

MEDITATION AT THE UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

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MEDITATION AT THE UNITED NATIONS

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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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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

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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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NEW YEAR'S MESSAGE FOR 1975

“The year 1975
will be the year
of the seeker's outer success
and inner progress.
With his outer success
he will love and serve
the Supreme Pilot.
With his inner progress
he will manifest and fulfil
the Supreme Pilot.”

— *Sri Chinmoy*

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 FEBRUARY, 1975

Regular Weekly Schedule

*Tuesdays, 12-1 p.m.
February 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, 12-1 p.m.
February 7, 14, 28*

Every Friday at noon in Room 550 of the Secretariat, Sri Chinmoy conducts a meditation and, if time permits, invites questions on the spiritual life from those present.

Note: There will be no meeting in Room 550 on Friday, 21 February, since Sri Chinmoy will be delivering the Dag Hammarskjold lecture at 1 p.m. on that day (see below).

Dag Hammarskjold Lecture Series
Friday, February 21

This month Sri Chinmoy will speak on: "Is Mankind Progressing?" in the Dag Hammarskjold Auditorium at 1 p.m. Following the lecture, if time permits, Sri Chinmoy will either invite questions on the spiritual life or conduct a short meditation.

TELEVISION

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

December 7	Saturday	5:45 a.m.
December 8	Sunday	2-4 a.m.*
December 12	Thursday	5:45 a.m.
December 13	Friday	2-4 a.m.*
December 16	Monday	5:45 a.m.
December 17	Tuesday	2-4 a.m.*
December 21	Saturday	5:45 a.m.
December 22	Sunday	2-4 a.m.*
December 26	Thursday	5:45 a.m.
December 27	Friday	2-4 a.m.*

* Denotes that prayer goes on after last scheduled movie, which ends sometime between 2 and 4 a.m.

TELEVISION

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

January 7	Tuesday	5:45 a.m.
January 8	Wednesday	2-4 a.m.*
January 12	Sunday	5:45 a.m.
January 13	Monday	2-4 a.m.*
January 16	Thursday	5:45 a.m.
January 17	Friday	2-4 a.m.*
January 21	Tuesday	5:45 a.m.
January 22	Wednesday	2-4 a.m.*
January 26	Sunday	5:45 a.m.
January 27	Monday	2-4 a.m.*

*Denotes that prayer goes on after last scheduled movie, which ends sometime between 2 and 4 a.m.

DAG HAMMARSKJOLD LECTURE

On 16 January 1974 at 1.00 p.m. in the Dag Hammarskjold Auditorium Sri Chinmoy conducted a special meditation for seekers at the United Nations to welcome the New Year with renewed determination, aspiration and dedication. Following is Sri Chinmoy's address:

THE NEW YEAR, 1975

Today we are holding a special meeting to commemorate the arrival of the new year. Each new year is an important chapter in our book of life. We know that if a book has seven chapters, all seven chapters will not be of the same importance. Similarly, although every year has great importance, one year may be more important than another year.

The New Year's Message

The year 1975 will be the year of the seeker's outer success and inner progress. With his outer success, he will love and serve the Supreme Pilot. With his inner progress, he will manifest and fulfil the Supreme Pilot.

This year is a most significant year, for it will affect both the inner life and the outer life at the same time. There have been years when we have noticed outer success without inner progress. Again, there have been quite a few years when we have experienced inner progress but no outer success. The success we are referring to is not the success of an unaspiring human being, not the success of an earthbound man who wants to achieve success by hook or by crook. Our success is not of that type. Ours is the outer success that is the manifestation of our inner progress.

Inner progress and outer success we shall observe simultaneously this year in our life of aspiration and dedication. Aspiration symbolises our inner progress and dedication symbolises our outer success. We need inner progress for the full realisation of the aspiring Immortality within us. We need outer success for the full manifestation of the Divinity within us.

When we think of our outer success, we have to know that success means offering to the Lord Supreme what we have: love, concern and the feeling of universal oneness. When we think of our inner progress, we have to realise that inner progress means our constant, conscious, glowing and undying gratitude to the Absolute Supreme.

By offering to the Transcendental Supreme what we have, we shall achieve divine outer success. By offering to the Transcendental Supreme what we eternally are, we shall achieve ever-increasing, ever-transcending inner progress.

Here we are all sincere seekers. We are sincere according to our capacity and receptivity, but undoubtedly we are sincere. A sincere seeker makes an inner commitment to his Inner Pilot. His commitment is that he shall not be satisfied unless and until he has grown into the very image of the Supreme.

We travel along the road of sincerity and humility in order to run fastest towards our goal. When we run fastest, at that time our very existence shall be an offering of unconditional surrender and all-surrendering gratitude to our Inner Pilot, the Supreme.

Most of the seekers here belong to the United Nations Meditation Group. Each member must feel

that it is a great honour to be part and parcel of this Meditation Group, for it is through the Meditation Group that we enter into the heart and soul of the United Nations. Inside the heart and soul of the United Nations we feel the real hunger and real thirst of bleeding, crying, desiring and aspiring humanity. Since we are all members of the Meditation Group, it is our bounden duty to be of totally dedicated, devoted inner service to the loftiest ideals of the United Nations. Each member of this Meditation Group is trying to be a real instrument of Truth, Light, Love and Peace. Each member of the United Nations Meditation Group is aspiring to serve humanity's divine cause and longing for the fulfilment of humanity's divine cause.

The League of Nations was a tiny plant, but now it has grown into a huge tree, the United Nations. The time will come when the whole world will take rest at the foot of this tree—this tree of patience, this tree of compassion, this tree of love, this tree of universal oneness. And one day we shall have to climb up the tree, pluck its most energising fruits and offer them to hungry humanity.

To each member of the United Nations Meditation Group, I offer my blessingful gratitude and pride. Especially to Sumedha, do I offer my most sincere blessingful gratitude for her constant

loving service to the supreme cause that we have undertaken here. Now I wish to invite the members of the Meditation Group to come up and meditate for a few minutes.

SRI CHINMOY HONOURS
THE 'COOKS'

After a short meditation Sri Chinmoy expressed his gratitude, on behalf of the U.N. Meditation Group to the young girls who had cooked during 1974 for the monthly vegetarian luncheons sponsored by the Meditation Group, for U.N. delegates and staff.

I am extremely grateful to the seekers who have served the United Nations Meditation Group by offering food to the seekers at the United Nations. Food is God. On the material plane, the physical plane, food is the peaceful harmony between body and soul. Food is the bridge between the soul's manifestation and the body's aspiration. Again, food helps us in bringing together the members of our one true family. The dispersed, scattered human family is brought together by the power of food. Food unites the United Nations family, the world-family. Each member of the world is part of

this family. In the United Nations each person on earth can feel his inner and outer oneness with the rest of the vast world, for there is only one family, one aspiration, one Goal. So, I am extremely grateful to the following seekers who have cooked and served here at the United Nations: Ranjana, Samarpana, Chetana, Nishtha, Nemi, Tanima, Aradhana, Mahalakshmi, Sumedha.

Sri Chinmoy then presented each of the girls with a bronze United Nations Peace Medal.

TRIBUTE
TO FORMER
PRESIDENT ERSKINE CHILDERS
OF IRELAND

In tribute to the late President Erskine Childers of Ireland we are reprinting the interview which took place on 1 July 1974 between the President and Sri Chinmoy at the President's Palace in Dublin, Ireland.

Meeting between
President Childers
and
Sri Chinmoy

4 p.m., 1 July 1974

as transcribed by
Mahalakshmi [assisted by Sundar]

July the first was a sunny, Irish day—warm with a few clouds decorating the deep blue sky. At 3:30 p.m., Sri Chinmoy left his hotel in the centre of Dublin and drove to the President's Palace, which is set in a huge, picturesque park on the outskirts of the city. We arrived a little before 4:00 p.m. and were met by Colonel McNamarra, the President's *aide-de-camp*, who remembered Sri Chinmoy from his meeting a year ago with the then President Eamon de Valera, and greeted him warmly.

Colonel McNamarra ushered us into the main hall, where we were requested to sign the visitors' book. Sri Chinmoy signed 'Sri Chinmoy from USA.' The Colonel then showed us into a large pil-

lared patio which had steps down to the vast gardens. We waited only two minutes before Colonel McNamarra brought in President Erskine Childers from the smaller study room, where last year's interview had taken place. Unlike his predecessor, President Childers asked us all to be seated where we were, in the large salon. He himself wished to sit on a hard chair and offered Sri Chinmoy the soft armchair, but Sri Chinmoy insisted that the President sit there, and he pulled up the hard chair a little closer to the President and sat down facing him.

"Mr. President," Sri Chinmoy began, "my heart is full of gratitude to you for having been kind enough to grant me an interview on such short notice." (The President had not been contacted until that very morning and, though it seemed unlikely at first, he had found time in his schedule to speak with Sri Chinmoy.)

The President, with a smile, replied, "I am very happy to meet you. I have been reading your book, *The Garland of Nation-Souls*, which I like very much. I, too, believe in meditation, but as President, I am not in a position to talk to people about meditation. So when I do address meetings and give talks, I speak about what I call 'relaxology,' which is essentially the same thing as meditation. I really believe that in these days of turmoil and strife,

we all need something like meditation, particularly the young people. I often say in my talks that I believe this relaxology should be taught in the schools and when I say this the teachers—often priests or nuns—clap or sometimes just smile. But no one has felt the real importance of putting it into practice. I believe in it and I talk about it, but I don't claim to be an expert on it myself." The President spoke slowly, but softly and with deliberation. When he looked at Sri Chinmoy, he smiled, but he judged his words, as if he wished never to utter a word he did not mean.

"You are very modest, Mr. President," said Sri Chinmoy. "You do not know, however, how much you are doing. You are doing things in the inner world that you are not aware of. Your heart is doing things that your mind is not yet aware of in the outer world. You combine a Cambridge mind and a cosmopolitan heart. Your father gave up his material wealth to serve his country, and you also are doing the same. When you serve the country, whom are you serving? It is God inside the country whom you are serving. When you serve your country and your people, you are serving God inside those people, and what else is this service if not meditation?"

The President, obviously pleased with Sri Chinmoy's reply, said, "This new concept of



Sri Chinmoy with President Erskine Childers
of Ireland at Phoenix Park, Dublin, 1 July,
1974

meditation is very interesting. I must remember it when I give my talks—that service is meditation. You know, we have tried teaching something about this in our schools, but the only people who have made a real effort to teach this idea have been people from the East, such as yourself.”

The President then picked up another book that was lying beside him, underneath *The Garland of Nation-Souls*. It was a hard-bound book, obviously well-used, entitled *A City Without Walls*, by Mary Osgood.

“My grandmother, many years ago, brought together a collection of writings from all the religions of the world, which was published,” he said. “I was looking through it this morning, to try and find something to read you from it.” He leafed through the well-worn pages and came to a book mark. He read a poem about a *Bodhisattva* who meditated throughout the night and at each successive hour passed through a higher state of consciousness, until at daybreak he reached enlightenment.

Sri Chinmoy then asked, “Your father wrote a book too, didn’t he?”

“Yes,” replied the President, “but not a spiritual one. It was a history of the Irish struggle for Independence, in which he was involved. You know,” he continued, obviously inspired when

talking about his father, "my father made peace with everyone before he died. He forgave everyone. (Erskine Childers, the President's father, was executed under most unfortunate circumstances. During the Irish Civil War he had opposed the setting up of a separate Northern parliament in Ireland.) Before he was shot, he told me to shake hands with all those who were responsible for his execution and he, himself, shook hands with everyone on his firing squad. He forgave them all. He made his peace with God."

The President seemed very moved as he spoke and Sri Chinmoy said later that there had been tears in his eyes.

"You are the illustrious son of an illustrious father," Sri Chinmoy declared.

The President smiled with a shy pride and replied, "Well, it's very nice of you to say so, but I don't think I could ever live up to my father's life."

Sri Chinmoy, smiling, said, "You are carrying on what your father began. He sacrificed his material comfort and his life for the sake of his country, and you are doing the same. You have both realised that it is not material wealth that is the most important thing."

President Childers: "Well, I don't know. I don't really feel that one is sacrificing anything when one enjoys what one is doing."

Sri Chinmoy: "You are quite right. You have realised something most significant. In actual fact, where there is oneness, there is no such thing as sacrifice. When my right hand does something for my left hand, at that time there is no sacrifice. When a child goes to school, his legs carry the rest of the body; they bring the mind to school, where it is going to learn. But the body is integral, so there is no sacrifice. In the same way, when a mother does something for her children, she does not feel that it is any sacrifice. No, she feels total oneness with her children; she loves them and dedicates her life to them. Where there is no love, where there is no oneness, then we feel that we are sacrificing ourselves. But when we love someone, when we feel close to someone, on the strength of our oneness we do everything for him. You feel oneness with your country and countrymen; so by helping them, by dedicating your life to them, you feel no sense of sacrifice. This is most significant. You are offering your love to the Source, and the Source is God. When we truly love anything, it is love for the Source."

The President seemed deeply moved by Sri Chinmoy's words and thanked him. Then, changing the subject, he asked if the Buddhists were not some of the first to teach peace and love of humanity.

Sri Chinmoy affirmed this but added that the

Lord Buddha himself had been a Hindu, and Hinduism was also Sri Chinmoy's family religion. Sri Chinmoy told the President that Buddhism is a branch of the tree of Hinduism, which was founded by the Vedic seers as an outgrowth of their meditation. Eventually the branch became bigger and bigger, and subsequently had every right to claim to be a tree itself. It moved to the Far East and spread its roots.

The President then spoke of his son who was working for the United Nations in Bangkok. "He is in charge of publicity propaganda for the whole of Far East Asia. My grandfather, Robert Caesar Childers, was a civil servant in Ceylon during the last century. He was the first man to translate many Pali texts and Buddhist scriptures into English. He also compiled the first Pali-English dictionary. And you know, something interesting happened — my son married a very beautiful girl, who is half Thai, part Irish and part Swiss. Her grandfather, who was a great scholar in the court of the King of Thailand, had a copy of my grandfather's book and said it was the greatest treasure that he possessed. Isn't that amazing?"

The President smiled, and then asked Sri Chinmoy from what part of India he came. Sri Chinmoy replied that he came from Bengal.

"Oh, Bengal. That is now Bangladesh isn't it? What an unfortunate time that part of India has

had. What tragedies! First of all there was the cyclone, and then just as it seemed as though West Pakistan had reached an agreement about how to maintain communication with East Pakistan, the fighting began. I do hope that a permanent solution will be established."

Sri Chinmoy shook his head a little, doubtfully.

"We were going to have your Prime Minister, Mrs. Gandhi, here in Ireland at that time, but the war made it impossible. Her father, Prime Minister Nehru, was a very good man. He was a great inspiration to us all."

At this point, Colonel McNamarra entered, smiling, and asked if we would like to take some pictures now. Pictures were taken of Sri Chinmoy presenting the President with a copy of *My Rose Petals Part II, Beyond Within* and the United Nations Meditation Group monthly bulletin. Sri Chinmoy told the President about the students at the University of Connecticut who were studying his philosophy with *Beyond Within*.

Then Colonel McNamarra suggested we take one or two pictures outside and led us out through the French windows to the pillared steps leading down to the gardens. On the way, the President pointed to a moon-rock presented to Ireland by President Nixon. Two or three photographs were taken of the President with Sri Chinmoy on the steps and then

Sri Chinmoy invited Colonel McNamarra to join them. "He's a very modest man," the President said, smiling. And he then invited the two disciples with Sri Chinmoy to be included in the pictures.

On the way back into the house, the President showed Sri Chinmoy some stones, painted in many colours and patterns, which were given to him by a young teacher in the west of Ireland. She had asked her students to do them because she was concerned over the amount of tranquilizers her students were taking to help them through exams. She felt that they could work out their problems while painting the stones.

Sri Chinmoy smiled a very broad smile and thanked the President once again for seeing him and being so kind. The President shook hands with us and said goodbye. Colonel McNamarra then showed us out, asking on the way if we had been able to take enough pictures. We thanked him deeply and departed.

* Mahalakshmi and Sundar, two of Sri Chinmoy's students, were present with the Master during his interview with the President of Ireland.

Letter from Mr. Erskine Childers
(the late President's son)

The following is a reproduction of the letter which Sri Chinmoy received, in response to his letter of sympathy to Mrs. Childers, from the late President's son, Mr. Erskine Childers, who has recently been assigned to his present post with the United Nations Development Programme in New York.

UNITED NATIONS
DEVELOPMENT PROGRAMME



PROGRAMME DES NATIONS UNIES
POUR LE DEVELOPPEMENT

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REFERENCE

8 January 1975

Dear Sri Chinmoy,

I carried your very kind letter of condolences to my stepmother, the late President's widow, back here to New York to answer on her behalf. It was most thoughtful of you, and she and I were especially touched by it. Knowing my father's range of concerns and interests, I can well understand that he found meeting with you a great pleasure.

You may remember that, at the Presidency, there is a very lovely little lake, on the enrichment of which my father worked hard -- indeed, I fear that the amount of sheer physical labour that he put into clearing its shore to plant shrubs from all over the world on his last day may have contributed to the strain that felled him. That night he gave a speech to the combined British and Irish associations of psychiatrists, and his theme was a plea against the indiscriminate prescription of sedatives and tranquillisers, above all to young people, many of whom could be helped far better by locating themselves within their selves and their society. Specialists tell me that he spoke with great feeling, and that this may have finally brought on the massive heart attack.

We hope to have the lake, and especially an island he cleared in the centre of it, made into a memorial to him and, quite specifically, a place of meditation. One of the little texts that would be set among the shrubs would be his favourite prayer, from the 15th century, which he read at his Inauguration:

God be in my head, and in my understanding;
God be in mine eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.

Again, our grateful thanks for your kindness,

Sincerely,

A handwritten signature in dark ink, appearing to read "Erskine Childers".

Erskine Childers

Director, Division of Information

Sri Chinmoy
Spiritual Director
United Nations Meditation Group
New York, N.Y. 10017.

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UNDER-SECRETARY-GENERAL
C. V. NARASIMHAN
VISITS THE U.N. MEDITATION GROUP

On Friday, 3 January 1975, Mr. C. V. Narasimhan, Under-Secretary-General for Inter-Agency Affairs and Co-Ordination, attended the noon-hour meeting of the United Nations Meditation Group:

Sri Chinmoy: On behalf of the Meditation Group at the United Nations, I would like to garland you with my heart's deepest gratitude and my ever-increasing gratitude. An insignificant son of Mother India is offering his deepest love, joy, gratitude and pride to a most illustrious and supremely chosen son of *Bharat Mata*. This garland is our humble offering of ever-increasing gratitude for what you have been doing for the world at large through the United Nations with your all-loving heart and your ever-mounting inner cry, which is the purest aspiration. To your

climbing cry to bring about a new world, a world of peace, harmony and love, we offer this with our heart's ever-increasing gratitude.

You are at once the embodiment of humanity's cry and divinity's grace. This Meditation Group would like to be with you and for you, to serve the world along with you, according to our limited capacity. You have blessed our Meditation Group today by your spiritual and divine presence and for that I shall remain eternally grateful to you and to the Supreme in you.

Today I wish to offer a most special prayer to the Supreme, the Author of all good. My prayer is that my most revered brother, Sri Narasimhan, will ascend to the ultimate height of the United Nations. You have been working for the world most sincerely from the penultimate height for a long time, and it is my most fervent prayer to the Supreme in you that one day in the near future you will ascend to the highest rung of the United Nations ladder. This is my prayer and the prayer of our small Meditation Group.

(Sri Chinmoy then garlanded Mr. Narasimhan.)

Mr. Narasimhan: I am deeply touched. I did not expect to be so received by you. I just wanted to be here at the first meeting of the Meditation

Group in the New Year to express my personal support for the work you are doing here.

In the Eye of the Lord, there is no such thing as an illustrious son of India and a non-illustrious son of India. There is no such thing as an important person and an unimportant person. One of the first precepts of the Lord is that all are equal. And so far as I am concerned, I am very happy where I am and I am very glad that I have been spared many of the headaches that some of my superiors have had.

I also offer my hopes for the New Year, that 1975 will be better than 1974; it certainly could not be worse. Many of you know that music is my second passion. I would like to sing something for you, if I may.

(Mr. Narasimhan sang an Indian song.)

Sri Chinmoy: I never knew that you had such a haunting voice. I would be deeply honoured if you would come and sing for my students some time.

(Mr. Narasimhan graciously accepted this offer.)

* * * * *

TRIBUTE TO
SRI CHINMOY'S
LITERARY, CREATIVE
AND OTHER SIGNIFICANT ACHIEVEMENTS
DURING 1974

On Friday, 3 January 1975, on behalf of the members of the United Nations Meditation Group, Mr. Donald Keys offered Sri Chinmoy a presentation in tribute to his many literary, creative and other significant achievements in 1974 (see December 1974 issue of this bulletin) :

Donald Keys: On this special and deeply moving day, the members of the United Nations Meditation Group have asked me if I would undertake in some small way to express our gratitude and appreciation to our beloved teacher and spiritual leader for his momentous achievements during 1974 – achievements for us, achievements for the United Nations and achievements for humanity. This includes his thousand drawings which were exhibited recently,

the writing of four thousand poems, the composition of 207 Bengali songs and the performance of one hundred in an evening. It also encompasses his offering of truth and light through lectures in all fifty states of the United States, the completion of two hundred books and many other achievements. The mere numerical magnitude of the achievements is impressive—not only impressive, but overwhelming. But beyond that is the inner significance of his wish and the wish of the Supreme, who is Father of us all, that he widen the gate and broaden the path that leads from the unreal to the Real, from darkness to Light and from death to Immortality. This he has done for us in abundant measure, and we who are here know the value of the blessings unlimited that he daily receives from his Father and our Father's Treasure House and which he lovingly and unstintingly shares with us all. We know that what he has done in the past and what he is doing today and what he will do tomorrow will open the way still further for the seekers of the Highest and will bring greater measures of light, peace, love, compassion and strength to the needful and weary world. For these reasons, on this occasion we most soulfully offer him our heart's deepest gratitude.

Sri Chinmoy replied: My dearest Donald, Lord Sri Krishna in the *Bhagavad-Gita* has told us: *Nimitta matram bhava sarvasachin*: "O Arjuna, become a mere instrument." I am a mere instrument of the Supreme. According to my capacity and receptivity, He is offering His own Light to the world through me. I wish to say that each individual seeker who is in our spiritual family has helped me most significantly in all that I have achieved. Our inner goal is progress, not success, although this year I have offered the message for the New Year from the Supreme that this is to be a year of both outer success and inner progress. "The year 1975 will be the year of the seeker's outer success and inner progress. With his outer success he will love and serve the Supreme Pilot. With his inner progress he will manifest and fulfil the Supreme Pilot." Outer success comes from our outer dedicated service; inner progress comes from our inner cry. Humanity must cry for inner progress and work for outer success.

We are trying to be of service to the Supreme in all seekers. To all the seekers here and elsewhere I offer my most sincere gratitude, for it is their inspiration, their aspiration, their love of truth and light that has enabled the seeker in me to be of some service to the Supreme. You are, dearest

Donald, an extremely solid pillar in our spiritual family. Here at the United Nations the Supreme is utilising you in a most significant way. I know how hard you work for the Lord in spreading His Light, and your spiritual brothers and sisters here are all appreciation and admiration for you. You are shouldering a very heavy responsibility in offering to the world through your organisation the Light of the Supreme that you have been receiving every day through your prayer and meditation.

My gratitude I offer to the Supreme in you, Donald, and in everyone here, for it is only gratitude that a human being can treasure. His highest achievement on earth is his gratitude to the Absolute Supreme. If he has gratitude, then he has everything and he is everything. If he has no gratitude, then he has nothing and he is nothing. Let each of us try to be a chosen instrument of the Supreme and for the Supreme by offering Him our constant gratitude through our ever-mounting cry for Perfection, perfect Perfection on earth.

There can be nothing more meaningful, more soulful, more fruitful than our heart's gratitude. This is what we constantly need. If we can acquire this gratitude or if we can bring this gratitude to the fore from the inmost recesses of our hearts, then we will have played our role most satisfactorily. At that time, Mother Earth will have

everything for us and Father Heaven will have everything for us. So let us try to offer the Supreme in our Mother Earth and the Supreme in our Father Heaven an iota of our gratitude.

Today all of you are honouring my achievement. But to say that it is *my* achievement is to be very far from the truth. To say it is our achievement, the achievement of our spiritual family, will also be a deplorable mistake. But if we say that it is an act of infinite Grace, unconditional Grace, or a Compassion-Flood from the Supreme which has acted in and through us, then we shall not be an inch from the truth. His Compassion-Flood flows in and through us, and according to our capacity and receptivity we have achieved and offered it to the world at large.

The human in us will never believe what the divine in us can do. Even if it tries, it cannot, because the human in us is all mind, whereas the divine in us is all heart and soul. How can the human in me believe that I have written four thousand poems in one year? But I know it has been done. Next week the remaining few books will be printed, and you yourselves will be able to see four thousand titles. Apart from this, Donald has kindly mentioned my visiting all fifty states, drawing one thousand pictures, and many other things. True, paintings can be of any standard: but

in three weeks' time it still seems impossible to do one thousand. This is the difference between the human and the divine in us. Most of the time we are living in the human: this is why we do not know our actual capacity. But our capacity is God's Grace. Most of the time if we are asked to do something or inspired to do something, the capacity has been given to us in boundless measure. When we get a message from within to do something, if we think, "Oh, I will not be able to do that. It is too difficult for me," this will be a mistake. Any message that we truly get from within embodies the actual fruit. When we receive a message, we have to know that it is the seed, and the fruit is there inside it.

This is the year of outer success and inner progress. If we serve the Supreme in our outer lives, we are bound to make inner progress. And if we sincerely cry for Him inwardly, our inner progress will manifest itself in our outer lives as success.

This is a very significant year, in which the outer life and the inner life can be synthesized. We can bring about a perfect harmony between our outer life and our inner life—a harmony which is most important. To achieve this we have to forget totally our little 'I' and think only of our universal and transcendental 'I'. The little 'I' sings always the song

of possession, but the universal and transcendental 'I', which we inwardly have and which we eternally are, will always sing the song of the Supreme, the song of the One in the many and the many in the One.

Sri Chinmoy then offered prasad to all present.

INDIA'S NATIONAL DAY

26 January 1975

On 26 January 1975, India celebrated her National Holiday, in honour of which we wish to offer the following soulful tribute by Sri Chinmoy:

INDIA: HER CONSCIOUSNESS AND LIGHT

What is India's spiritual message to the world at large? Spirituality. What is spirituality? It is the natural way of truth that successfully communes with the Beyond here on earth.

What is India's absolutely distinctive possession? Her soul. She lives in the soul, she lives from the soul and lives for the soul.

Where can the world find the real nature of India? In the ever-wakeful domain of the Spirit.

What has made the history of India unique? The

most surprisingly unusual continuity of the line of her spiritual seekers and Masters.

What does Indian spirituality teach? It teaches the world to conquer the evil of the lower nature and also to go beyond the good of the higher nature.

Has Mother India any desire? If so, what is it? It is to transcend the human way once and for all, in the ever dynamic way of God, in the way of radical self-transmutation.

Religion, however mighty it may be, is not and cannot be the message of India. Her message is self-realisation.

The perfect truth of India's religion is in her outer and inner realisation of the One that *is*, of the One that is in the process of *becoming*.

O world, on you march towards the deepest recesses of your heart! To your amazement, you will find Mother India to be anything but God-fearing. What then is she? She is God-loving! The God-loving soul in God's all-dreaming and all-manifesting Truth.

The soul of India feels that to be satisfied with intellectual speculation is to remain satisfied with half of the food that is actually needed for health. It is realisation that gives one a full meal. And to have the realisation, meditation and concentration are of paramount importance.

Indian philosophy, in its sublimest sense, is nothing short of the practical realisation of the Truth.

There is just a hyphen between the Vision of the Vedic seers and the soul of India. Also between India's spirituality and the final spiritual liberation of the world.

AUSTRALIA'S NATIONAL DAY
26 January 1975

On 26 January 1975, Australia celebrated both her National Holiday and Australia Day, in honour of which we wish to offer the following soulful tribute by Sri Chinmoy:

SALUTATION
TO
THE SOUL OF AUSTRALIA

My aspiring heart is saluting you.
My illumining soul is loving you.
In you I see the perfect combination of the
body's service and the vital's dynamism.
Your soul is at once the embodiment
of the ancient sun and the revelation
of tomorrow's dawn.
Your body's consciousness is the expansion
of vastness.
Your heart's delight is the perfection
of illumination.

Slowly and steadily your body walks.
Pointedly and unerringly your mind runs.
Devotedly and unconditionally your heart dives.
Eternally and supremely your soul flies.
Your life's greatness-dream is humanity's
transcendental pride.
Your life's goodness-reality is humanity's
universal treasure.

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" by Sri Chinmoy for the respective Tuesdays in January.

January 7

I thought of God. God smiled.
I prayed to God. God cried.
I meditated on God. God became my real God.

January 14

Man's height is aspiration.
God's depth is Compassion.

Human truth is the fulfilling duty.
Divine Truth is the fulfilled Beauty.

January 21

Mind forgets
but
never forgives.

Heart forgives
but
never forgets.

Soul forgives
and
forgets
all at once.

January 28

Truth is not behind me, but before me.

Realisation is within, and not without.

Death is behind me, and not before me.

Transformation stands before me, and not
behind me.