

[Veddas](#)

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HERITAGE

Veddas

Many, many years ago, through the mists of time, the Veddas, or Wanniya-laeto (forest-dwellers) wandered across Rama's Bridge which joined India to Sri Lanka. There the Veddas (www.vedda.org) lived in harmony with nature. The greatest being they worshiped is said to be Kande-Yaka, the spirit of the mountain, also known as Kanda Kumara or Murugan, also a popular Hindu God. As society changed, the Veddas were nearly engulfed by modern life. Facing extinction, they took a stand to maintain their lifestyle and are now protected by the Cultural Survival Trust and Living Heritage Trust. This site provides a well-documented study. For more information on the Trust, click: www.culturalsurvivaltrust.org/ and www.livingheritage.org/.