

MEDITATION AT THE UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

VOL. III, NO. 4

27 APRIL 1975

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(1)

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

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 MAY, 1975

Regular Weekly Schedule

Tuesdays, 12-1 p.m.

May 6, 13, 20, 27

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.

May 2, 9, 16, 23, 30

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.

Other Activities

Wednesday, May 21
Vegetarian Dinner and Film Show

See invitation, reproduced on page 8

Thursday, May 22
Celebration of "Vesak"

See poster, reproduced on page..... 9

THE UNITED NATIONS MEDITATION GROUP

cordially invites you to a

Vegetarian Dinner

plus a film-showing of

"Awakening",

a 30-minute documentary on the spiritual life,

at Annam Brahma Vegetarian Restaurant

84-43 164th Street

Jamaica, Queens

7-9 p.m. Wednesday, 21 May 1975

Price per person: \$3.00 (or, including transport*, \$3.50)

*Bus transportation will be provided from the U.N. leaving at 5.40 p.m. and returning participants at approximately 9.00 p.m. to strategic subway stops.

Tickets will be on sale on the 4th floor outside the cafeteria from Wed. 14 May to Mon. 19 May between 12 and 2 p.m. To facilitate catering arrangements, we cannot sell any tickets after Mon.

Come, and bring your family and friends!

THE UNITED NATIONS MEDITATION GROUP

*cordially invites you to a
Celebration in honour of*

VESAK.

a Festival of Light and Joy,
observing
Lord Buddha's birth,
Lord Buddha's enlightenment,
Lord Buddha's entrance into Nirvana

The programme will include

Scenes enacted from the life of the Buddha,
excerpted from the play by C. K. Gloose;
"Siddhartha Becomes the Buddha";

plus

a screening of the film:
"Vesak"
showing how this significant day is observed in Sri Lanka

*[The film "Vesak" was directed by a former staff member of the UN Film Department
Mr. Yvonne Hannemann, a specialist in the religious festivals of Sri Lanka.]*



Dag Hammarskjöld Auditorium
Thursday, 22 May 1975
1 - 2 p.m.

All welcome!
Admission free

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TELEVISION

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

May 3	Saturday	6:12 a.m.
May 4	Sunday	2-4 a.m.*
May 9	Friday	6:12 a.m.
May 10	Saturday	2-4 a.m.*
May 18	Sunday	6:12 a.m.
May 19	Monday	2-4 a.m.*
May 23	Friday	6:12 a.m.
May 24	Saturday	2-4 a.m.*

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

UNITED NATIONS MEDITATION GROUP:
FIFTH ANNIVERSARY
(April 14, 1970 - April 14, 1975)

On Tuesday, April 15, 1975, at 12 noon at a special meeting in the Chapel of the Church Center for the United Nations, the U.N. Meditation Group observed its fifth anniversary.

Sri Chinmoy conducted a short opening meditation, then addressed the Group:

Sri Chinmoy: Today we are celebrating the fifth anniversary of our Meditation Group at the United Nations. The number "five" has a most special significance. We have five senses. Each sense is of paramount importance. I pray to the Lord Supreme to grant us, out of His infinite Bounty, the capacity and receptivity to perfect our five senses so that we can be of better dedicated, devoted and unconditional service to the illumining soul and serving body of the United Nations. From today on, with our eyes we shall see only the divine Truth in God's creation; with our ears, we shall hear only the divine Truth; with our tongue we



shall speak only the Truth. From today on, we shall breathe in inner truth; from today on, our physical bodies shall be the torchbearers of the Supreme's infinite Truth. This is the prayer that I wish to offer to our Inner Pilot, the Absolute Supreme, on this auspicious occasion, the fifth anniversary of our Meditation Group at the United Nations.

Finally, I wish to offer my deepest gratitude to Sumedha, the secretary of our Meditation Group, for her constant dedicated service. Also, I offer my sincere gratitude to all the members of the Meditation Group who have been coming here faithfully and devotedly and serving this great body, the United Nations. The delegates and members of the Secretariat are trying to bring about peace. We are also trying to bring about peace in our own way through our prayer and meditation which is equally powerful, soulful and meaningful. The goal is the same, the destination is the same only we are travelling along two different roads. Once we reach our destination we shall see that whatever is done with real sincerity is true, real and effective. Since the delegates and the members of the staff of the United Nations are also doing the right thing, absolutely the right thing, I wish to offer, on behalf of our Meditation Group, most sincere gratitude to them.

Members of the Meditation Group had prepared a short programme for the function, which commenced with the beautiful duet, "He shall lead His flock" sung by Alo Devi and Tanima, accompanied on violin by Dulal and Chandika.

A choral reading of an excerpt of one of Sri Chinmoy's U.N. lectures followed, read by six Poetry Readers of the Meditation Group, as reproduced below:

1st Reader: The League of Nations was a tiny plant, but now it has grown into a huge tree, ...

Chorus: the United Nations.

2nd Reader: The time will come when the whole world will take rest at the foot of this tree —

3rd Reader: this tree of patience,

4th Reader: this tree of compassion,

5th Reader: this tree of love,

6th Reader: this tree of universal oneness.

7th Reader: And one day we shall have to climb

up the tree, pluck its most energising fruits and offer them to hungry humanity.

1st Reader. Most of the seekers here belong to the United Nations Meditation Group.

Chorus. Each member must feel that it is a great honour to be part and parcel of this Meditation Group, ...

2nd Reader. for it is through the Meditation Group that we enter into the heart and soul of the United Nations.

3rd Reader. Inside the heart and soul of the United Nations we feel the real hunger and real thirst of bleeding, crying, desiring and aspiring humanity.

4th Reader. 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.

5th and 6th Readers: Each member of this Meditation Group is trying to be a real instrument ...

1st Reader: of Truth, ...

2nd Reader: Light, ...

3rd Reader: Love, ...

4th Reader: and Peace.

*7th Reader: Each member of the United Nations
Meditation Group ...*

Chorus: is aspiring ...

7th Reader: to serve humanity's divine cause' ...

Chorus: and longing ...

*7th Reader: for the fulfilment of humanity's
divine cause.*

*The Meditation Group Singers then sang "Jago,
Jago", the song which the Group had been
honoured to perform on Sri Chinmoy's birthday the
previous year. [For the words and music to this
song, please see page 32.]*

*Uddipana, a member of the Group since its very
early days, who has taken part in each of its*

anniversary celebrations, then spoke of the Meditation Group's significant strides since its inauguration, its divine commitment inner and outer and its re-dedication to its lofty ideals.

Uddipana: Today, as we celebrate the fifth anniversary of your advent at the United Nations, we who have observed the growth and flowering of your mission at the United Nations are filled with awe and gratitude. We can only hope that the growth of our Meditation Group will continue so that we might serve even more meaningfully in this Divine Drama, under your enlightened guidance.

As the new year was ushered in, you predicted that 1975 was destined to be a year of both inner and outer progress. As usual, your words have proven prophetic. In January the Sri Chinmoy Centre received the distinct honor of being admitted to the ranks of the United Nations Non-Governmental Organizations. This distinction is quite significant in that it denotes an acceptance by the world community of the ideals upon which our Group, in particular, and your mission, as a whole, are founded. This indeed is a great turning point in the world's evolutionary process; and, to have played a part in this momentous accomplishment has given each of us a tremendous sense of joy, gratitude and fulfillment.

These outer accomplishments, by themselves, however, would be shallow and meaningless if they were not accompanied by a corresponding inner growth, dedication, and awareness. Realizing that external achievements can be lasting and fruitful only when they are the offshoot, or branches, so to speak, of the inner tree of truth and spirituality, we, the members of your United Nations family, take this opportunity to rededicate ourselves to the lofty ideals of the United Nations Meditation Group, so that we might more fruitfully establish that total integration of the material and spiritual spheres within our individual lives. It is only by this total integration of matter and spirit that we shall attain and manifest the inner and outer progress of which you spoke and for which our souls cry so intensely. Certainly, there can be no more rewarding, or challenging, battle-field for these divine endeavors than the United Nations, and channeled through this tremendous organization, the world itself.

In closing, Dear Father of Our Souls, we, your United Nations children, take this opportunity to extend to you our love, gratitude and renewed commitment to the divine manifestation within ourselves and throughout our individual realms of influence. Surely, to succeed in this manifestation of the Divine would be the greatest and most

welcomed gift your adopted children could ever hope to offer you!

Mr. John Ofose-Benefor offered Sri Chinmoy a garland of flowers as a token of love and gratitude from the Meditation Group.

Sri Chinmoy: In silence I am placing this garland of love and joy at the Feet of the Absolute Supreme, who is the Pilot of the United Nations and the Pilot of all seekers who are trying and crying, crying and trying, to see the face of a better world, a more illumining and more fulfilling world.

On behalf of the Meditation Group, Mr. Donald Keys then paid the following tribute to Sri Chinmoy and presented him with a gift of a bound volume of the 1974 issues of Meditation at the United Nations.

Mr. Donald Keys: Beloved Guru, Lord, emissary of the Father of us all — on this anniversary occasion, our gratitude to you and to Him who has sent you, is boundless.

You who stand between heaven and earth for our sake — for the sake of humanity...

You who bring us the peace, light and bliss of our own true home... Who pour forth your being entire- for the quickening of the potentialities that are in us, and through the focus of this group to spread hope, vision, love and direction to the UN Secretariat, servers of mankind; to the Delegations of the nations- representatives of mankind, and to all the nations, members of the family of mankind... Our words are poor, but our hearts are filled as we mark this anniversary occasion, as we celebrate your presence here and as we grow to know more fully its import for us and for the world at large.

We pray that you and our Father Supreme will help us each day to see more, be more, love more, to resolve more, to more fully serve, and more fully to represent and to manifest the treasures that you, without reserve and without measure, out of your own boundless compassion, bring us continuously.

Our only wish is to grow into your light and your love -and then to join you in offering to humanity its inheritance and birthright -to help build a broad path to the freedom which is of the spirit, and make the way more easy to find and to tread for the hopeless, despairing and the lost. The privilege is beyond telling, and as yet beyond our knowing entire, but please accept on this memorable day what we have to offer, which is our heart's

love, our joyous gratitude, our constant striving. In thee and in our Father Supreme we are one, and in our unity we offer you our thanks.

Sri Chinmoy: Sweet members of the United Nations Meditation Group, dear seekers, I wish to tell you with my heart's utmost sincerity that I was nothing, I am nothing and I shall be nothing. But there is Someone who was everything, who is everything and who forever shall be everything, and I know Him. Him I have seen and Him I invoke to bless us out of His unconditional Compassion. He is our Eternity's All, our beloved Supreme. I pray to Him to bless our devoted heads and our surrendered hearts so that we can be His perfect instruments on earth. Once we become His perfect instruments we shall be able to claim Him as our Eternity's own, very own. Beginning today, let us convince our body, vital, mind and heart that we are not only of Him from time immemorial

from before the very birth of creation—but also that we are for Him, that our purpose is to fulfil Him by accepting Him, claiming Him as our very own and playing our respective roles in His cosmic Game. What we all want is a world with a new heart and a new face. To achieve this what we need is constant self-giving to the Inner Pilot, who in

silence is guiding every nation slowly, silently, unerringly. His success will be our progress in our life of aspiration, and our progress will be His success in His total and complete manifestation on earth.

From today on, let us claim the Tree, the Supreme, as our own, as He constantly claims us, the leaves, as His very own. If we can claim Him as our very own, then our service will be more soulful, more meaningful and more fruitful.

Before closing the meeting, Sri Chinmoy offered prasad and blessings to each one present.

(22)

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DEDICATION TO THE UNITED NATIONS


On Tuesday, April 15, 1975, a half-hour before the fifth anniversary celebrations of the U.N. Meditation Group were to commence in the Chapel downstairs, Sri Chinmoy conducted a short meeting in the small Peace Room of the Church Center for the United Nations, where the Meditation Group was inaugurated and where it held its first meetings in 1970.

Sri Chinmoy: Today we are celebrating the fifth anniversary of the United Nations Meditation Group. I wish to start by offering a few songs to the body and soul of the United Nations. This is my dedicated offering. I do hope that the Meditation Group Singers will learn these songs.

Sri Chinmoy read the English translations of the following four songs, which he then sang in their original Bengali. The songs were written and set to music by Sri Chinmoy.

(24)

JE BESECHHE BHALO

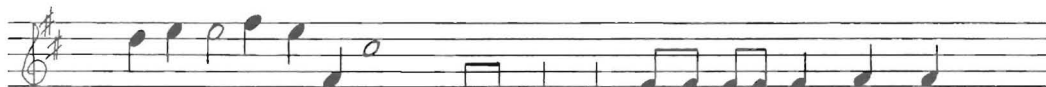
 Moderate



Je be-se-chhe bha-----lo e-i dha-----ra-ni-re se pe-ye-chhe



shu-dhu bya-----tha-- Pa-ra-ne ta-----har dhe-le-chhe a-ba-ni



ku-ru-per ma-li-na-ta Ta-bu nir-bhai cha-le se-i bir pritth-vir



bo-jha ni-ye A-ha-ba an-te ha-be u-pa-ni-ta Prab-hur cha-ra-ne gi-ye

D.C.

JE BESECHHE BHALO

Original Bengali

Je besechhe bhalo

Ei dharanire

Se peyechhe shudhu byatha

Parane tahar dhelechhe abani

Kuruper malinata

Tabu nirbhai chale sei bir

Pritthvir bojha niye

Ahaba ante habe upanita

Prabhur charane giye

English translation

He who has loved this world

Has only received excruciating pangs.

The world has thrown on him all ugliness,
filth, dirt, impurity.

Yet the hero marches along,

Carrying the burden of the entire world.

At the end of his teeming struggles

He will go and stand at the

Feet of the Lord Supreme.

 - Moderate

fine

Sun-da-ra ha-te sun-da-ra tu-mi nan-da-na ba-na ma---jhe

Ni-shi-din je-na an-ta-re mor to-ma-ri mu-ra-ti ra-----je

Sun-da-ra ha-te sun-da-ra tu-mi nan-da-na ba-na ma---jhe

Tu-mi chha-ra mor nay-an and-har sa-ka-li mitth-ya-- sa-ka-li a--sar--

Chau-di-ke mor bish-wa bhu-ba-ne be-da-nar- sur- ba---je

Pa-bo ki-go de-kha ni-me-sheer ta-re ei ji-ba-ner ma---jhe Da capo

Da capo

SUNDARA HATE

Original Bengali

*Sundara hate sundara tumi
Nandana bana majhe
Nishidin jena antare mor
Tomari murati raje
Tumi chhara mor nayan andhar
Sakali mitthya sakali asar
Chaudike mor bishwa bhubane
Bedanar sur baje
Pabo kigo dekha nimesher tare
Ei jibaner majhe*

English translation

You are beautiful, more beautiful, most beautiful,
Beauty unparalleled in the garden of paradise.
Day and night may Thy Image abide
 in the very depth of my heart.
Without You my eyes have no vision:
Everything is an illusion, everything is barren.
All around me, within and without,
The melody of tenebrous pangs I hear.
My world is filled with excruciating pangs.
O Lord, O my beautiful Lord,
O my Lord of Beauty.
In this lifetime, even for a fleeting second,
May I be blessed with the boon to see Thy Face.

NAYAN NEHARE BISHWA BHUVAN

♩ = 112 Moderate

Na-yan ne-ha-re bish-wa bhu-van he-re-na ta-har pran---

Ta-i ank-hi du-ti rud-dha kar-i-ya jo-gi ka-re tar dhy-----an

Shru-ti shu-dhu shu-ne ba-hi-rer--- ka-tha Shu-ne-na o--i--shi

ba-----ni Sang-ja-ta tai----- shru-ti-re ka-ri-che

sat-ya ta-pa-sa gya---ni D.C.

fine

(28)

NAYAN NEHARE BISHWA BHUVAN

Original Bengali

Nayan nehare bishwa bhuvan

Herena tahar pran

Tai ankhi duti ruddha kariya

Jogi kare tar dhyan

Shruti shudhu shune bahirer katha

Shunena oishi bani

Sangjata tai shrutire kariche

Satya tapasa gyani

English translation

The eye sees the entire world

But it sees not its own life;

Therefore, keeping the two eyes closed

The Yogi meditates on You,

O Lord Supreme.

The ear hears only

The messages and the clamour of the outer world.

It hears not the messages

Of the highest Heaven;


Therefore, the true seeker of wisdom

Always tries to keep his ears

Under his perfect control.

(30)

NAYANE NAYANE

 - Moderate



Na-ya-ne na-ya-ne go-pa-ne go-pa-ne sha-ya-ne swa---pa-ne



Mad-hu ja-ga-----ra-ne Ji-ba---ner do-le ma---ra-ner ko-le-----



ta-ba pre-ma li-----la----- a-mar-- bhu-----ba-ne

Da capo

NAYANE NAYANE

Original Bengali

*Nayane nayane gopane gopane
Shayane swapane madhu-jagarane
Jibaner dole maraner kole
Taba prema-lila amar bhubane*

English translation

In secrecy supreme I see You.
You live in my eyes, in my sleep,
 in my dreams, in my sweet wakefulness.
In the stupendous mirth of life,
In the abysmal lap of death,
You I behold.
Your Love-Play is my world.

JAGO JAGO

$\text{♩} = 60$ Moderate-slow

Ja---go ja---go bha-----ra---ter ri---shi---ka-bi

fine faster

ja---go Na-ba ru-pe gya-na pa---ra---bar

Ja-ga-ter a-----shar-----ta-ma-sar pran ve---di

ja-----go pri-----ya jyo---tir a-----dhar

San-chi-ta pun-ji-ta dha-ra-nir gla---ni sha-ta

Pa-ra-she to---mar hok-----khoi-----O--i--shi la-ba-ni

a--ni ku-ru-pa e. dha-ra kha-ni Ku-----ro pri---ya su-cha-ra

ak---khoi D.C. a tempo without repeat

(32)

Sri Chinmoy dedicated the following song to the United Nations on the occasion of his 43rd birthday in August 1974 (see August issue), and we are including it in this issue together with the music notation:

JAGO JAGO

Original Bengali

*Jago jago
Bharater rishi kabi jago
Naba rupe gyana parabar
Jagater ashur
Tamasar pran vedi
Jago priya jyotir adhar
Sanchita punjita
Dharanir glani shata
Parashe tomar hok khoi
Oishi labani ani
Kurupa e dhara khani
Karo priya sucharu akkhoi*

English translation

Awake, awake,
O seer-poet of Mother Ind,
O world-haven,

Awake in your new form, knowledge-sea.
Piercing the heart of ignorance,
Awake, O beloved, O source of light.
May your silence-touch
Transform the long-accrued imperfection-night
Into the light of dawn.
Bring down your lustre-light
And illumine this unlit world
And make it beauty immutable.

DAG HAMMARSKJOLD LECTURE

On Friday, March 7, 1975 at 1:00 p.m. in the Dag Hammarskjold Auditorium, Sri Chinmoy delivered the following lecture of the Dag Hammarskjold series.

EDUCATION

Dear seekers, I wish to give a very short talk on education, and then I shall welcome a few spiritual questions.

From the spiritual point of view, what is education? Education is a sacred opportunity to learn and unlearn. What do we learn? We learn God-knowledge. What do we unlearn? We unlearn the teachings of ignorance-night. What is God-knowledge? God-knowledge is self-giving. And what is ignorance-night? Ignorance-night is self-binding.

Education is also a sacred opportunity to achieve. What do we achieve? At the end of our journey's close we achieve God-perfection. And

what is God-perfection? God-perfection is "I am; I eternally am; I universally am."

Education is continuous self-transcendence. This self-transcendence is not a visionary idea. It is not a chimerical mist. It is not a song for tomorrow's dawn. No! Self-transcendence is a divine reality, an all-fulfilling reality in the immediacy of today.

Education human and education divine. Human education is either an unconscious or a conscious desire to gain supremacy and autocracy. Divine education is our devoted willingness to love and serve the Divine in the human, the Infinite in the finite and the Heaven-free Reality in the earth-bound reality.

Human education, even when it reaches the ultimate rung of the ladder, quite often can be partial, hurtful, aggressive, unlit, obscure, impure and undivine in the truest sense of these terms.

Divine education is spontaneous, soulful and fruitful. It is an inner urge to perfect one's outer life and bring to the fore the forgotten essence of Eternity, Infinity and Immortality within us.

Human education, at its very best, is greatness. But this greatness quite often fails to mix with goodness. Therefore, we can safely and unmistakably say that human greatness is blind to goodness. But divine education is goodness within, goodness without.

Again, we have to know that there is human goodness and divine goodness. Human goodness is charity-flower and philanthropy-fruit, which satisfies the human in us. Divine goodness is devotion-flower and surrender-fruit, which satisfies the divine in us and pleases the Inner Pilot, the Ultimate Absolute within us.

Human education always means money-power and time-power. Divine education is devoted willingness, which far transcends money-power and time-power. Divine education is something that establishes or will establish its inseparable oneness with something beyond time and space, far beyond the domain of material power, earthly possessions and earthly achievements.

As you all know, today the United Nations is observing Woman's Day. This is a most significant and most auspicious day not only for the United Nations but also for the entire world, for all of aspiring humanity. Sri Ramakrishna, the great Indian spiritual Master of himalayan height, taught us to see each woman as the mother, the direct representative of the divine Mother.

Today our subject matter is education. It is our mother who gives us our education first and foremost. It is from her that we get not only our first lesson, but also the last transcendental lesson. When we see the light of day she tells us,

"Children, look around. The earth is beautiful." As years advance upon us, our mother tells us, "Children, go deep within, dive deep within. There is something which is infinitely more beautiful than the earth." Her final teaching is this: "Children, the beauty of earth and the beauty of Heaven have only one source, and that source is God, our Eternity's beloved Supreme, who is All-Beauty."

From earth we get one kind of education; from Heaven we get another kind of education. We need education both from earth and from Heaven. Thousands of years ago the Vedic Seers offered us a lofty message. Their message was to accept both knowledge and ignorance as one and then finally to transcend both ignorance and knowledge.

"He who knows and understands knowledge and ignorance as one, through ignorance passes beyond the domain of death, through knowledge attains to an eternal Life and drinks deep the Light of Immortality."

Through earth-knowledge we make scientific discoveries and become the masters of our earth-life. Through Heaven-wisdom we learn universal love and the feeling of inseparable oneness; we become the lords of our inner existence.

Since it is Woman's Day, I wish to offer a soulful

song which heralds the victory of the Divine
Mother, the Mother Supreme.

Tomari hok jai

Mother, may Thy victory be proclaimed ...

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 April.

April 1

He is the right hand of God who has discovered the strength of faith and understood the meaning of love.

April 8

God smiles at the seeker who loves the world with tolerance and patience.

God embraces the seeker who loves the world with his inner vision.

God lives triumphantly with the seeker who loves the world with gratitude

April 22

Empty days mean conscious declaration of one's dependence on ignorance.

April 28

Real freedom does not depend on the world around us.

Real freedom depends on our acceptance of God's Will as our very own.

QUESTIONS & ANSWERS

The following questions were answered by Sri Chinmoy after the Dag Hammarskjold lecture on March 7, 1975.

Question: How can we overcome our ego-motivated life and self-centredness?

Sri Chinmoy: We can transcend our self-centredness or our ego-motivated life if we just feel that we are of the One who embodies the many. We must feel that our existence all by itself is fruitless. No matter what we do, what we say, what we grow into, what we achieve, it is all valueless unless we feel that we are of the One who embodies the many and that we are of the many who have to fulfil the One.

When we pray, when we meditate, we have to feel that our achievements are meaningful and fruitful only when it is dedicated joint effort that has brought about our success. When we want to see the Face of God without our friends, without

our dear ones, we have to know that the Face of God that we will see at that time cannot satisfy us. If we do not carry the members of our family to our destination, then we shall never have satisfaction. We belong to a large family and if we carry the members of our family consciously and devotedly, then we can be fulfilled and satisfied. In this way only can we overcome our ego, our self-centred emotions.

Mr. Kevin O'Brien Is there any relationship between the light that the seeker receives and the light the earth receives?

Sri Chinmoy The Light of the Supreme is descending to earth in infinite measure. It is up to the seeker either to accept it or to reject it. According to his capacity of receptivity each seeker is receiving the Light of the Supreme. Earth embodies the seeker and at the same time, the seeker represents earth, Mother Earth. When the seeker accepts Light, immediately this Light enters into the consciousness of the earth-mother in him. Again, when earth receives Light when the mother receives Light, she offers it to her children.

When the soul of the earth receives Light, it shares this Light with the seekers, its children. And

when the children receive Light, they also share the Light with their mother, earth. One moment the son is earning the salary; the next moment the mother is earning the salary. Then they share their achievements with each other.

Ms. Dolores Novoa: What is your view on the equality of the sexes?

Sri Chinmoy: Women should not remain always under the control of men: women should stand on their own feet. Both men and women are of equal importance in God's Eye. God is both male and female. If we take man as God's Face, we have to take woman as His Smile. If we see a face without a smile, we don't appreciate the face. The smile immediately conquers our heart. But if there is no face, how can there be a smile? Each is of equal importance, but each need not play the same role. Both men and women should march together toward the same destination. Women need not lag behind. They can run soulfully, devotedly and speedily towards the same goal.