vaulting, the color turning azure-blue. Visitors can laze in the open sea as the water turns placid and the waves are more subdued.



Goyambokka Beach is a hidden coastal gem, largely untouched and away from the hectic pace of mainstream tourism.

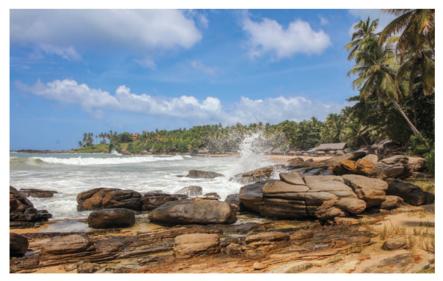
Annual Peace Haven Tangale Resort

Anantara Peace Haven Tangalle Resort

Anantara Peace Haven Tangalle, with 152 rooms and pool villas is situated in Goyambokka, surrounded by a 22-acre coconut plantation. Nestled on a rocky outcrop, it embodies the rugged terrain of Goyambokka Beach. Its shoreline is pristine, another secluded haven personifying a secret hideaway unique to Goyambokka. What stands out is the picture-perfect oceanfront, where waves roll in uninterrupted, creating a soothing rhythm. The boulders sit slightly offshore, leaving a generous stretch of golden beach for visitors to lounge, wander, and wade into the gentle waters at leisure.

Anantara Peace Haven Tangalle is a five-star resort with rooms and pool villas designed for couples, families and guests with special needs. The premier and deluxe accommodation includes rooms with beach access, ocean view, and pool villas. The culinary journey is as captivating as the resort itself, offering four distinct dining experiences, International and Asian cuisine, Italian fare, and exclusive private dining. Each setting promises resplendent moments amid the hotel's luxurious ambiance, with bespoke private meals available on a secluded beach or cliffside beneath the stars. The stay is further enriched by a thoughtfully curated selection of experiences and activities designed to delight every quest. The hotel is well-equipped to host business meetings, private parties, and receptions, with its stunning outdoor landscape offering one of the most picturesque settings for any occasion. With a world-renowned ocean at its doorstep, Anantara Peace Haven Tangalle is the perfect escape set against a breathtaking coastal backdrop.

Anantara Peace Haven Tangalle Resort Goyambokka Estate, Tangalle anantara.com/en/peace-haven-tangalle

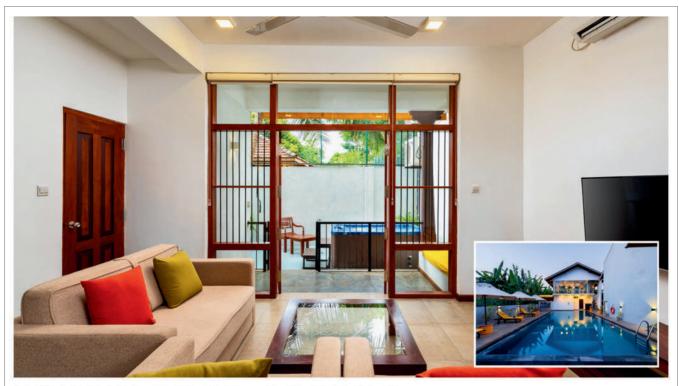


The beach, framed by swaying coconut palms, provides a charming atmosphere and a peaceful escape.

Goyambokka Beach is a living testament to Sri Lanka's beauty—a reminder that discovery lies beyond the elegant corridors of luxury. Here, authenticity reigns. Apart from a sprinkling of upscale accommodations nearby, the beach is tended by the hands of villagers, who bring a quiet grace to their hospitality, just

what the judges were looking for as they surveyed the globe for their prized catches. The beach is flanked by coconut palms and shoreline plants, which adds to its cocooned-like atmosphere. There is no rush, no intrusion—just the gentle presence of people who understand the rhythm of their land and sea. Service here is personal, and the atmosphere is blissfully laid-back.

As poets have written, "Though there be fury on the waves, beneath them there is none" (Nathanial Hawthorne, The Ocean). Goyambokka embodies this truth—wild in spirit, yet profoundly peaceful at heart. Its breathtaking beauty captured the attention of visitors who believed it belonged on a global list of the Best Beaches—catapulting this secluded stretch of shoreline in Sri Lanka's Deep South to international acclaim. Goyambokka Beach remains a hidden gem, waiting to be discovered. (8)



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3 | Discover Village Life

Visit Urani to discover the leisurely way of life.

4 | Neon Lights and Great Music

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5 | Rejuvenate with Yoga

6 | Great Food



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8 | Tuk Tuk Safari

Hop on a Tuk Tuk and explore Arugambay, Pottuvil, Urani and Panama.

9 | Surf the Waves

Whisky Point, Pottuvil Point, Arugambay Point, Crocodile Rock, Elephant Rock, Okanda Point, Lighthouse/Green Beach, Panagala Point and Panama Point are best to visit from April to October

10 | Sun, Sand and Sea

Enjoy Arugambay's beaches and sunrises.

Celebrating Life and Legacy through

Sri Lanka's First Musical Biopic

Clarence: Rhythm of the Guitar is a heartfelt celebration of hope, where love and music rise above all.

Words Jennifer Paldano Goonewardane.



Clarence: Rhythm of the Guitar is a cinematic tribute to a musical legend, Clarence Wijewardena.



Clarence's artistic journey and romantic angle combine to create a portrayal of life, love, and legacy.

larence - Rhythm of the Guitar is a captivating musical biopic, the first in Sri Lanka. It shines a light on the timeless appeal of an era's soundscape. At its heart is Clarence Wijewardena, the trailblazing father of Sinhala pop music, whose visionary genius charted a bold new course for Sri Lankan entertainment. It was as though Clarence was destined to be the pioneer of progressive music, introducing Sri Lankans to a vibrant sound they had never before encountered. His songs radiated cheer and optimism, with lyrics harmonizing seamlessly with his upbeat, infectious melodies.

The film's rhythmic narrative makes it a heartwarming and evocative experience. Unravelling a pivotal chapter in Sri Lanka's musical history, the story traces Clarence's rise from modest beginnings to becoming a beloved figure in recording studios, where producers quickly recognized the powerful resonance of his music with the public.

Woven into this musical journey is a tender love story delicately fictionalized for cinematic appeal, yet never straying far from the essence of the tale the film seeks to tell. The romance and the music move harmoniously, enhancing each other in a graceful flow that lends emotional depth to the narrative. There's a profound gentleness in both Clarence's artistic journey and his romantic angle, blending into a moving portrayal of life, love, and legacy.

The casting is impeccable. From youthful exuberance to seasoned depth, the ensemble brings remarkable nuance to the screen, capturing a spectrum of emotions with heartfelt conviction. Damith Wijayathunga and Nihari Perera shine as Clarence and Sheela, breathing life into their characters with authenticity and charm while Dinakshie Priyasad plays the role of Indrani Perera and Saranga



Damith Wijayathunga and Nihari Perera tell the love story of Clarence and Sheela poignantly.

Disasekera as Annesley Malewana. They are supported by a vibrant cast of emerging and veteran talent who together dramatize Clarence's life and musical evolution with finesse. While certain aspects of the story are artfully compressed and fictionalized to heighten its cinematic appeal, the film remains a tender tribute—one of the most poignant

At its heart is Clarence Wijewardena, the trailblazing father of Sinhala pop music, whose visionary genius charted a bold new course for Sri Lankan entertainment.



How it all began with the guitar.



Damith with Dinakshie Priyasad and Saranga Disasekera who portray Indrani Perera and Annesley Malewana in the movie.

and beautiful stories ever crafted around the music that has defined a nation.

Importantly, the movie begins with Annesley Malewana—Clarence's close friend and collaborator—who, alongside Clarence, co-founded the Moonstones in the late 1960s, bringing together the trio of Clarence, Annesley, and Indrani Perera, who produced songs that became instant hits and remain popular today, writing their story. The film highlights the creative partnership and the deep bond between Clarence and Annesley, whose shared passion for music united them even in the face of family disapproval of their chosen path. From the beginning, the film reveals Annesley's deep presence in Clarence's musical journey and personal life. At the same time, the film's narrative has been thoughtfully woven around Clarence's songs, bringing them to life through beautifully crafted stories. It portrays poignant moments with heartfelt sensitivity, offering a soulful portrayal of the man and his music. Through artistic finesse, the film weaves love, heartbreak, and humor themes with emotional resonance and depth. There is no violence in the movie, to the extent that even the villain is not such a badass. From buying his first box guitar, inspired by Annesley, to pursuing Sheela until the end, the film portrays a friendship that transcends music. Through Clarence's highs and lows, Annesley's narration tells a story of unwavering support that encouraged him to persevere. The blossoming love between Clarence and Sheela is depicted with pure elegance, capturing a tender, trusting, and genuine connection. Viewers also learn that Clarence's songwriting never occurred in a vacuum; each song was inspired by real stories, people, or experiences. The film offers revealing answers for those curious about the origins of these timeless tracks. Additionally, the movie uncovers how Clarence and Annesley chose the names for their bands, deepening the audience's connection to these iconic songs and fostering a genuine fondness for their legacy.

Equally pivotal to the film are its locations, meticulously chosen and transformed—not as 21st-century landmarks, but as living, breathing spaces that capture a time before the advent of television in Sri Lanka. The movie's settings evoke the essence of an earlier era, complete with its architecture, atmosphere, and way of life. They breathe



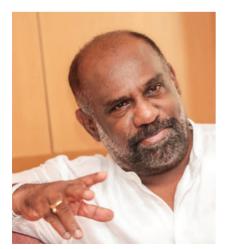
The movie portrays a beautiful fusion of romance and music.

life into the story, enhancing the emotional depth, shaping the mood and the scene, adding authenticity, visual richness, and narrative power. Allowing the audience to immerse themselves in Clarence's journey, the film cleverly captures authentic period details – the

costumes, settings, language, and technology, strengthening the narrative.

From the box guitar to the electric, the film captures the evolution of the men and their music brilliantly, from the 1960s Moonstones to the 1970s Super Golden Chimes. The actors relive the past with effortless flair and undeniable chemistry, demonstrating why they reigned supreme and captured the hearts of audiences across the island with their songs. The most famous songs are replayed, revealing stories that spurred their composition. Watching and listening to Clarence's songs is nostalgic; it also shows the depth of his brilliance, his ability to experiment, and his boldness to revolutionize Sinhala music entertainment in Sri Lanka. The film also portrays Clarence's challenges on his musical journey, most notably when the SLBC hierarchy refused to air his catchy, upbeat songs on the Sinhala Service. Vijaya Corea defied the norm, boldly daring his superiors to stop him from playing them on the English Service. The story further highlights the influential figures who supported and shaped Clarence's pioneering path in music, including Sri Sangabo Corea, Vijaya Corea, and Gerald Wickramasooriya, the founder of Surya Records, under which the Moonstones released their early albums.

The film was produced by Thusitha Wijayasena, a renowned entrepreneur and founder of the KCC—a lifelong fan of Clarence Wijewardena, whose formative years coincided with the golden age of Sri Lankan musical bands. Inspired by this deep admiration and nostalgia, he envisioned a



Producer Thusitha Wijayasena's unwavering resolve saw the completion of a movie of the highest standards.



Set against vibrant melodies and rich harmonies, the romance unfolds with charm, drawing viewers into the characters' emotions.

grand cinematic tribute capturing a defining chapter in Clarence's life. It was to be no ordinary production, but a landmark film crafted with exceptional attention to quality and cutting-edge technology.

He entrusted director Theja Iddamalgoda with the project to bring this ambitious vision to life. Filming began in January 2023 with great promise. However, midway through production, an unexpected setback struck—the director had to step away due to illness. It was a crushing moment for the team, especially for Thusitha Wijayasena. Yet, with unwavering resolve and a "never say never" spirit, he rallied his top managers

The film was produced by Thusitha Wijayasena, a renowned entrepreneur and founder of the Kandy City Centre—a lifelong fan of Clarence Wijewardena, whose formative years coincided with the golden age of Sri Lankan musical bands.

and, in close collaboration with the film's technical crew, pushed forward against the odds. The result is nothing short of remarkable. Produced to the highest standards and certified with Dolby Atmos sound, the film is a testament to passion, perseverance, and the power of music to inspire even in the face of adversity. For Thusitha Wijayasena, the journey was worth it. It was yet another challenge he overcame, and he is living to see its success. More than anything, the movie that brings Clarence's inimitable music to life is an attempt to immortalize memories for future generations. The movie has just made its international debut, reaching audiences who fondly remember Clarence's heartfelt and uplifting songs, which defined a musical renaissance in Sri Lanka.

Portraying Clarence's story through the lens of hope and love has spun an enduring tale around the man and his music, a remarkable milestone as Sri Lankan cinema completes 78 years. Music and creativity poured naturally from Clarence. He was a composer, gifted lyricist, and collaborator. Whether penning his own words or bringing other writers' verses to life, Clarence crafted melodies that have become timeless classics. Clarence – Rhythm of the Guitar is a timely tribute, dedicated to preserving his quintessential music for future generations. (8)

CMSC presents a concert with Baritone Dhilan Gnanadurai

he Chamber Music Society of Colombo presents an evening of exceptional vocal and instrumental artistry. This muchanticipated concert marks the return of Dhilan Gnanadurai, the distinguished British-based Sri Lankan baritone, in collaboration with Johann Peiris, the principal keyboardist of the Chamber Music Society.

A highlight of the evening will be the world premiere of Sigiriya Mirror Wall, a song cycle composed by British conductor and composer Gregory Rose. This work is inspired by the enigmatic eighth-century graffiti found on the walls of the ancient rock fortress of Sigiriya. It weaves together translated verses curated by the late Professor Ashley Halpé, offering a powerful meditation on Sri Lankan heritage through a contemporary musical lens.

The program will also feature J.S. Bach's sublime solo cantata Ich habe genug (BWV 82), a cornerstone of the sacred baritone repertoire. Rooted in profound spiritual yearning and serenity, the work is an ideal vehicle for Gnanadurai's deeply expressive and nuanced interpretation. Performing alongside Dhilan and Johann will be the principal members of the CMSC.

Born in Sri Lanka, Dhilan Gnanadurai won a scholarship to the Guildhall School of Music and Drama in London at the age of 19, where he studied under Rudolf Piernay. He has worked with legendary figures including Thomas Allen, Sarah Walker, Roger Vignoles, and Rosalind Plowright. With degrees in both piano and voice, Dhilan has performed across Europe, Canada, India, and Sri Lanka, in opera, recital, and major oratorio roles. A Bass Layclerk at Norwich Cathedral since 2011, he features on several acclaimed recordings and BBC Radio 3 broadcasts.

Pianist Johann Peiris, one of Sri Lanka's most accomplished collaborative



Dhilan Gnanadurai.

A highlight of the evening will be the world premiere of Sigiriya Mirror Wall, a song cycle composed by British conductor and composer Gregory Rose.



Composer Gregory Rose.



Pianist Johann Peiris



Lakshman Joseph de Saram, Artistic Director.



Cynthia Fernando, Assistant Concertmaster



Haasinee Halpe-Andre, Associate Concertmaster



Shinichi Murata, Violoncello.



Nilanthi Weerakoon, Principal Contrabass

musicians, will bring his refined artistry and sensitivity to this special evening, marking another milestone in the Chamber Music Society's 2025 season.

Date: August 22, 2025 Time: 7:30pm. Venue: Goethe-Institut Hall, Colombo 7 Tickets: Rs. 2500

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A Multi-Sensory Experience

Experience a culinary legacy shaped by time, terrain, and tradition. Rooted in a rugged region, this cuisine celebrates ingredients and the art of slow cooking. At Peshawri, ITC Ratnadipa, discover a food story steeped in history and flavor.

Words Jennifer Paldano Goonewardane. **Photography** ITC Ratnadipa.





Naan Bukhara in the making – hand shaped, tandoor fired, and served hot.

eshawri at ITC Ratnadipa in Colombo is an outpost of the globally acclaimed Bukhara at ITC Maurya, New Delhi—a culinary icon known for preserving the rustic flavors of the North-West Frontier of India. But Peshawri is far from your typical Indian restaurant where biryani dominates the menu. Instead, it offers a distinct experience that redefines Indian cuisine through the lens of frontier gastronomy.

At Peshawri, each dish is a journey into North-West Frontier of Indian cuisine's lesser-known yet vibrant traditions. It is a grand exposition of India's diverse culinary landscape, showcasing flavors shaped by history, geography, and culture. This cuisine—often referred to as Pashtun or Peshawari—celebrates the art of slow-cooked meats, such as tender kebabs and richly spiced curries, infused with the aromas, colors, and textures that define the region's food heritage.

Breads are central to the experience. These breads are prepared in traditional clay tandoors or underground pits and complement the hearty, flame-kissed dishes they accompany. At Peshawri, this ancient tradition is honored and elevated, offering diners an authentic taste of a cuisine shaped by centuries and shared across borders.

Akin to rediscovering the many little worlds within India's vast gastronomic universe, Peshawri takes diners on a vivid journey through time, tasting food deeply rooted in the traditions of people who shaped their cuisine to suit a nomadic lifestyle. It celebrates a rich culinary heritage, cultivated over generations and across regions, and served authentically and with soul.

The experience at Peshawri is intimate. Guests are encouraged to eat with their hands, embracing the joy of dining as it was meant to be—authentic and unpretentious. The ambiance reflects the rustic elegance of the North-West Frontier of India: heavy wooden furniture, copper tumblers and urns, and lampshades casting a soft glow. During the day, natural light pours in through glass panels, revealing stunning views of the Galle Face Green and the endless ocean beyond, creating a setting that is as evocative as the food itself.



Enjoy a private dining experience where you can savor authentic flavors in a setting of quiet elegance.



The famed Naan Bukhara brings theatre to the table.



The rugged elegance of the Frontier is reflected in the earthy textures of the interior.



Dal Bukhara is slow-cooked for long hours, traditionally simmered overnight on coals.

Peshawri takes diners on a vivid journey through time, tasting food deeply rooted in the traditions of a people who shaped their cuisine to suit a nomadic lifestyle.



A curated experience in Peshawri's set-menus.

Peshawri adopts a hands-on approach to service that adds to its distinctive charm. Stewards clad in traditional attire do not carry dishes in their hands—they bear them gracefully on their arms, a gesture that underscores the restaurant's attention to detail and commitment to making every moment extraordinary. Attentive staff are well-versed in the menu and trained to guide patrons through the best pairings, enhancing the culinary journey.

The well-curated menu, though compact, offers a selection of must-try signature dishes, both vegetarian and non vegetarian. Each dish is slow-cooked to perfection, bursting with harmonious flavors. The meats are succulent, smoky, and savory, while the vegetarian offerings are rich, creamy, and deeply satisfying. It's

a menu built around indulgence—timeless classics that celebrate the depth and soul of North-West Frontier of Indian cuisine. First-time diners rarely leave without sampling their signature dishes, which have become culinary marvels.

Dal Bukhara is nothing short of iconic. So much curiosity surrounds its preparation that even first-time diners can't resist asking the chef about its secrets. It stands as the epitome of North-West Frontier of Indian cuisine and the artistry of slow cooking. Dal Bukhara, a black lentil dish, simmers overnight for hours, gaining its signature creamy texture from this slow cooking process over coals. Enriched with spices, tomato puree, ginger, and garlic, yet notably without onion, it is stirred continuously

to achieve its unmistakable velvety consistency.

Another must-try is the Sikandari Raan—a whole leg of spring lamb, marinated in a strong blend of spices and slow-roasted in a traditional tandoor. The result is a melt-in-the-mouth, fall-off-the-bone experience that is as indulgent as satisfying.

No visit to Peshawri is complete without the Naan Bukhara, a showstopper in both size and sensation. Baked in a traditional clay tandoor, this epic naan, which is made of 1.2 kilograms of dough, is so large it could cradle a newborn—yet astonishingly soft, warm, and perfumed with a smoky aroma. Its arrival is theatrical: served with burning charcoal on top, adding a touch of drama to the table. This monumental



During the day, natural light pours in, accompanied by stunning views of the Indian Ocean.



The showstopper – Sikandari Raan, features a succulent whole leg of spring lamb.



The soul of Peshawri – the Dal Bukhara, rich and velvety.



Peshawri's vegetarian set menus are a feast of flavors.

naan harks back to the communal traditions of the frontier people—bread made to be shared, echoing the spirit of gathering and togetherness. It easily feeds a family.

Seafood lovers will also find plenty to savor, with dishes like Tandoori Jhinga—jumbo prawns marinated and roasted to perfection—and Tandoori Lobster, both rich and aromatic, offering a luxurious taste of the sea. All the intensely flavorful dishes are prepared in an open kitchen, allowing diners to witness the cooking process, adding a layer of immersion to the overall dining experience.

Peshawri offers two thoughtfully curated set menus—vegetarian and non vegetarian—available for both lunch and dinner. Each menu is designed to

showcase the restaurant's most iconic dishes, including the legendary Dal Bukhara and the tender Sikandari Raan. Generous and indulgent, the menus feature six to seven carefully selected courses, from fragrant kebabs and succulent meats to crisp salads, all accompanied by an assortment of traditional breads. To end on a sweet note, diners can choose between the refreshing Kulfi or the indulgent richness of Gulab Jamun—perfect finales to a regal feast.

Consistency has been key to the enduring success of Peshawri. The most essential and distinctive ingredients that define North-West Frontier of Indian cuisine, along with specially curated inhouse spice blends, are sourced exclusively

from a single trusted vendor in India. Only the easily replicable ingredients are procured locally in Sri Lanka. This meticulous sourcing ensures the brand's signature flavors remain authentic, preserving its exclusive appeal over the years.

With attention to detail, Peshawri at ITC Ratnadipa offers a laid-back yet refined dining experience. It evokes an old-world charm that perfectly complements the cuisine—slow-cooked, robust, and rooted in timeless traditions.

Peshawri ITC Ratnadipa, Colombo +94 117 856 500

itchotels.com/in/en/itcratnadipa-colombo Opening hours: 12pm–3pm, 6.30pm–11pm

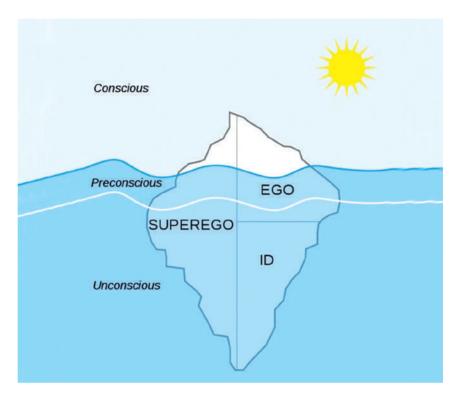
What is **Buddhism?**

uddhism encompasses a religion, a philosophy, a psychology, and a path toward wisdom and mental tranquility. Generally, religion is understood as a belief system that includes rituals practiced by its followers. According to Wikipedia, "Philosophy ('love of wisdom' in Ancient Greek) is a systematic study of fundamental questions concerning topics such as existence, reason, knowledge, value, and language. It involves rational and critical inquiry that reflects on its methods and assumptions."

Pure philosophy seeks an understanding of the world, life, and nature that is free from myth. Consequently, philosophers are individuals who strive to gain knowledge about nature, the world, and the essence of human beings, including the mind, behavior, and their capacities. As such, anyone can become a philosopher by pursuing knowledge of reality with an open mind.

Psychology is deeply rooted in Western philosophy, which laid its foundational principles. The origins of philosophy trace back to Greek society, with Socrates (circa 470-399 BC) recognized as its founder and an early moral philosopher. Socrates' teachings are primarily known through dialogues written by his students, like Plato and Xenophon, who used a question-andanswer format. This approach gave rise to the Socratic dialogue genre. Reconstructing Socrates' ideas is challenging due to contradictory accounts of his life, a situation known as the Socratic problem. Importantly, he did not document his teachings, so our understanding relies on his students' works.

Over the decades, psychology has evolved through Western philosophy to address the trauma experienced by victims of Western wars. This evolution has occurred in several stages, which can be categorized into four main periods: the primitive period, the pre-classical period, the pre-modern period, and the modern



period. In contemporary times, modern psychology is understood through six key theories: Psychoanalysis, Behaviorism, Gestalt Psychology, Cognitive Psychology, Social Learning Theory, and Humanistic and Existential Theory.

Regarding Buddhism, I would like to briefly explain a few of its schools. The world was significantly impacted when psychologist and medical doctor Sigmund Freud (1856-1939) discovered the concept of the unconscious mind. His analysis categorizes the mind into three parts: the conscious, the preconscious, and the unconscious, which correspond to the Ego, Super-Ego, and Id. This model is often likened to an iceberg, with most of its mass submerged beneath the surface. In contrast, Buddhism divides the mind into two parts: the conscious and the unconscious (based on the 'Internet Encyclopedia of Psychology').

William James (1842-1910), an American philosopher and psychologist, offers

insights about the mind that resonate with Buddhist teachings.

He states, "We now begin our study of the mind from within. Most books start with sensations, as the simplest mental facts, and proceed synthetically, constructing each higher stage from those below it. Consciousness, from our birth, is a teeming multiplicity of objects and relations, and what we call simple sensations are results of discriminative attention, often pushed to a very high degree."

James believes that sensations are fundamental experiences and are merely assumptions. He emphasizes that some form of thinking is always taking place. To better understand these 'thoughts,' we can examine his quotations. He notes that as psychologists, "the first fact is that thinking of some sort is always going on," and he uses the term 'thinking' to describe every form of consciousness. William James illustrates this concept by providing a

metaphor for the mind. "If we could express in English the phrase it thinks, just as we say it rains or it blows, we would be articulating the fact in the simplest way possible and with minimal assumptions. However, since we cannot, we must simply say that thought occurs." He has introduced five characteristics of thought':

- 1. Every thought tends to be part of a personal consciousness.
- 2. Within each personal consciousness, thought is always changing.
- 3. Within each personal consciousness, thought is sensibly continuous.
- 4. It always appears to deal with objects independent of itself.
- 5. It is interested in some parts of these objects to the exclusion of other, and welcomes or rejects-chooses from among them, in a word-all the while. "

 -(The Principles of Psychology.)

Through these insightful explanations, he has illustrated the mind in a way that closely aligns with Buddhist philosophy. To understand the essence of Buddhism, it is advisable to refer to scholarly essays and public discussions on the subject. One valuable resource is Wikipedia, which highlights important facts about Buddhism from its inception.

"Buddhism, also known as Buddhadharm and Dharmavinaya, is an Indian religion and philosophical tradition based on teachings attributed to the Buddha, a wandering teacher who lived in the sixth or fifth century BCE. According to tradition, the Buddha instructed his followers in a path on development which leads to awakening and full liberation from dukkha (lit. 'suffering, unease'). He regarded this path as a Middle Way between extremes such as ascetism or sensual indulgence. Teaching that dukkha arises alongside attachment or clinging, the Buddha advised meditation practices and ethical precepts rooted in non-harming. Widely observed teachings include the Four Noble Truths, the Noble Eightfold Path, and the doctrines of dependent origination, karma, and the three marks of existence. The three marks of existence are three characteristics (Pali: tilakkhana,) of all existence and beings, namely anicca (impermanence), dukkha (suffering or unsatisfactory, unease), and anatta (without a lasting essence)."

The five precepts are fundamental ethical guidelines essential for leading a moral and meaningful life without causing harm to others. If everyone in the world upheld even the first precept—abstaining from harm to living beings—we could save countless lives and preserve immense wealth worldwide.

The second precept urges you to consider whether it is justifiable to acquire wealth through deception rather than earning it through honest means. The third precept highlights that pursuing excessive pleasure can be detrimental to both oneself and society as a whole.

The fourth precept emphasizes that without honesty in speech, one cannot engage in fraud, and both lead to greater harm. Finally, by abstaining from intoxicating drinks, you can prevent more than thirty health issues, including physical ailments, mental illnesses, and social problems. For example, an article titled "How many people died in Sri Lanka consuming alcohol?" reports that about 65 deaths occur each day due to alcoholrelated causes, totaling approximately 23,000 deaths annually. Additionally, Sri Lanka faces an annual burden of 237 billion rupees due to health issues stemming from alcohol consumption. These examples highlight the importance of the five precepts in fostering a healthier and more ethical society. Firstly, by understanding the Four Noble Truths, one can lead a good life by following the Noble Eightfold Path. This path is divided into three parts: Wisdom (Paññā), Moral Virtues (Sīla), and Meditation (Samādhi).

I. Wisdom:

Right View: Understanding key Buddhist principles such as karma, rebirth, and the Four Noble Truths.

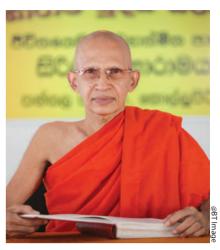
Right Intention: Embracing renunciation, non-ill will, and compassion.

II. Moral Virtues:

Right Speech: Engaging in truthful communication and avoiding rude or harmful speech.

Right Action: Abstaining from killing or injuring any living being, refraining from taking what is not given, and avoiding sensual misconduct.

Right Livelihood: Choosing a profession that does not cause suffering to sentient beings, and avoiding occupations that



Ven Diyapattugama Revatha Thero, Chief Incumbent of the Siriwardhanaramaya Temple, Kollupitiya.

involve cheating, harming, or killing. Right Effort: Preventing unwholesome states that can disrupt meditation.

III. Meditation:

Right Mindfulness: Being fully present and aware of what you are doing. Right Concentration: Practicing correct meditation or focus.

Fulfilling even a few of these eight aspects is vital for a balanced life. Achieving more is remarkable. I'll end with a quote from a Shaolin monk's video.

"Okay, what is Buddhism? It begins with the Four Noble Truths. The first truth is that the life we are living is connected with suffering. If you disagree, then Buddhism may not be for you, and that is where your journey ends. The second truth posits that suffering has causes: greed, hate, and ignorance. Greed drives us to desire the unattainable, hate fosters aversion to what we have, and ignorance blinds us to our actions' consequences. By diminishing these roots, we can alleviate suffering."

Ven Diyapattugama Revatha Thero (B.A., M.A., M.Phil.)
Expert Psychological Counselor and Meditation Instructor
Siriwardhanarama Buddha Dhamma College
Manōdaya Meditation Center
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PodBay

(f) (o)

ArugamBay PodBay is a novel concept that comprises compact convertainers (NapPods) in pastel hues, HomePods, and Bay rooms. The seaside hotel has one of the largest swimming pools in the area (WaterPod), and the restaurant PotPod serves a range of cuisine and beverages in an area ideal for relaxation.

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The Premiere of Clarence: Rhythm of the Guitar at KCC Multiplex



True to the movie's era, the lead actors Damith Wijayathunga, Nihari Perera, Saranga Disasekera and Dinakshie Priyasad arrive in vintage cars.



Producer Thusitha Wijayasena and his wife Swarna; actors Saranga Disasekera, Damith Wijayathunga and Nihari Perera arriving to KCC.



A ceremonial welcome led by Kandyan dancers.

t was a star-studded affair and a red-carpet event when Sri Lanka's first musical biopic, Clarence - Rhythm of the Guitar, premiered at the KCC Multiplex in Kandy. Lead actors Damith Wijayathunga, Nihari Perera, Saranga Disasekera, and Dinakshie Priyasad brought in their star power and sparkle to the occasion, as they, accompanied by Producer Thusitha Wijayasena, his wife Swarna, and son Tharindu Wijayasena, and film producer Bandula Gunawardena, entertained crowds who had gathered to get a glimpse of their stars. The event had young girls and boys lining the path to the KCC Multiplex, playing Clarence Wijewardena's songs on box guitars,



Actors Nihari Perera and Damith Wijayathunga with producer Thusitha Wijayasena and his wife Swarna; actors Saranga Disasekera and Dinakshie Priyasad; and film producer Bandula Gunawardane celebrate the film's premier at the KCC Multiplex.



A musical tribute at the premier screening of the movie at the KCC Multiplex.

an ode to the music maestro himself, who began his outstanding musical journey with a box guitar. The movie's lead actors entertained fans with impromptu dances and joined the young guitarists inside KCC to sing Clarence's famous songs. The public had the opportunity to meet the movie's cast and capture some unforgettable moments from the premiere. Clarence – Rhythm of the Guitar, produced by Thusitha Wijayasena, Founder of Kandy City Centre, and directed by Theja Iddamalgoda, takes audiences through the journey of singer, songwriter, and music composer, Clarence Wijewardena, who is celebrated as the father of Sri Lanka's Sinhala pop music. (8)



Flags of the movie soaring high at Kandy City Centre.



A musical welcome for producer Thusitha Wijayasena and his wife Swarna, along with the actors.



Producer Thusitha Wijayasena lights the traditional oil lamp as his wife Swarna, son Tharindu Wijayasena, and actors Damith Wijayathunga and Nihari Perera look on.

Kingdom of Saudi Arabia Pavilion at Expo 2025 Osaka opens

Words Foster and Partners. **Photography** Foster and Partners and Nigel Young.



The pavilion's massing recalls the organic shapes of traditional Saudi villages.



The landscaped forecourt acts as a barrier to protect the pavilion from harsher northerly winds.

he Kingdom of Saudi Arabia Pavilion for Expo 2025 Osaka has opened to the public. Designed by Foster + Partners and located on the Yumeshima waterfront, the Pavilion creates a spatial experience that echoes the exploration of Saudi Arabian towns and cities, while providing a setting for immersive engagement that connects visitors with the undiscovered wonders of the Kingdom.

The highly sustainable and inclusive Pavilion has been designed with its legacy in mind as the project aims to achieve the Japanese green building rating system's highest level (CASBEE S) and will be net zero operational carbon.

Luke Fox, Head of Studio, Foster + Partners, said: "We are delighted to see the Saudi Pavilion open to the public and ready to welcome its first visitors on an epic journey of new discovery. The project is a celebration of Saudi Arabian culture, evoking the wonderful streetscapes and captivating natural landscapes that define the Kingdom. Every element has been carefully considered to create a one-of-a-



The pavilion creates a spatial experience that echoes the exploration of Saudi Arabian towns and cities.

kind experience that is highly sustainable and accessible to everyone."

Visitors enter the Pavilion through the forecourt, planted with native Saudi Arabian flora, and travel through narrow streets that lead to the Saudi Courtyard, which is the beating heart of the scheme.

The Courtyard allows for moments of quiet reflection during the day and transforms into a venue for performances and events at night. From here, visitors are invited to explore a 'village' of meandering streets, with windows and doorways into a series of immersive spaces, designed in close





Above and below photographs: Visitors are invited to explore a 'village' of meandering streets, with windows and doorways into a series of immersive spaces.



The central courtyard allows for moments of quiet reflection during the day.

collaboration with Journey (59 Productions and Squint/Opera). The project honors the Saudi's architectural heritage, evokes a sense of place, and provides visitors with a glimpse into the daily life and urban fabric of the Kingdom's streets.

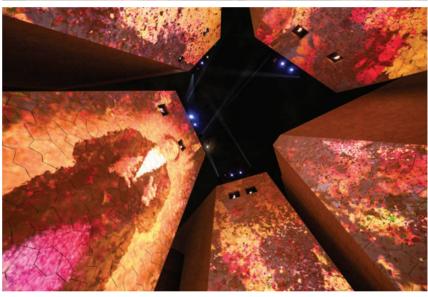
Tony Miki, Partner, Foster + Partners, added: "The Saudi Pavilion is also designed to create meaningful connections between the visiting public and Saudi Arabia's incredible artists and musicians. By engaging all of the senses, the space allows visitors to experience the national transformation of Saudi Arabia. It is its own urban microcosm that carefully balances tradition and heritage with modern technologies, which is shaping the Kingdom's future. We have worked closely with Journey to ensure that the immersive digital content is holistically integrated within the architectural design."

Leo Warner, Director of Journey, said: "The unique partnership with Foster + Partners, whereby our team were embedded with the master architecture practice from the very start to the very end, enabled a unique way of conceiving and delivering a pavilion that both platforms the people of Saudi Arabia to tell their own story and delivers a unique approach to nation-branding in an Expo environment. It was their vision, openness and collaborative methodology that facilitated this unique partnership."



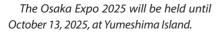


The Saudi Pavilion is also designed to create meaningful connections between the visiting public and Saudi Arabia's incredible artists and musicians. By engaging all of the senses, the space allows visitors to experience the national transformation of Saudi Arabia.



Top and center photographs: Immersive spaces have been designed in close collaboration with Journey (59 Productions and Squint/Opera).

The Saudi Pavilion's massing recalls the organic shapes of traditional Saudi villages. The practice's design developed these concepts and has been carefully crafted using computational fluid dynamics simulations, to allow cool winds from the west into the streets during the height of summer. In the cooler months of April and October, the landscaped forecourt acts as a barrier to protect the pavilion from harsher northerly winds.





The courtyard transforms into a venue for performances and events at night.



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