

MEDITATION AT THE UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

VOL. 2, NO. 5

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UNITED NATIONS MEDITATION GROUP

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Meditation at the United Nations is a monthly bulletin of the United Nations Meditation Group, compiled basically of transcriptions of the Group's regular meetings which are conducted by Sri Chinmoy.

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(2)

UNITED NATIONS MEDITATION GROUP



WE BELIEVE

. . . and we hold that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity.

Sri Chinmoy

EDITOR'S NOTE

The United Nations Meditation Group was inaugurated on April 14, 1970, when Sri Chinmoy, the eminent Hindu spiritual teacher and philosopher, was invited to conduct its weekly meetings. The Group began its meditations in the Peace Room of the Church Center for the United Nations, but this small room was soon outgrown. Drawn by the immense spiritual wealth of the Master, many new seekers joined the Meditation Group. Coming from every department of the Secretariat as well as from associated organizations and various missions to the United Nations, they were deeply moved by the sublime peace and profound wisdom of Sri Chinmoy.

With its increased numbers and greater activities, the United Nations Meditation Group now meets on Tuesdays at 12 noon in the Chapel of the Church Center for the United Nations and on Fridays at 1:00 p.m. in one of the Secretariat Conference Rooms.

Membership is open to staff members of the Secretariat, delegates and representatives from Missions, Specialized Agencies and accredited NGOs to the United Nations.

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We warmly invite everyone at the United Nations and those officially associated with it to join us in our regular weekly meetings and other activities.

SCHEDULE FOR JUNE 1974

Regular Weekly Schedule

**Tuesdays, 12-1 p.m.
June 4, 11, 18, 25**

Every Tuesday at noon, Sri Chinmoy conducts an hour of silent meditation in the Chapel of the Church Center for the United Nations, corner 44th Street and 1st Avenue (side entrance).

**Fridays, 1-2 p.m.
June 7*, 14, 21, 28**

Every Friday during the lunch hour, in a Conference Room of the Secretariat, Sri Chinmoy holds a brief meditation and then invites questions on the spiritual life from the seekers.

*Please see announcement reproduced on facing page concerning series of Friday talks taking place in May, June and July.

(6)

UNITED NATIONS MEDITATION GROUP
WEEKLY TALKS
by
SRI CHINMOY

The following titles will be the beginning of a series of talks Sri Chinmoy, the Indian spiritual Master, will give at the Friday meetings of the United Nations Meditation Group.

Each talk is designed to cover some aspect of spirituality in its relationship with the outer life and to explore the possibilities of maintaining an inner attitude of spiritual reverence while at the same time upholding our responsibilities in the outside world.

FRIDAY, MAY 31
WHAT REALLY IS THE UNITED NATIONS DOING
FOR HUMANITY?

Conference Room 14, 1-2 p.m.

FRIDAY, JUNE 7
DOES MEDITATION ENCOURAGE US TO
ESCAPE FROM REALITY?

Conference Room still to be designated.
Please call ext. 2948 a few days before to find
out room number.

FRIDAY, JULY 26
ARE SPIRITUAL ASPIRANTS SOMEWHAT
ABNORMAL?

Conference Room still to be designated.
Please call ext. 2948 a few days before to find
out room number.

A QUESTIONS AND ANSWER period will follow each talk during which Sri Chinmoy will answer questions on the spiritual life.

All those interested in attending this series of talks are warmly invited to join us. For further information about the meetings of the United Nations Meditation Group please call Elizabeth Addison on ext. 2948 (PL.4-1234)

Other Activities

Dag Hammarskjold Monthly Lecture Thursday, June 6

This month Sri Chinmoy will speak on: "The United Nations Can Teach Us How to Share" on Thursday, June 6, 1-2 p.m. in the Dag Hammarskjold Auditorium.

Vegetarian Luncheon Thursday, June 13

Our vegetarian luncheon this month will be on Thursday, June 13, in the Boss Room of the Church Center for the United Nations. This month we will have only one sitting so please obtain your ticket well in advance. Cuisine: natural health foods. \$2.00 per person.

TELEVISION

JUNE SCHEDULE OF MORNING AND EVENING PRAYERS BY SRI CHINMOY ON CHANNEL 5 (WNEW-TV)

June 2	Sunday	6:20 a.m.
June 3	Monday	2-4 a.m.*
June 8	Saturday	6:20 a.m.
June 9	Sunday	2-4 a.m.*
June 14	Friday	6:20 a.m.
June 15	Saturday	2-4 a.m.*
June 19	Wednesday	6:20 a.m.
June 20	Thursday	2-4 a.m.*
June 26	Wednesday	6:20 a.m.
June 27	Thursday	2-4 a.m.*

* After the last movie, which ends sometime between 2 and 4 a.m.

THE UNITED NATIONS
AS AN
INSTRUMENT OF HUMAN UNIFICATION

[This talk was given by Sri Chinmoy in the Dag Hammarskjöld Auditorium on May 9, 1974. (Dag Hammarskjöld Series, 1974/No.3)]

The United Nations as an instrument of human unification. This is the subject of our talk, and I am sincerely grateful to Mr. Donald Keys, who offered this title. This is a lofty, most significant subject, and time will not allow me to do justice to it. What I wish to speak about is not what I have learned from books or news media, but rather what I feel from within. What I feel in the inmost recesses of my heart as solid experience is what I wish to share with the seekers present here.

The United Nations as an instrument of human unification. What is an instrument? An instrument is the reality of the Creator's Dream. The United Nations is an instrument, a significant instrument, an unprecedented instrument of God for His searching, aspiring and loving humanity. This instrument is the joy of the Creator and, at the same time, it is the joy of the creation. The United Na-

tions embodies both Heaven's Vision and earth's reality. There was a time when Heaven's Vision was not manifested as reality. We called it the League of Nations. But then the League of Nations was transformed into reality, and it became the United Nations.

We are all in the process of evolution. Once upon a time we were in the animal kingdom; now we are in the human world, consciously trying to transcend our earthbound realities. While we were in the animal kingdom, the message of unification did not exist. There was only the message of destruction. In the human world, the message of unification is something real and significant; but, at the same time, unification is still a far cry.

Unification and perfection go together. They complement and fulfil each other. Unification and satisfaction go together. They, too, complement and fulfil each other. Unification is the song of the many for the One. Perfection is the song of the One for the many. Satisfaction is the song of the One in the many and the song of the many in the One.

When we think of the United Nations, the first and foremost thing that comes to our human mind is reliance. Self-reliance is good; inter-reliance is better. But oneness in multiplicity and multiplicity in oneness is by far the best. There is a great difference between self-reliance and independence. When

we rely on ourselves, on our inner beings, our own divinity acts in and through us. At that time, we are relying on the Inner Pilot, who is in all and who is *our* All. But when we advocate independence, our uncontrolled, undisciplined, undivine and autocratic nature comes to the fore. Independence we have experienced in the animal world. When we exercised our independence, what did we do? We quarrelled, we fought, we killed and destroyed one another. The message of unification can never breathe in this type of independence. The forest of independence is full of conflicts and contests where nobody actually wins. But in self-reliance, the divine and the soul-light come forward from within us and show us the way and the goal.

The United Nations is not a thing to appreciate, admire or adore. Rather, it is the way, the way of oneness that leads us to the Supreme Oneness. It is like a river flowing towards the source, the Ultimate Source. The United Nations is not a thing, but the way that wants to lead the world to the destined Goal, where Light and Delight reign supreme.

In this world we see that some people just talk, others talk and then act, others talk and act simultaneously, and still others only act and then let others talk for them. Finally, there is a type of person who just acts for the sake of action divine.

This is the supreme category. Without the least possible hesitation, I would like to say that the United Nations belongs to this category. Outwardly, I will not be able to prove this, for, as I said before, I do not know about the United Nations' outer achievements. But, being a seeker of the highest Truth who lives in the inner world, who sees and feels and knows what the United Nations is doing, I am perfectly familiar with the inner achievements of the United Nations. The United Nations is a real mother, and the world is like a child in front of it. Now, you may say that the world is so vast, whereas the United Nations is just a small building. But you have to know who is playing what role on earth. The United Nations is playing the role of the mother. The mother offers her very existence to feed and nourish the child and give the child the message of Light, the message of Truth, the message of Reality. We notice the child very often ignores the mother's offering or takes it for granted. It is true that the child accepts, but when it is a matter of offering gratitude to the mother, the child consciously or unconsciously forgets.

Now, when the mother does everything for the child, it is not news. But if the child offers a glass of water to the mother, then that becomes news. The mother will work for twenty-four hours like a

slave to please the child, but when the child does something most insignificant for the mother, the world takes note of it. The United Nations receives help from the four corners of the globe—financial help, all kinds of help, and that becomes news in the world. But what the United Nations at every second inwardly and outwardly is offering or trying to offer is not news; this the world does not recognise.

The world is blind; it needs God-Vision. And the United Nations has God-Vision in abundant measure. The world is weak; it needs soul-power. And the United Nations has soul-power in abundant measure. The world is suffering; it needs heart-consolation. And the United Nations has heart-consolation in abundant measure.

With utmost love and humility, the seeker in me tells the world to talk less and listen more. Listen to whom? Not to me, but to the United Nations. The United Nations has much to offer in every field, so the world needs its constant, conscious, unfailing and unceasing advice. If the world does not believe in the soul-peace of the United Nations, how will the world believe in the heart-dedication of the United Nations?

The Creator is at once the Silence-seed and the Sound-tree. As the Silence-seed, as the Silence of

the Transcendental Height, He embodies His own highest height and deepest depth. And as the Sound-tree, He offers to His creation His own achievement. Silence prepares, Sound reveals. Sound offers what Silence is. Silence tells us who God is and Sound tells us where God is. Who is God? God is man's eternal cry for the highest Transcendental Supreme. And where is God? God is in man's soulful smile. God is all the time visible in our heart's smile and our soul's smile. Where smile looms large in our existence, there alone we see God's very presence. Silence-life is embodied by the soul of the United Nations, and sound-life is embodied in the body of the United Nations. If the world does not believe in the silence-life of the United Nations, how will the world believe in the sound-life of the United Nations?

The outer reality is not always the real reality. The outer reality sometimes, if not always, deceives us. The outer reality very often comes to us in the form of temptation, whereas the inner reality comes to us in the form of emancipation, liberation and salvation. If from the outer reality we go to the inner reality to challenge and fight against it, then we are acting like a fool. The inner reality will never surrender to the outer reality. But if we become one with the inner reality, which is our

Silence-life, which is God's Vision, then we can bring it to the fore and transform the outer reality. The outer reality is the reality created by the human mind, the mind which right now is imperfection incarnate. Again, this very mind will one day be transformed, perfected, divinised and immortalised. By whom? By the Inner Pilot and by the divine forces of the inner world.

Critics are of the opinion that the United Nations sometimes is not brave enough or quick enough. Now it is very easy to criticise an organisation. But we have to know what precisely an organisation is. An organisation is composed of human beings, and human beings are far, far from perfection. It is the human in us that criticises, not the divine in us. The divine in us sees the perfection in ourselves and in others. Who is our brother? He is our brother who sees the divine in us and the perfection in us. A real seeker feels that he is growing from perfection to greater perfection to infinite perfection; from Light to more Light to abundant, Infinite and Immortal Light. Similarly, the achievement of the United Nations in the outer world is the achievement of a perfection that is always becoming more perfect; and a day will come when it will be totally perfect.

There are many ways to serve the United Nations: with the physical body, the physical mind,

the inner heart and the soul's good will. I wish to say that all the services rendered by each individual are necessary, for through them we all offer our perfection to the soul of the United Nations. Each individual not only *has* the message of perfection, but actually *is* the message of perfection. And if we can offer this message of perfection to the soul of the United Nations, then the capacity of the United Nations multiplies itself into infinity. Let us not ask the United Nations what it has done. Let us not even ask ourselves what we have done. But let us only ask ourselves whether we are of the United Nations and for the United Nations. If we say we are of the United Nations, then our source is peace, infinite Peace. And if we say we are for the United Nations, then our manifestation is delight, eternal Delight. Our source is Peace and our manifestation is Bliss on earth. So if we know what we are and what we stand for, then the United Nations becomes for us the answer to world suffering, world darkness and world ignorance.

The inner vision of the United Nations is the gift supreme. This vision the world can deny for ten, twenty, thirty, forty, one hundred years. But a day will dawn when the vision of the United Nations will save the world. And when the reality of the United Nations starts bearing fruit, then the breath of Immortality will be a living reality on earth.

INVITATION TO MEDITATE

After the preceding Dag Hammarskjöld lecture Sri Chinmoy invited all those present to join the Meditation Group in its regular weekly meditations for peace:

Dear seekers, every Friday we meditate in one of the conference rooms here, and offer our aspiration to the soul of the United Nations. I wish to invite the United Nations members who are present today to come and meditate with us. This meditation is not only for the United Nations but for the world at large. This meditation is for the God-lover and the man-lover. If we really love God, and if we really love mankind and consciously believe that we are responsible for mankind, then we feel that our aspiration and dedication to the soul of the United Nations and our Inner Pilot is of paramount importance.

Please feel that it is your own aspiration that will expedite the vision for the United Nations. And when the vision is transformed into reality, the Inner Pilot will know our contribution whether or not the world ever recognises it. Our contribution, which is our aspiration, cannot be measured by money-power or any kind of world-power. It

can be measured only by God's Love-power, His
Concern-power, His Confidence-power.

TUESDAY MEDITATIONS

The Chapel
Church Center for the
United Nations

[At each Tuesday meeting, Sri Chinmoy conducted an hour of silent meditation. Following are the "Meditations for the day" (taken from The Goal Is Won) by Sri Chinmoy for the respective Tuesdays in May:]

May 7

Each day I dream my God anew to increase my love-flames. Lo, I am successful.

Each day I face the world-ignorance anew to increase my light-power. Lo, I am more than successful.

May 14

Nothing is impossible. My wise teacher, God, has taught me so. I have tried everything, and success is still a far cry. Yet my God says: "Stop not! Continue trying."

May 21

The cost of forgiveness: cheaper than nothingness.

The cost of oneness: dearer than fulness.

The cost of God-manifestation: much more than man-perfection.

May 28

For three reasons God loves me: I have given up my animal pride, I have forgotten my human ignorance, I treasure my life divine.

MAYORAL PRESENTATION
HONOURS SRI CHINMOY*

7.

Bristol, Connecticut

Thursday, May 9, 1974, was declared India-America Day in Bristol, Connecticut, by the Mayor of Bristol, Mr. Frank J. Longo, in honour of Sri Chinmoy's visit to the town. The following is a transcription of Sri Chinmoy's meeting with the Mayor:

Mayor Longo: Are you staying long with us?

Sri Chinmoy: We are here for a short visit. May I know your origin? Do you come from Italy?

Mayor Longo: My parents come from Italy. But I was born in New London, which is the submarine base of Connecticut.

* For previous presentations, please see January, February and March 1974 issues of *Meditation at the United Nations*.

Sri Chinmoy: We have a spiritual community, a Centre in Milano.

Mayor Longo: It is a beautiful country, isn't it? Someday I want to take a trip there myself. (*To one of Sri Chinmoy's disciples.*) Are you taking a special course in Connecticut?

Sri Chinmoy: Some of them are students. They have just completed their studies. (*To disciples.*) Please sing a song in honour of the Mayor.

Mayor Longo: I know this is for me personally, and I appreciate it. But can we get some of the other people in to hear you also?

(Mayor Longo called in a few members of his staff and disciples sang the Bengali song, Ore Mor Kheya—translation of which follows):

O my boat, O my Boatman,
O message of Transcendental Delight,
Carry me. My heart is thirsty and hungry,
And it is fast asleep at the same time.
Carry my heart to the other shore.
The dance of death I see all around.
The thunder of destruction indomitable

I hear.
O my Inner Pilot, You are mine,
You are the Ocean of Compassion infinite.
In You I lose myself,
My all in You I lose.

Mayor Longo: Thank you very much. Another verse of that and I think probably I would have been in tears. It was really pretty. I feel peaceful. I think you should come just before the Council meeting, or right afterwards, so I can feel peaceful and relaxed again.

Sri Chinmoy: This is what we do every day—pray and meditate. Then twice a week we go to the United Nations and try to bring down Peace. And when there is Peace, it is all relaxation.

Mayor Longo: It is very important. It is wonderful that you do this each day, and I wish I could too. Because the only time most people—especially those who are not always appreciative of what they have—ever get down on their knees or sing and pray, is when they want something or when they are in trouble. So it is delightful that you are able to do every day the kind of thing you have done here this afternoon. It must give you a lot of relaxation. I am sure it does. It is the best relaxation

I have had all day.

Sri Chinmoy: We get relaxation through our dedicated service. When we offer our dedicated service to aspiring mankind, we become totally relaxed. In our selfless service is relaxation and peace.

Mayor Longo: There is so much tension and anxiety and pressure in the world. You seem to have a quality for allowing yourself to relax. That is good. Do your colours have a significance of any kind?

Sri Chinmoy: Yes, (*referring to the orange shade of his Indian costume*) this colour represents spirituality. Each colour has a significance of its own.

Mayor Longo: Are you going to be returning to your native land?

Sri Chinmoy: I go there once a year or so.

Mayor Longo: Are you appointed by someone in the government?

Sri Chinmoy: No, we have quite a few Centres all over the world, and our headquarters is in New York. But my family is in India. May I know

the population of your community?

Mayor Longo: Here we are roughly 58,000 people.

Sri Chinmoy: So, you are the leader of 58,000 people.

Mayor Longo: Well, I don't know whether I am the leader, but I have been elected the Mayor of 58,000 people. I sometimes wonder about that leadership.

Sri Chinmoy: But you are shouldering the responsibility of 58,000 people. Their problems and difficulties are constantly knocking at your heart's door, and you have always to keep your heart's door wide open.

Mayor Longo: Well, sometimes there are no answers. There are people who come here with a genuine, legitimate problem, and it is very heart-breaking when you know there is not much you can do for them except just sympathise with them.

Sri Chinmoy: That sympathy is the greatest gift for them. Sympathy comes directly from the

heart, and it is God who is coming to them in the form of sympathy from you.

Mayor Longo: I wish at times that I could do for people all of the things that I would like to do. While money is not the most important thing, at least it solves certain problems. I don't understand why many people have millions which they don't need. That money could be used to do what we would like to do for people. But, in any event, I have another group of people who are probably more important to me and make more demands, and that is my own family—nine children and my wife. That is a pretty good-sized group also.

Sri Chinmoy: There is a special significance to the fact that your children's souls have taken incarnation in your family. God's creation is very, very vast, yet they have chosen you as their father. The souls knew perfectly well while in Heaven that they would get protection, compassion, illumination and all the divine qualities from you. That is why they came all the way from the soul's world to you and entered into your family.

Mayor Longo: Thank you very much. I will have to remember that.

You must come again. If we only had more time

this afternoon, I would love to take you up to what we call our Reservoir Number Seven. We have probably four hundred Canadian geese that come in there. I have often thought that we could take a lesson from the Canadian geese. They pick a mate and they are mated for life. There are no police, no taxes, no zoning board of appeals. If you go up there at sundown, I think it is the best time of day. A lot of people go up there and feed the geese, and it is a beautiful sight. (*To one of Sri Chinmoy's disciples.*) You know what I would like to do? I would like to have you take a picture of me presenting Sri Chinmoy with the key to the city of Bristol.

This is the key to our city of Bristol. As I tell people who come here, it opens every door except the vault.

Sri Chinmoy: You have given me the key to your community. And I pray that God will give you His key so that at any moment you can open the door to His Heart.

Mayor Longo: Thank you. And that is a lot more priceless than this one is. I am sure that I am better off for the exchange of gifts. We have a proclamation here that we have done in your honour. May I read it?

(Mayor Longo read out to Sri Chinmoy and all those present the Official Proclamation which is reproduced in full at the end of this article on page 34.)

Sri Chinmoy: May I say something in reply?

Mayor Longo: By all means!

Sri Chinmoy: Dear Mayor, in you I find a true spiritual brother, a real brother who is all heart. Your heart is full of love, warmth, assurance and confidence. Here I see you not in the capacity of a Mayor, but in the capacity of a God-lover and world-illuminating servitor. I feel that inside your heart an American brother and an Indian brother—America's dynamism and India's love for peace—can go perfectly well together. Even though India's outer political situation is most deplorable, India still has the inner hunger for peace. And America is the pathfinder of eternal freedom—freedom of the body, freedom of the heart and freedom of the soul. It is America's dynamism that has awakened India considerably, and it is her soul's dynamism that will reveal to India the everlasting liberty of Divinity. I feel that our meeting is the meeting of divine oneness, the oneness that is treasured by God Himself. When two sons of His are amal-

gamated in the same ideals and goals, God feels that the manifestation of His Divinity has already taken place in the hearts of His devoted children. In the name of the Supreme, I offer you all my heart's love and soul's oneness. Indian aspiration and American aspiration, Indian depth and American height will march together toward the destined Goal: the Goal of inseparable oneness where, in performing our individual duty, we grow into Immortality.

Mayor Longo: Certainly you are one of the very few people who practise and preach the world's greatest product: love of God and love of your fellow man. It is indeed a great pleasure for me to meet a gentleman of your stature. I am only a little fellow in a small city. But I hope that our more important leaders, and I refer to those in Washington, shall continue to strive along with you in promoting world peace and a greater love among men.

Sri Chinmoy: In the Heart of God we are really great because we are serving Him devotedly and unconditionally. In the political field there may be others who are infinitely superior to us. But in the spiritual field, when love and service are offered devotedly and unconditionally, in the Heart of God

we remain matchless, chosen instruments.

Mayor Longo: Thank you. We'll put the city seal on the proclamation now. Can we press it down together? (*Sri Chinmoy and the Mayor both took hold of the seal and pressed it.*) Thank you very much.

(*To a reporter from the Hartford Courant who had just entered the room.*) Dave, this is Sri Chinmoy. I gave him a key and read the proclamation before you came. It was probably one of the most relaxing moments here for me in a long time. It is not often that a big fellow like me brings forth some tears. Usually I am out roughing it with people. But it happened today. And the tears were genuine. I want you to know that. These young men and women are from the University of Connecticut and from New York. They sang a song for me a little while ago. I never thought I would be so honoured.

Sri Chinmoy, Bristol is the chrysanthemum city of the world, and we will dedicate a flower to you a little bit later on. We have not done that many times for men; I think only two others before. We will name a chrysanthemum on your behalf. It will be a cutting, and you can take it and plant it. We do not know what colour it will be or what shape it will take, but it will be recorded as such.

Here is a report on our city. You might want to study it.

Sri Chinmoy: You are showering your blessingful gifts on me. And in return I can only give you my soulful gratitude.

Mayor Longo: Your gifts are much better, because yours are spiritual, which is more meaningful and more helpful to the inner side of man.

Sri Chinmoy: The inner and the outer go together; the body and the soul go together. So your gift to me is of great value, and it is a great honour. (*Sri Chinmoy inscribed one of his own books for Mayor Longo.*) This is our textbook. At the University of Connecticut there is an accredited course on my philosophy. This is our prescribed textbook.

Mayor Longo: I certainly promise you I am going to read it. And I will make it available to all the rest of my household as well.

Sri Chinmoy (reading the inscription): "Most revered Mayor of Bristol, with my heart's ever-increasing gratitude. You are the supreme pilot of 58,000 souls. The Lord Supreme has endowed you

with the capacity to illumine and guide a great community. No hyperbole, to see you is to love you. To love you is to feel consciously the living and illumining presence of God in your heart. Most devotedly, Sri Chinmoy.”

Mayor Longo: Thank you. Well, we had a very wonderful and relaxing meeting.

Sri Chinmoy: Here we have enjoyed our hearts’ oneness. Where there is hearts’ oneness it is all relaxation, all illumination.

Mayor Longo: I can attest to that also, Sri Chinmoy. Thank you very much. Here is my card in case you need me for anything. If you should need the help of the Mayor in any problem that you may have, let me try to help. I may not be able to, but I will be willing to try.

Sri Chinmoy: If I am in need of help, you will be the first person I will think of.

Mayor Longo: Thank you, thank you. I will see you to the elevator.

City of Bristol

BRISTOL, CONNECTICUT 06010

Office of the Mayor

PROCLAMATION

WHEREAS, SRI CHINMOY of India, Director of the Meditation Group of the United Nations, is visiting Bristol, Connecticut on the 8th day of May, 1974; and

WHEREAS, SRI CHINMOY has travelled to many parts of the globe, presenting his most beautiful and exceptional meditations on God, love and peace (both interior and exterior) to the leaders and people he has met throughout the world; and

WHEREAS, A beautiful example of SRI CHINMOY'S thinking is the following quote written by him:

"We believe and we hold that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity."

WHEREAS, India has long been a close and good friend of America; and

WHEREAS, The Indian people have had such renowned leaders as the saintly MOHANDAS GANDHI a/k/a "Great Soul", who lead his people throughout his life through deep meditation, self denial, and a total resistance to war through peaceful protests of injustice; followed by JAWAHARLAL NEHRU, and now the gracious and lovely INDIRA GANDHI; not to forget her renowned aunt, MADAME PANDIT, who once served as Chairman of the Indian Delegation to the United Nations; and

WHEREAS, The subject of World Peace is one in which we all believe and are working to achieve; knowing full well the blessings of brotherhood and the extreme folly, cruelty and senselessness of war; and

WHEREAS, The Peace-loving people of India have banded together and over the years formulated a country strongly resistant to aggression and war and dedicated to the principles of peace and love.

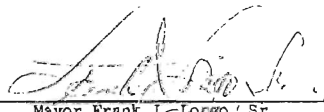
NOW THEREFORE, I, FRANK J. LONGO, SR., Mayor of the City of Bristol, feel it is indeed an honor to have as the honored guest of our City this day the famous devotee to peace and meditation, SRI CHINMOY, and do hereby proclaim Wednesday, May 8, 1974 as

BRISTOL - INDIA DAY

and encourage our citizens, our lawmakers, and our government to look to India, to help them in their needs, especially in the area of much needed food for that Country, and to welcome SRI CHINMOY this day to our City as a representative of a very strong and good country.

IN WITNESS WHEREOF, I have hereunto set my hand and seal of the City of Bristol, this 8th day of May, 1974.

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Mayor Frank J. Longo, Sr.

GRATITUDE
for my Guru

by
Mahalakshmi (Catherine Eve McLaughlin)*

I pray
That for the Grace
Of each breath
That sustains me
In Your loving presence
I should have
A drop of gratitude
To fill my tiny heart.

I cry
That with each day
Of Light
You grant me
I may feel
A full moment of gratitude
To give You joy.

For

Were I for one second

To understand Your Love

For me,

My being would dissolve totally

In blessed, unspeakable gratitude.

So frail am I

In the sight of Your Grace.

* Mahalakshmi is an English disciple of Sri Chinmoy who was closely associated with the U.N. Meditation Group in its formative days in 1970.

QUESTION AND ANSWER

Friday, May 3, 1974

Mr. Donald Keys: I have had the experience that, when we try to help others, sometimes a kind of barrier builds up in ourselves and also in those we try to help. Could you speak about this.

Sri Chinmoy: Our world still is not the ideal world. At times unconsciously, if not consciously, the world takes away some divine qualities from us. It is not that we do not want to share our divine qualities; but it is just that the world exploits and misuses them. So I feel that there are times when we have to be careful. We are generous. We have come into the world to aspire and, at the same time, to illumine the world. But we have to know who is worthy and who is unworthy. Just because we are all God's children it is very easy for us to feel that everybody in the world is worthy. But let us take it in this way: who is ready and who is not ready? Many times we have observed that there are some people who are not ready. When we try to awaken their consciousness, when we try to help them or serve the divine in them, their vital

immediately feels a great resentment. And this resentment takes the form of a wall between them and, let us say, our searching mind or struggling, striving vital. Our searching mind has found some truth inside the heart, and it wants to offer this truth to others. Our vital is striving, divinely striving, to give them the light that we are entrusted with. But just because most people are not ready to receive, we feel that there is a strong, solid barrier between our realisation and our self-giving.

When we see a partition in ourselves, it means that we are not always one hundred per cent consciously one with our Source. We are of the divine and for the divine; we are of the Supreme and for the Supreme. But it happens many times that, even though we are very sincere and devoted, when we give we expect something in return: either recognition or progress in the persons we have served. Even if they do not recognise or acknowledge our self-giving, we immediately expect some success, or let us say, some kind of gradual progress or growth in their life of inner aspiration. We are giving, giving, giving; but if we do not notice the world receiving, then at times we are frustrated. We feel that earth does not deserve us. We may wonder if we are doing the right thing, since these people are not making any progress. We may even doubt our own sincerity.

But these thoughts are wrong. We are doing absolutely the right thing because we are inspired and commissioned from within. Earth will eventually receive our light, but right now earth is not ready. If the Supreme tells us that someone needs more sleep, that we shouldn't awaken him, then we shall not approach that particular person. But if the Supreme within us tells us that we have to serve the Supreme in someone even though that person is sleeping, even though he is unwilling and reluctant to receive our light, then we shall do that too, because we are His instruments. Every day we have to think of ourselves as a little child of five or six years old. If we are asked by our Eternal Father to offer something, then He Himself will tell us whom to offer it to.

The human heart sometimes makes us feel that it is so big that it is ready to help everyone. But this is absurd. There is something called God's Hour. God's Hour need not and cannot be the same for each and every person. Today it is my Hour, tomorrow it is yours, the day after it is time for somebody else. It is not that some people are bad, or that God does not like them. No! He loves all equally, but for some the hour has not yet dawned.

God is progressing in and through us. On the one

hand He is Transcendental; He is all Divine and absolutely Supreme. On the other hand, at every moment He is progressing in and through that particular moment and through each individual life during that moment. In the finite, He is singing the song of Infinity, His own Infinity. Now, in the process of evolution, He is trying to perfect everybody. But He knows His own development best; He knows how much He wants to achieve in and through you today and how much He wants to achieve in and through me. We cannot expect the same kind of treatment or same kind of light for each individual, because God Himself has not created the same capacity and receptivity for everyone.

God is trying to divinely and supremely enjoy Himself. But if we try to increase somebody's capacity or receptivity by virtue of our own will, we are doing the wrong thing. Let us become God's Will; let His Will flow through us. And then He Himself will tell us who is the right person to help. In this way we shall go to the right person today and go tomorrow to someone else who will be the right person then. If we approach the right person timely, then we will see that there can be no barrier or partition, because the right person is always ready to receive us and welcome us. But if we go to the wrong person, he will not welcome us and

there will be confusion; and in this confusion frustration will loom large. So let us try to approach the right person at God's choice Hour, and then we will see that God is fulfilled, we are fulfilled and the world of aspiration is fulfilled in and through us.

Again, sometimes we feel a barrier or a wall in ourselves because at one moment we are identified with the soul and the next moment we are identified with the mind and vital. It is like this. The soul and the heart are one side, and the mind, vital and physical are the other side. Between them there is all the time a barrier. At this moment we call the mind the sole reality, the next moment we call the vital the only reality, and the following moment we regard the heart as the only reality. These are all realities, but the only real reality is God, and the direct representative of God's Reality is the soul.

Now, just as the soul is the representative of God, the heart is the representative of the soul. The heart and the soul are trying to perfect the mind so that it can represent the psychic being, the soul and the heart. Then, when the mind becomes illumined, the mind will have the vital as its representative. Similarly, the vital will have the body as its representative, and when the body becomes pure and the physical consciousness is as-

piring, then the body also will become a perfect instrument.

Reality is a most complicated experience in ordinary earth life, but in the higher planes it is most simple and most fulfilling. When we enter into the lower plane, or the physical plane, there the reality is very uncertain. There the reality is just what we see with our own eyes. Let us say that we are seeing a flower, and that this flower is the reality for us. But as soon as we go a little deeper within, or come into a higher level of consciousness, we do not see the flower as such. The reality is no longer the flower, but the fragrance of the flower or the beauty of the flower. Here on the physical plane, the flower is the reality and the fragrance, which is the inner reality, we can't appreciate. And the beauty, which is still higher, we do not notice at all. So the thing that is reality on the physical plane need not and cannot be the same kind of reality on the inner plane.

Again, there are many things which we see on the physical plane as real which are absolutely unreal. When a thought comes from the mental world, in our everyday life it is absolutely real and concrete for us. But when we go deep within, immediately the thought vanishes; like a drop, it melts into the ocean of the Will. So what is a

reality on the physical plane, such as a thought, is not at all a reality on the inner plane. On the inner plane, the reality is Divinity, Immortality and Perfection. On the outer plane, things that are real to us may not or need not be eternal. But on the inner plane, only what is eternal and fulfilling is real. So there is a great difference between reality on the physical plane and reality on the inner plane.

The outer world has a very mighty weapon, doubt; and the inner world has a most powerful weapon, faith. If we remain in the outer world more than the inner world, its doubt-weapon attacks us. Even though our own existence and our own powerful faith-weapon are inseparable, when we live in the outer world doubt fights against our faith and weakens us.

Now when we feel a barrier between one reality and another reality, between our mind-reality and our heart-reality or between what we have to offer and what we try to give, our spiritual life becomes a barren desert. Not only seekers, but almost all spiritual Masters have gone through this barren desert. Even spiritual Masters of a very high order, like Vivekananda and others, used to confess that they went through periods when they could not meditate at all. They entered into the world arena and offered their peace, love, light and everything

they could. But then they felt a kind of frustration because their light was not accepted and the progress they expected from humanity was not achieved.

Here we are all seekers. If we find ourselves in a barren desert, if we find that multifarious thoughts or ideas are entering into us and making it impossible for us to meditate, we can do one thing. We can offer our gratitude to the Supreme, to the Inner Pilot. We can offer one minute of soulful gratitude that the Supreme has given us the divine aspiration to be of service to mankind, to the Supreme in mankind. If, even for a fleeting minute, we can offer Him our soulful gratitude, then immediately the barrier that exists between the mind and the heart in our inner being disappears. For the power of our gratitude immediately makes us one with God's Reality. And there is no power either on earth or in our inner existence which can ever be as powerful as our soulful gratitude.

When we look for the word 'gratitude' in the mind, it is something dry, silly and unnecessary. When we look for the word 'gratitude' in the vital, immediately we see that the word does not even exist. And in the physical, gratitude is all the time dormant. But if we live in the aspiring heart and can become one with the Supreme on the strength of our gratitude, then there can be no dry periods;

there can be no wall, no barrier, no undivine forces that delay our progress. When we have gratitude, we are like a flower that petal by petal is blossoming in the Heart of the Supreme. This flower is full of fragrance, and its fragrance constantly illumines, energises and fulfils the human in us, the divine in us and the Supreme in us.

When our gratitude-flower blossoms, the dormant, sleeping humanity also begins to blossom, because our gratitude will have entered into God's choice Hour. When we enter into God's Heart with our gratitude, He expedites His own Hour for His children, for He feels that some of His children are more than ready to serve and please Him in His other children who are still sleeping.

Everybody cannot be a chosen instrument. Everybody cannot play the role of a king, true. But everybody can serve God according to his own capacity. When God has given someone the capacity to illumine others, to serve Him in others in abundant measure, it is that person's duty to clear the way if there is any obstruction, if there is any thorn on the road. And we can easily free the rose from the thorn when we see gratitude growing inside our heart.

The Supreme has made you the chosen instrument to illumine and increase the aspiration of

hundreds and thousands of people. If you play your role as a conscious instrument, then in your conscious awareness you become a river that is flowing with all its light, love and dynamic energy towards the sea of Enlightenment. When you and the rest of humanity have become one, and when you enjoy this oneness divinely, there can be no partition, no barrier, no desert. It is all ever-increasing Bliss and ever-transcending Freedom.

