

**What is the Sri Lankan Buddhist Heritage?**

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**Abstract:** The Sri Lankans have acquired one of the greatest heritages in the world with the introduction of Buddhism. It gives expression to our nation in our manner of living, of thinking, in art, religion, ethical aspirations, and knowledge. The Buddhist cultural elements fashioned our life styles, fostered the arts and inspired the creation of stūpas, temples, monasteries, statues, vast man made reservoirs and irrigation systems which even today challenge engineering interpretation. The impact of Buddhism on socio - ethical, cultural and psychological aspects of the Sri Lankan life is tremendously remarkable. Our history witnesses it. Buddhist Archaeological ruins and monuments could be found every part of the Island. It is the Sri Lankan Buddhist heritage. Not only the monuments but good habits of kindness and compassion, honesty and truthfulness, chastity and heedfulness could be included into this. Buddhism taught us the way where living in peace and harmony with the social setting. Buddhism, as a way of life, facilitated the life style of the Sri Lankans under the two main streams.