

Meditation at the United Nations

**Monthly Bulletin of
the United Nations
Meditation Group**

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Our Hope For Mankind

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MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

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Since January, 1973, the United Nations Meditation Group has published the monthly bulletin, *Meditation at the United Nations*. This publication offers a basic introduction to meditation techniques and spirituality through questions and answers and lectures, and also reviews the group's activities. Profits from the sale of this bulletin are donated to UNICEF.

Editor:

Elizabeth Addison

Distribution:

Margarita Ignatieff

Cynthia Austin

Assistants:

France Vacher

Maureen Guiney

Anselmo Evans

For information:

Elizabeth Addison

Room 3401

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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 consists of U.N. staff members, representatives, delegates and NGO's who believe that a spiritual approach to world peace is inherent in the basic U.N. ideals and can go hand in hand with political striving for U.N. goals. The Meditation Group was inaugurated on April 14, 1970. At that time it invited the well-known mystic and philosopher Sri Chinmoy to lead its meetings in the Peace Room of the Church Center for the United Nations. As its membership increased and the scope of its activities expanded, the Meditation Group began holding additional meetings Tuesdays at 12 noon in the Chapel of the Church Center as well and on Fridays at 12 noon in the Secretariat.

Staff members of the Secretariat, delegates and representatives from Missions, Specialized Agencies and non-governmental organisations accredited to the U.N. are most welcome to join in these meetings, as well as in our other activities.

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SUCCESS AND PROGRESS

On Thursday, 4 December 1975, Sri Chinmoy gave the following lecture of the Dag Hammarskjöld series:

Meditation defines success and progress in life. Success is the body-dance of self-gratification. Progress is the heart-song of self-perfection.

Success says, "I am above you. You are below me." Progress says, "I only want to be ahead of myself."

Success is my temporary achievement on earth. Progress is my lasting achievement in God and God's lasting achievement in me.

Success thinks that it only needs confidence and perseverance. Progress thinks that it needs not only confidence and perseverance but also something infinitely more, and that thing is God's infinite Grace and God the infinite Grace.

The difference between God's infinite Grace and God the infinite Grace is this: God's infinite Grace paves the way for the Hour of God to strike before God grants us what He wants to grant us. But God the infinite Grace not only wants to expedite the Hour, but He also does everything unconditionally, in the twinkling of an eye.

Experience is the pioneer-runner of success. Illumination is the pioneer-runner of progress. Success is the measure of man in earth-bound time. Progress is the measure of man in Heaven-free time.

Success fights against teeming opposition and destroys it. Progress fights against teeming opposition too, but instead of destroying it, progress transforms opposition into perfection for God's greatest satisfaction in and through man on earth.

Success is an idea well-proclaimed and well-acclaimed. Progress is an ideal well-distributed and well-accepted.

Success is the preserver of today's strong arms. Progress is the preserver of yesterday's searching mind, today's aspiring heart and tomorrow's totally consecrated life.

Success is my promise to humanity's curious eye. Progress is my promise to humanity's loving heart, to divinity's unifying soul and to God's all-sheltering and all-loving Feet.

MY PRAYER

*- National Day of Prayer -
Friday, 5 March 1976*

My prayer can smile only twice: once when I silence my outer senses, once when I open the portal of my soul.

My prayer lies in loving God for His own sake. My prayer is the destroyer of errors, born and unborn.

Prayer is best expressed in my day-to-day life when it has become a spontaneous, self-giving surrender to the Will of God.

Seeking is the plane fare in the realm of spirituality. Striving is the ticket. When seeking and striving have played their respective roles, "surrendering" leads me to my seat in the plane.

Eldorado can no longer hide from me when my genuine prayer enables me to see my soul in life and my life in the soul.

Audible prayer is often a self-satisfying solemnity.
Silent prayer in lone self-poise is the fulfillment of
Eternity.

Prayer is struggle when I want to be an all-knowing
mind. Prayer is nectar when I want to be an
all-dedicating life.

They say that prayer is the daughter of suffering.
But I say that prayer is the mother of delight.

— *Sri Chinmoy*

(NOTE: The United Nations Meditation Group
will officially observe the National Day of Prayer
with a special function at the United Nations on
Monday, 5 April 1976)

CONCENTRATION, MEDITATION, CONTEMPLATION

On Saturday, 31 January 1976, Sri Chinmoy conducted a seven-hour public meditation in All Angels Church, Manhattan.

The meditation was held in three sessions: one of three hours and two of two hours each.

During the first three-hour session, Sri Chinmoy offered blessing-flowers individually to all the seekers present. He then gave the following instruction on concentration, meditation and contemplation:

I have offered to each of you a flower. A flower signifies purity. Let us feel that our hearts have become as pure as the flower.

Concentration, meditation and contemplation are of utmost importance in the spiritual life. Therefore, let us try to concentrate, meditate and contemplate. We shall now concentrate. Try to look at the entire flower for a few seconds. While you are concentrating on the entire flower, please feel that you are the flower and also that this flower is growing inside your heart, in the inmost recesses of your heart. You are the flower and, at the same time, you are growing inside your heart. Then,

gradually try to concentrate on one particular petal, any petal that you select. At this time feel that that petal is the seed-form of your reality-existence. Again, in a few minutes' time, please concentrate on the entire flower. At that time feel that it is the universal reality. So right now concentrate on the flower itself and then a few minutes later on one petal. In this way you go back and forth. And please do not allow any thought to enter into your mind. Try to make your mind absolutely calm, quiet, tranquil, and kindly keep your eyes half open.

* * *

Now kindly close your eyes and try to see the flower that you have concentrated upon inside your heart. Then, in the same way, kindly concentrate on the flower inside your heart with your eyes closed.

* * *

Now we shall meditate. Kindly keep your eyes half open and imagine the vast sky. Either try to see or feel the vast sky right in front of you. In the beginning try to feel that the sky is in front of you; then later please try to feel that you are as vast as the sky, or that you are the vast sky itself.

* * *

Now kindly close your eyes and try to see and feel the sky inside your heart. That is to say, please feel that you are now the Universal Heart, which you truly are. You are now the Universal Heart, and inside you is the sky that you meditated upon and identified yourself with. Your heart is infinitely, infinitely vaster than the sky, so you can easily house the sky within yourself.

* * *

Concentration we have done. Meditation we have done. Now we shall contemplate.

Kindly try to imagine a golden being or figure. Try to feel that this golden being is infinitely more beautiful than the most beautiful child that you have ever seen on earth. This being is our beloved Lord Supreme. We are divine lovers, supreme lovers, and the golden being is our beloved Lord Supreme.

Now we shall try to imagine the presence of our Beloved on the top of a mountain in the Himalayas or at the very bottom of the Pacific Ocean, whichever is easier for us. Please try to feel your existence and the Presence of your Supreme Beloved Lord at the top of the highest mountain or at the very bottom of the ocean. Once you feel this, then in silence you smile.

Then, after a few seconds, please feel that you are the Beloved Supreme and that the golden being

is the Supreme Lover. It is like divine hide-and-seek. When you become the Supreme Beloved, the divine lover seeks you. When you become the divine lover, you seek the Supreme Beloved. When you are the Supreme Beloved, the divine lover searches for you; and when you are the divine lover, you search for the Beloved Supreme. So one moment you are the supreme lover and the next moment you are the Supreme Beloved Lord. Kindly do this with your eyes half open in the beginning.

* * *

Now, kindly close your eyes.

PUNISHMENT

Sri Chinmoy gave the following talk in the Chapel of the Church Center for the United Nations on Tuesday, 7 October 1975:

To be on my own side and not on God's side is not only an unpardonable crime, but also an unbearable punishment.

My Lord's punishment-dog cannot change me and my life. It is only the constant increase of my love for my Lord that can and will change me and my human life totally.

The punishment that I get from my Supreme Pilot when I disobey Him is next to nothing in comparison to the punishment that I inflict upon myself by separating myself from my sweetest and closest oneness with Him, in Him and for Him.

When I do something wrong, no matter how trivial and insignificant it is, my Lord Supreme, do punish me immediately, for that is what I richly deserve. But do love me even when You punish me, for Your Love is my aspiration-life's only soul and my dedication-life's only goal.

STEVE POWERS SHOW
WMCA-AM RADIO

On Saturday, 24 January 1976, Sri Chinmoy was interviewed on WMCA-AM radio on the Steve Powers Show. Following is a transcript of this interview:

Steve Powers: This is Steve Powers. I'd like to introduce you to a special guest. His name is Sri Chinmoy. And I guess together we shall find out about his philosophy and his teachings. Basically he is what is known as a Guru, a teacher, a spiritual leader to a number of people around the world. They have spiritual Centres in various countries, including here in the United States, and one in New York. In his early life he spent about twenty years in a spiritual community. He teaches his followers that they should be involved in everyday life and should not withdraw from it, in order to live a spiritual life. This is interesting because there are some spiritual leaders who believe that you should not, for example, go to work every day or live a normal life with your family. They believe that you have to retreat in order to live spiritually. And his teachings also embrace all religions. He advocates that you may continue with your own specific religion while following a spiritual path.

May I welcome you, Sri Chinmoy. My first question is: When did you feel that you wanted to devote your life to spirituality?

Sri Chinmoy: When I was quite young I felt deep within me an inner urge to realise God and to be of service to God.

Steve Powers: Do you think that is in every man?

Sri Chinmoy: Yes, it is within every man. Only the thing is that one has to cultivate this reality. It is like a muscle. If you take exercise, then you develop the muscle.

Steve Powers: Why is that not more natural to us? Or, why shouldn't that just come naturally?

Sri Chinmoy: It comes naturally, but the difficulty is that we have been wallowing in the pleasures of ignorance for millennia. Then there comes a time when we start walking along the right path. Once we are well established in our path, it becomes normal and spontaneous.

Steve Powers: Why do we have so many problems finding that path? Especially in our society today, people are awfully confused. People do not know which way to go, what to believe in, what not to believe in, what is the truth, what is not the truth, what is good and what is evil. And there is such tremendous input into our minds of new ideas that it's difficult for us to know what is good and what is not.

Sri Chinmoy: Unfortunately, most people are living in the mind. In the mind, the question of

good and bad thoughts, divine and undivine thoughts, plays a considerable role. But if we live in the heart, where we find oneness and identification, then we go beyond duality. We suffer from confusion and live in confusion because we live most of the time in the mind—the doubting mind, suspicious mind, intellectual mind, sophisticated mind. But if we can live in the heart—the loving heart, the aspiring heart, the oneness-heart—then this confusion won't arise.

Steve Powers: You're not an anti-intellectual as such, are you? You do believe in the intellect?

Sri Chinmoy: I do believe in the intellect. I have tremendous faith in the intellect. But at the present time, the intellectuals criticise feelings, inner feelings. Most intellectuals adopt a snobbish attitude. It is not that I am saying that intellectuals are bad or the intellect is very bad, no. But right now the intellect does not care for the light that illumines the world. Those who live in the intellect are satisfied with what they feel they have, and what they feel they have is a superior sense of reality. At times they look down upon those who live in the heart and who feel the necessity of the heart. But if the intellectuals feel the necessity of the light that we see in abundant measure in the heart, and if they want to embrace that light, then we feel that they are doing the right thing. For the divine light has to play its role inside the intellect.

Steve Powers: Many people get up in the morning, swallow a quick breakfast, run out of the house and go to their subway, get to work and get completely involved with everyday survival. And before the end of the day it's pretty tough to sit back and take a spiritual view of what's going on because you have to go out there and hustle. You have to earn a living. Is there a way of folding the spiritual life into what we call the economic life?

Sri Chinmoy: Our philosophy is the philosophy of wisdom: first things first. Most human beings are wanting in peace, peace of mind. They enter into the hustle and bustle of life right in the morning and then during the whole day they do not have even an iota of peace. We feel that if we can do first things first, we are being wise. Early in the morning, if we can pray to God for at least a few minutes, that means we are doing first things first. We feel it is money-power, material wealth, that will give us satisfaction. But it is not material power; it is the inner power, spiritual power, that gives us real satisfaction. If God the Almighty Father is satisfied with us, if He is pleased with us, then He will grant us peace of mind. And once we have peace of mind, no matter where we go and what activities we enter into, still we feel a sense of satisfaction. Right now satisfaction is a far cry. But early in the morning if we pray to God, meditate on God for a few minutes, then we get peace of mind to some extent. And this peace of mind is undoubtedly true satisfaction in life.

Steve Powers: Do you believe that God provides?

Sri Chinmoy: God does provide. He is the Creator and He is the creation. How can you separate the Creator from the creation? When you write a poem or when you compose a song, you feel your identification and oneness with the creation itself. God has created us, so how can He separate us from His own reality?

Steve Powers: I am Steve Powers and our guest for this segment is Sri Chinmoy, a Guru and a spiritual leader who is based here in New York, but who has disciples around the world and also holds meditations at the United Nations. He has a special meditation coming up later this month and I guess he'll tell us about that later. Right now let's go to our phones. Good morning, you're live on WMCA.

Caller: Hello, Sri Chinmoy. My first question is that I would like to know about my soul-consciousness. My second question is: Can a person find God if he doesn't have a Guru but seeks to see God in all things? If someone practises praying to the Highest and meditating with sincerity, will he be able to achieve a full awakening of his higher consciousness?

Sri Chinmoy: May I answer this question first? It is not absolutely necessary for a seeker to have a Guru, a teacher. But one has to be extremely sincere and devoted in his own aspiration.

He who realised God first on earth did not have a human Guru. So you do not need a Guru provided you have a very sincere, devoted, inner

mounting cry. But we feel that if one has a teacher, the teacher will expedite the student's journey. We go to school and the teacher helps us in our studies. Therefore, he accelerates our progress. But if one says he does not feel the necessity of having a Guru, he *can* do it all by himself. If he is sincerity incarnate and if aspiration is all the time burning inside his heart, then I don't think he needs a Guru.

Steve Powers: Did you want to comment on his soul? I was wondering how you can get a sensation or a feeling of someone on the phone. Is it from the voice?

Sri Chinmoy: It is from the voice and also by contacting the soul. Only I wish to say that if I tell him the consciousness of his soul, I believe that there will be many who will ask me only that question and I will not be able to answer any other question. Everybody will ask me the same question—what his soul looks like and how he is doing. I may answer it, but I may get similar questions from others.

Steve Powers: So would you prefer to get other kinds of questions now?

Sri Chinmoy: Yes, if you kindly will allow it.

Caller: Could one study with more than one Guru at one time and learn good things from them?

Sri Chinmoy: No, it is not advisable for a seeker to have more than one Guru at a time. God-realisation is one subject and each teacher is right in his own way, but the student will be confused precisely

because each teacher has a specific way of teaching. God-realisation is not like history, geography, science, botany and other subjects for which one needs different teachers. For God-realisation, one teacher is more than enough. But the seeker has to feel the necessity of finding a teacher who pleases him most.

Caller: When I choose a particular Guru, should I look at him as a person or should I try to see him as just a pure channel of God?

Sri Chinmoy: If you have a teacher, then it is best for you to look at the teacher as a channel, as an instrument of God. You are an instrument of God and your teacher is also an instrument of God. But the difference is that the teacher has become a conscious instrument of God whereas right now you are an unconscious instrument of God. So by listening to the teacher, you become eventually a conscious instrument of God, as the teacher is right now.

Steve Powers: When you say, Sri Chinmoy, that someone should look at his Guru as an instrument of God, are you saying that he should accept whatever the Guru tells him without question?

Sri Chinmoy: It entirely depends on his faith. If he has implicit faith in the Master and if he feels that the Master is really sincere, then it is advisable to listen to the Master all the time. But I don't want him to make a mistake, a blunder, by blindly following the teacher when he does not have implicit faith in him.

Caller: Good morning. I would like to ask your guest whether or not he thinks the soul can actually leave the body at certain times. I've had some strange experiences. My mother passed away about twenty-two years ago, but I actually believe that her soul in some form or fashion intertwines with mine and we have some sort of an understanding. I don't know.

Steve Powers: When you say your soul leaves your body, do you mean an extra-body expression—in other words, that something in you moves away and is able to view your own body?

Caller: Right, right, that's exactly it. It has happened to me quite a few times.

Sri Chinmoy: You have a specific connection with your mother's soul. Sometimes your mother comes and visits you and sometimes your soul visits her soul.

Steve Powers: How can you say that?

Sri Chinmoy: How can I say it? It is on the strength of my oneness with the Universal Soul. It is like a subject. I know nothing about the radio. You are a supreme authority on radio here at the station. If I ask you anything, you will be able to tell me because everything is at your fingertips. You have practised it for so many years, so you know everything. In my case, I have prayed and meditated for many, many years. I have studied this subject and I know a little bit about this subject.

Steve Powers: I was wondering specifically about this call. Is there something in this woman's voice that permitted you to give her such a concise answer?

Sri Chinmoy: While she was asking me the question, I concentrated on her. My inner vision, my third eye, concentrated on her heart and I got the message even before she completed her question, that's why I could say it.

Steve Powers: The third eye?

Sri Chinmoy: The third eye is the eye of vision. The third eye can enter into any place, any individual. So I got the message directly from her own heart.

Steve Powers: If you wanted to travel someplace spiritually without moving from here, you would be capable of doing so?

Sri Chinmoy: Yes, I can do it and many people can do it. It is not that only spiritual Masters can do it. Highly advanced seekers can also do it. And if it is God's Will, most ordinary people can also do it.

Steve Powers: You could tell me, for instance, what is happening in your home at this moment?

Sri Chinmoy: Certainly.

Steve Powers: You can?

Sri Chinmoy: I can. Again, if it is God's Will I can say everything. And if it is not God's Will, I cannot say anything. Even if I know something absolutely for sure, if God does not want me to say it,

then I do not say it. I am at His Command. Just because I know something, that doesn't mean that I am authorised to tell it.

Caller: Good morning. I would like to ask a question here. You guest speaks of a God. What God is he speaking of? Just any God, in general? Is it Jesus, or a God in your soul, or what?

Sri Chinmoy: I speak of a God who is both with form and without form. He can be an infinite expanse of energy and also He can be the most luminous being.

Steve Powers: I guess the caller wanted to know whether you see Him in any specific form—such as Jesus or Buddha?

Sri Chinmoy: The God that I see is the source of the Christ, the Buddha, Lord Krishna and others. He is the Source.

Caller: If you learn peace and serenity from a Guru, you may have peace and serenity in your own mind and heart, but what do you do about people in the street who are not the same way?

Sri Chinmoy: If I practise spirituality, then *I* get peace of mind; and if you practise spirituality, then *you* get peace of mind. If he practises spirituality, then *he* gets peace of mind. So in this way the number increases. Today you get peace of mind, tomorrow your friends, your relatives, your acquaintances get peace of mind. Again, we believe in vibrations. When we see a spiritual person, a seeker or a saint, immediately we feel a

kind of inner purity inside him and we get inspiration from deep within to lead a better life ourselves. Then, we also believe in the theory that birds of a feather flock together. If we become sincere and spiritual, then we shall be mixing with other spiritual and sincere people. In this way we can increase the number of good people here on earth.

Caller: The one thing I wanted to ask is, how do you know whether you are speaking to God or just speaking to yourself and saying it's God?

Sri Chinmoy: Thank you. Satisfaction is the only thing that you want, that he wants, that I want. Satisfaction is of paramount importance. Now, I have eaten a mango. If I am satisfied, then it is more than enough for me. If you ask, "How do you know that you have eaten a mango?" then my answer will be: If you want to see, then next time I am going to eat, you can be my guest. I will invite you to be with me and see for yourself whether I am eating the mango or whether I am fooling myself or fooling you.

Steve Powers: In other words, experience it in part yourself.

Sri Chinmoy: Yes. If you want a history professor to teach you history, then you have to come and sit in his class. Also, you have to have some basic knowledge about history. Then only the professor will be able to teach you. Here I am a spiritual teacher. If somebody comes and says, "How do you

know that you have realised God?" then I will ask that person to come to me with the basic knowledge, the basic requisites of sincerity and purity. You come to me with sincerity and purity in a meditative mood for a few minutes, and I shall make you feel whether what I am saying is true or not.

Steve Powers: I think the question that was not asked by this caller was, in effect: If I become sensitive and mellow and spiritual, **will I not get eaten up on the streets by the sharks? Do you know what I mean by that?**

Sri Chinmoy: I know. If I am one with you, then how can you destroy me? Just because I am not one with you, you can do some harm to me. Oneness is strength. When we identify ourselves with a higher reality, how can we be destroyed? How can we be devoured? A child identifies himself with his father. The father is strong; he is a man of knowledge. The child feels that nothing will harm him because his father is there. On the strength of his oneness with his father, the child feels he is quite safe; he can go anywhere he wants to **because he has** a father with wisdom, strength, capacity. So here also, if one practises spirituality, then one is consciously identifying himself with the highest omnipotent Power. So how can he be devoured in the street? Identification solves all our problems. If we identify ourselves with a higher Source, a higher Reality, we have to know that this higher Reality definitely has enormous power, boundless power.

Steve Powers: On a very practical level, being what you are, would it disturb you to go into a high-crime area at three o'clock in the morning and walk the streets?

Sri Chinmoy: Not in the least. As I said before, if it is God's Will, definitely I will go there. Some people in these places have allowed themselves to be attacked by wrong forces, let us say, whereas others have not allowed the wrong forces to enter into them. But if it is God's Will, then I will also see inside those people the Presence of God.

Caller: I have tried for several years to become a more spiritual person in my own way, with very little knowledge of it. I had one or two experiences which have frightened me. I don't understand them and yet I believe in them. I would like to ask Sri Chinmoy how I could continue to further my knowledge and develop myself so that I could begin to experience more.

Sri Chinmoy: It is a matter of sincerity—how sincerely, how earnestly and how desperately you need to go beyond the experiences that you have already had. If you continue practising spirituality, which you have been doing for a number of years, then I assure you that you will make progress. It is a matter of regular practice. You have to practise regularly, soulfully and devotedly what you have been doing. And it is your regular practice that eventually will give you higher and deeper satisfaction.

Steve Powers: Sri Chinmoy, I know people who are most kind and gentle and yet have no belief in God. They seem to be fine human beings even though they have no interest in spirituality. From your point of view, do they need realisation of what you are talking about?

Sri Chinmoy: From my point of view, they *do* need realisation. They are kind, they are good, they are sympathetic, they are sincere, they are pure, they have magnanimous hearts. These are the divine qualities they have got from the highest Source. But this is not enough. These things do not and cannot complete our human illumination. For our total illumination, we need conscious and constant oneness with the highest Source.

Steve Powers: Every time you say something, I think of four more questions I'd like to ask. I think I'm hogging the time, so let's go back to our audience.

Caller: Good morning. I was trying to give some healing to my father who was not too well, and I felt some energy moving in my hands. Am I right to feel that this and other kinds of experiences that I've had may be coming from God?

Steve Powers: You're really talking about healing? I guess first we have to establish whether you believe that there is a force of healing?

Sri Chinmoy: I do believe in the force of healing.

Steve Powers: And the source of the force?

Sri Chinmoy: The source of the force is God, the all-Good. God is omnipotent; again, He is all Love. So it is from His Love that the healing power comes into existence.

Steve Powers: If there is a healing power, why do we need specific methods in order to heal? In other words, let's assume that God is the Source and He is capable of healing whomever He wishes. Why do certain people feel that they have to go through a number of incantations, wave the hand over the disturbed area four times to the right, three times to the left and so on? Why these systems?

Sri Chinmoy: It is a matter of faith. Some people feel that if they do particular things, then someone will be cured, while others feel it is not necessary. You are dealing with individual faith. Some people use incantations in order to reach a higher state of consciousness, while others feel it is all within them, so it is necessary only to pray and meditate. You pray to God to give you the capacity to please Him in His own way, and God will do the rest. If I pray to God for His own fulfilment in and through my life, naturally He will do what is best for me in and through my life. Some people pray to God, "God, grant me this. If I have this, then only will I be able to become a good instrument of Yours. I am now suffering from a headache, stomach-ache and all that. If you cure me, I will be able to have a good meditation." But others say, "No, I wish to please You in Your own way. If it is

Your Will that today I do not meditate, if You have something else for me to do, if You want to give me an experience of suffering, then this is best for me. I do not know what is best for me. What is best for me only You know."

Caller: I have intellectual pursuits, but I do believe in a very, very deep spiritual life and I have become much more of what I would call a human being. But the more you become that, the more you are eaten, as you said before, by the sharks, by the life around you. What is to be done?

Steve Powers: That's a very important question in our society. This woman feels that the more she allows herself to become sensitive, the more pain she feels and the more vulnerable she is to the sharks who seem to be constantly circling her.

Sri Chinmoy: I sympathise with her, I sympathise with you. But I wish to say that sometimes we see a dark tunnel before we see sunlight. Before dawn, the hour is the darkest. Right now we are experiencing the world as a harsh reality. The world is torturing us. We are trying to be good, kind, sympathetic, spiritual in every possible way, but in return we are being tortured by humanity. But we have to continue in our faith that God is all Power and that He is going to have a perfect creation. If we have faith in our own gradual perfection, then we will have the same kind of feeling about others. If I right now look at myself and see what I am as compared to what I was ten years

ago, I definitely notice an improvement. Ten years ago I was not, let us say, as divine as I am now. Ten years ago I was also, let us say, undivine. But I cried and I tried and my Lord was pleased with me, so He has granted me some Light, some Peace, some divine qualities. That's why today I have become a better human being. So if I can make progress, I feel that others can also make the same progress. Today they are undivine, but tomorrow, like me, they can become divine. Not what one is right now but what one will eventually become is what is most important. So these people who are now a threat to us need not and cannot remain a threat all the time because it is God's Will that we make progress.

Steve Powers: The American public has been inundated with one form of alleged Guru after another, and I was wondering about your general reaction to that? Does it disturb you? Do you think that it is a force of good? What's your feeling on that?

Sri Chinmoy: I sympathise with the seekers who have been suffering from false Gurus and I am extremely happy to see seekers who have got sincere Gurus.

Steve Powers: They are tough to find. You know, they are not exactly certified by the state.

Sri Chinmoy: It is a matter of sincere inner cry. One Guru may deceive you and another Guru may deceive you, but the third Guru will satisfy you. As

long as I have an inner cry, a constant inner cry, I will definitely find the right Guru. There are good coins and there are counterfeit coins. Just because we see false coins, we don't say that there can be no real coins. But the only thing is, we have to search; we have to look for the right coins, for the right teacher.

Caller: If God is all-loving, why does He permit suffering?

Sri Chinmoy: 'Suffering' is a term we see in the dictionary. When we suffer, we feel tremendous pain inside us; there is no joy inside us. But I wish to say that suffering is a state of consciousness. When we practise spirituality and Yoga, we feel that this suffering is nothing but an experience. And when we dive deep within, we feel it is not we who are having this experience of suffering, it is God Himself. He is the Creator, He is the creation, He is the Doer, He is the action itself. So the more we identify ourselves with the Source, the more we feel that what we call suffering is not suffering at all. It is an experience that God Himself is having in and through us for the fulfilment of His infinite Vision. I call it suffering, you call it suffering, but God does not call it suffering. He calls it an experience. It is a state of His own infinite Consciousness.

Steve Powers: Nonetheless, the person who is suffering, in the common sense of the word, is in pain.

Sri Chinmoy: He is in pain because he has identified with the earth-reality. But if he identifies with **God**, then the suffering itself will be turned into delight.

Steve Powers: If I drop a hammer on your foot, will you feel suffering or will you feel delight?

Sri Chinmoy: If I remain in an ordinary consciousness, let us say, in a very ordinary human consciousness, then I will feel it as suffering. But if I am in a divine consciousness, then either I will **take it as delight** or I will take it as an experience of God in and through me.

At the age of eight or nine I had a serious operation. I told the doctor I would like to watch the operation. The doctor said it was a serious operation but I said, "No!" Right before the operation I put a very concentrated force on it, and during the operation itself I was smiling at the doctor. The doctor was horrified. On the strength of our concentrative power, we can transform suffering into delight itself if it is God's Will. And again, if we want to **experience the suffering** and take it as an experience, we can do this. But if we do not transform suffering into delight, and if we don't take it as an experience of God in and through us, then it will hurt us deeply.

Steve Powers: That's hard to do, especially if you're getting up in the morning and you roll out of bed and stub your toe. It's rough to be spiritual at that hour; nonetheless, it's probably obtainable.

Caller: I recently made a decision to change my life-style and let my family and friends know I was living a spiritual life. Instantly I was besieged with a barrage of complaints and criticisms.

Steve Powers: What you are talking about is the reaction of the people around you to your spirituality. I think that when people try to live a more spiritual life, there is a negative reaction from the people around them, who say such things as, "What, are you out of your mind?"

Sri Chinmoy: It is a matter of choice. If I really want God and if I really feel that my goal is situated to the north, then I shall walk to the north, no matter what others say. Others have not given me satisfaction, but now I feel that there is something or someone else that will be able to give me satisfaction. Those who are criticising you in no way have given you satisfaction. Now you are looking for satisfaction deep within by praying and meditating. If they criticise you, if they ridicule you, you must not pay any attention to them. In this world there will always be people to criticise us, and again, there will be people to sympathise with us and inspire us. So the best thing is to know what you want. If you want satisfaction, then you walk along the road of prayer and meditation.

Caller: My mother passed away when I was a young girl, and I keep having these dreams about her. I once felt very religious, but I have strayed quite a bit and am doing things that I shouldn't

do. I want to go back to the life I had because we were a very religious family, and listening to this programme this morning, I was wondering if you could tell me how to get on the right path. I started to lose a lot of weight. I dream constantly about my mother, but when I wake up I can't remember anything.

Steve Powers: Does this mean anything to you in a spiritual sense?

Sri Chinmoy: Forgive me to say, it does not mean much. Only she has to go to some teacher who can help her lose weight and lead a life of discipline. What she badly needs is a life of discipline.

Steve Powers: Since you mentioned that, why does it seem that the things we enjoy so much don't lead us along the path of righteousness? It seems as though we acquire an awful lot of bad habits which are sort of tasty to us along the way, and then we have to unlearn those habits. Why don't they lay some good things on us that are easy?

Sri Chinmoy: Right now, as human beings we like to wallow in the pleasures of ignorance. Always we like to walk along the road that is familiar to us, but we forget that this road can be full of thorns. Because this is what we have been doing for a long time, we feel that this is the easiest thing to do on earth. Anything that we have been doing for a long time is easy for us. But a day will come when we will begin to pray and meditate. If we practise prayer and meditation, one day it will become very natural, spontaneous and easy. Then we will feel that prayer and meditation are the easiest thing.

MUSIC

At a Classical Music Concert which the U.N. Meditation Group sponsored at the United Nations on Wednesday, 25 February 1976, the following inspirational quotations on music were read out during the programme:

After silence, that which comes nearest to expressing the inexpressible is music.

Aldous Huxley

The aim and final reason of music should be none else but the glory of God.

J.S. Bach

The manifestation of the Infinite in the finite forms of creation, is music itself. Music is the purest form of art and therefore, the most direct expression of beauty.

Rabindranth Tagore

Music is the language of the soul. It is through music that the Divine in us gets the opportunity to manifest itself here on earth.

Sri Chinmoy

There is no loftier mission than to approach the Divinity as near as possible, and to disseminate the divine rays among mankind.

Beethoven

Music must serve a purpose; it must be a part of something larger than itself, a part of humanity.

Casals

"MEDITATIONS FOR THE WEEK"

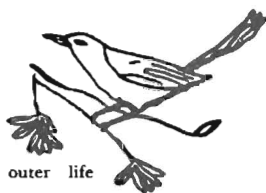
The following "Meditations for the Week" were offered to all who attended the regular weekly meetings of the Meditation Group.



Yesterday I discovered kindness in myself. Today I see how beautiful and soulful I am.

Yesterday I discovered kindness in humanity. Today I see how meaningful and fruitful humanity is.

— U.N. Meditation Group
23-29 April



Through experiments the outer life advances.

Through experiences the inner life discovers.

U.N. Meditation Group
26 March - 1 April



O Time, you go your own way, My God
shall remain my Eternal Now.

— U. N. Meditation Group
16-22 April



We shall never find any replacement for
God's Compassion.
We shall never find anything to equal
our conscious surrender to God's loving
Care.

— U. N. Meditation Group
9-15 April



First call Him your Lord, Then only can
you have union with God

U. N. Meditation Group
2-8 April

*Line drawings are reproduced with the kind permission of 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.

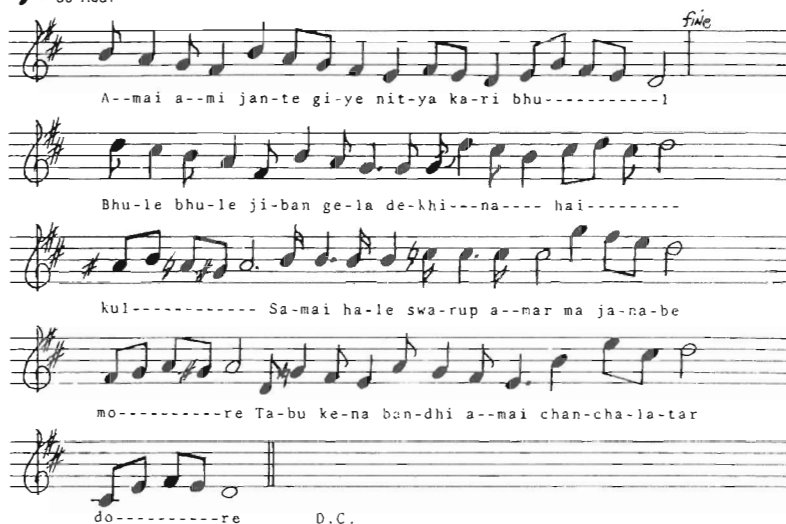
AMAI AMI JANTE GIYE

*Amai ami jante giye nitya kari bhul
Bhule bhule jiban gela dekhina hai kul
Samai hale swarup amar ma janabe more
Tabu kena bandhi amai chanchalatar dore*

I commit constant mistakes while looking for
myself, my true form.
One mistake after another; my entire life
is full of mistakes.
Alas, I do not see the shore, the Golden Shore.
Yet I know when the hour strikes
My Mother will show me my true form.
Alas, why do I bind myself, then, with the cord
of wild restlessness?

AMAI AMI JANTE GIYE

♩ = 80 Mod.



 A--mai a--mi jan-te gi-ye nit-ya ka-ri bhu-----1 *fine*

 Bhu-le bhu-le ji-ban ge-la de-khi---na---- hai-----

 kul----- Sa-mai ha-le swa-rup a--mar ma ja-na-be

 mo-----re Ta-bu ke-na ban-dhi a--mai chan-cha-la-tar

 do-----re D.C.



SCHEDULE FOR MAY 1976

Regular Weekly Schedule

Tuesdays, 12-1 p.m.

May 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.

May 7, 14, 21, 28

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

Other activities, in addition to the regular weekly meetings, will be scheduled during the month and announced on Secretariat bulletin boards.

APRIL ACTIVITIES

In addition to its regular Tuesday and Friday meetings, the Meditation group sponsored the following activities:

*The United Nations Meditation Group
invites you to a special programme in
tribute to the noble work of the
World Health Organization:*

World Health Day Programme

Featuring a film showing of

"Man Alive"

An interesting and informative documentary illustrating the many roles WHO plays in the world-wide fight against disease.

THURSDAY, 8 APRIL 1976

1.30 2.30 p.m.

Dag Hammarskjöld Auditorium

All are welcome

Admission free

Light refreshments will be served



Easter Bake Sale!

Bunny Cakes

Easter Cupcakes

Easter Cookies

Special Easter Treats

Pastries

Cheesecake

Pies



Friday 16 April
12:15 P.M.
South Lobby—Secretariat
(Lounge Area)

BRING HOME SPECIAL EASTER TREATS
FOR YOUR FAMILY AND FRIENDS!

Sponsored by the United Nations Meditation Group

*The United Nations Meditation Group
invites you to participate in*

"SILENCE and SOUND"

An Interreligious Observance
of the
World Day of Prayer

*Buddhism
Christianity
Islam*



*Jainism
Judaism
Sufism*

Prayers for Peace and Progress will be offered by representatives of many of the world's religions. Short musical interludes with violin, flute and cello will follow each prayer.

Participants will include.

Dr. Hosny Gaber - *Director, Islamic Center of New York*
Rabbi Marc H. Tanenbaum - *National Director, Interreligious Affairs,
The American Jewish Committee*
Pir Vilayat Khan - *Head of the Sufi Order in the West*
Sri Chinmoy - *Director, United Nations Meditation Group*

MONDAY 5 APRIL, 1976
1 P.M.

Admission free

Dag Hammarskjöld Auditorium

All are welcome

Co-sponsored by the International Co-operation for Peace Committee

(45)

THE UNITED NATIONS MEDITATION GROUP
PRESENTS

*The third talk of the Dag Hammarskjöld
Lecture Series of 1976*

"The Dream of the United Nations"

by
SRI CHINMOY

Friday, 2 April 1976
1:00 p.m.
Dag Hammarskjöld Auditorium

Admission free

All are welcome



The
Dag Hammarskjöld Lectures
for
1976



April — *The World Mind*
May — *The World Heart*
June — *The World Soul*
July — *Earth's Perfection—
Aspiration-Cry*

August — *Competition or
Competence*
September — *The United Nations
— The Beckoning Hands of the
Fulfilling Beyond*

October — *The Ideal and the Real*
November — *The Path-finder and
the Goal-possessor*
December — *The United Nations:
Humanity's Cry, Divinity's Smile*

GUATEMALAN RELIEF FUND

The U.N. Meditation Group recently donated \$120 to the Guatemalan Relief Fund from the proceeds of a bake sale held at the United Nations on 13 February 1976. Following is the letter received in response to this donation:

UNITED NATIONS  NATIONS UNIES

OFFICE ADDRESS - UNITED NATIONS SECRETARIAT, NEW YORK
LOCAL ADDRESS - UNITED NATIONS SECRETARIAT, NEW YORK

REFERENCE

18 March 1976

Mr. Sri Chinmoy
Spiritual Director
United Nations Meditation Group

Dear Mr. Chinmoy,

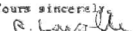
On behalf of the United Nations Secretariat Relief Committee for Guatemala, I wish to express to you and to the other members of the United Nations Meditation Group my heart-felt gratitude for the Group's most generous response to the Secretariat appeal for funds for the victims of the disastrous earthquake that has struck Guatemala.

The cheque in the amount of \$120.00, which embodied the Meditation Group's contribution and came to me with your letter of 19 February last, was immediately deposited in the savings account opened on behalf of the Relief Committee.

The Meditation Group's contribution was included in the amount of \$1,450.00 that on 4 March 1976 was transferred by the Secretary-General of the United Nations to the United Nations Disaster Relief Co-ordinator in order that these monies be used by the United Nations to help the victims of the disaster.

Information as to the specific way in which the funds are to be used will appear in the next number of the Secretariat News.

There still remains in the account an amount of \$412.00 that, together with accrued interest, will be handed over to the Co-ordinator at the end of this month.

Yours sincerely,

Roberto Lavalle
Treasurer, United
Nations Secretariat
Relief Committee for
Guatemala

UNICEF BENEFIT: VEGETARIAN LUNCHEON

On Wednesday, 10 March 1976, the U.N. Meditation Group sponsored a benefit vegetarian luncheon for UNICEF. The profits, \$322.50, were given to UNICEF, and the following letter was received in reply:

TELEPHONE PLAZA 4-1284



CABLE ADDRESS UNICEF

UNICEF

UNITED NATIONS CHILDREN'S FUND • FONDS DES NATIONS UNIES POUR L'ENFANCE
UNITED NATIONS, NEW YORK

29 March 1976

Dear Mrs. Addison,

Thank you very much for the cheque in the amount of \$322.50 which you sent us with your letter of 26 March.

It is a pleasure to learn that the event which the Meditation Group sponsored for the benefit of UNICEF was successful. Apart from saying how grateful we are to those concerned who made arrangements for the luncheon, we should also like to convey our appreciation to all guests for their participation which resulted in the generous support of our work.

With best wishes for your future endeavours, I am,

Sincerely yours,


Henry R. Labouisse
Executive Director

Mrs. Elizabeth Addison
Secretary
U.N. Meditation Group
Room 3401
United Nations
New York, N.Y. 10017