

# 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

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.

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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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## SIXTH ANNIVERSARY OF THE UNITED NATIONS MEDITATION GROUP

*On 14 April 1976 the United Nations Meditation Group celebrated its sixth anniversary of service to the United Nations community in a ceremony held in the Chapel of the Church Center for the United Nations. The programme included members of the Group performing six songs composed by Sri Chinmoy and dedicated to the United Nations; the reading of the Group's credo in several languages; meditation and classical music. Tributes were paid to Sri Chinmoy, who was invited to be Director of the Meditation Group when it was founded in 1970, and also to the musicians who often play for the Group's programmes. The tributes follow:*

*Mr. Donald Keys: Sri Chinmoy, our lord and teacher, today marks another year, another year in which our gratitude and thankfulness could deepen. Another year in which our understanding could grow. Another year in which we could wonder at you, at your presence among us, and at the significance of your mission here. For us, it is most meaningful that you have blessed our lives with your presence and your unfailing assistance in every way. And yet we know that your presence here far transcends the attention which you have showered upon us in the Meditation Group at the U.N. We know your ministry embraces the soul of the U.N.*

as it aspires more perfectly to serve humanity in its upward striving. We know that it is to provide a direct route for the almighty Supreme to reach humanity directly, through the focus of the world family, that you are here among us.

If we may in a small and growing way help you in that mission we are more than fulfilled. We are deeply grateful, for it is with a sense of awe and ever-increasing love that we enshrine you in our heart this day and all days to come.

\* \* \*

*Mr. John Ofosu-Benefo:* Tributes have already been paid to you for what you have done for the members of the United Nations Meditation Group and the aspiring world. I would just like to add a few words. Those who have been in touch with you physically, mentally and spiritually have become new beings, and for that we are very grateful to you.

\* \* \*

*Mr. Ken Peck:* The Meditation Group is deeply indebted to all those musicians who throughout the year have used their own precious time to come to the United Nations and enhance our programmes in this unique way. At this time Sri Chinmoy would like to present them with a small token of our gratitude.

\* \* \*

*Sri Chinmoy*: I wish to offer to each member of the Meditation Group a blessing. From today on we, as members of the Meditation Group and as members of the United Nations staff, shall serve the world body and soul with our heart's soulful gratitude. At times, people who are serving the United Nations are assailed with fear, insecurity, worry, doubt and other undivine qualities. But from today on we shall use our best quality; we shall use our soulful gratitude. We shall offer our soulful gratitude to the soul and body of the United Nations every day, every hour, every minute, every second. To serve the United Nations is to serve God's Oneness-Vision, God's ever-transcending, ever-fulfilling Vision of the ever-transcending Reality.

\* \* \*

## QUESTIONS AND ANSWERS ON THE SPIRITUAL ROLE OF THE UNITED NATIONS

*During a meeting of the United Nations Meditation Group held on 16 April 1976 in Room 550, Sri Chinmoy answered questions on the role of the Meditation Group and the spiritual role of the United Nations.*

*Mr. Blaise Scavullo:* Should we advertise in our offices that we belong to the U.N. Meditation Group?

*Sri Chinmoy:* No, we should not advertise, but we should not be timid either. Only we should try to inspire people. If someone is kind, sympathetic, thinking of leading a better life, a higher life, we can speak to that person. But we don't have to advertise or 'missionize'. That would make it something commercial, and people will misunderstand us. They will think we are trying to convert them. We shall not do that. Only we shall try to inspire people with our own spiritual light.

Let them see something in us. If they see something in us, which is joy and peace of mind, then they will ask where we got it. Then we can tell them that we go to a place to pray and meditate

and if they are interested, they can come. But we should not go around advertising our views everywhere at the United Nations. That is the wrong approach.

*Mr. Donald Keys:* How can our own spiritual efforts within the Meditation Group assist the work that you are performing in serving the soul of the U.N. and the family of nations?

*Sri Chinmoy:* Each member of the Meditation Group must feel that his service is of paramount importance. Service can be of different types. Somebody may be able to come regularly to the meditations and somebody else may not be able to come to the meditations regularly because of the heavy pressure of his work, or because he cannot get a lunch break at the right time, or for some other reason. But if an individual comes to the meditation room, he should offer his prayers not only for his own soul but also on behalf of the ones who could not come to the meditation.

All the members of the Meditation Group must establish a soulful oneness. It is like a tree that is offering flowers. Each flower is of supreme importance. The Meditation Group is the tree; each individual is a flower, a flower of dedication. The seeker has aspired. That is why he has become a real flower. But now this flower has to dedicate itself. At every moment each member of the Medi-

tation Group has to feel that the purpose of his life is dedication—dedication not only to one particular nation but to all nations.

We pray and meditate in this room. A few hundred members of the United Nations know about us, but most of them do not care for what we are doing. But still we have to care for them. We have to play the role of the mother. Very often children do not care for their mother. They take the mother for granted, knowing she will do everything for them, even if they do not do anything for her. In the inner world, I see that there are many, many who do not participate in our group or come to our meetings but who get a kind of inner strength unconsciously from us. **The child won't come to the mother, won't listen to the mother, but he feels that if he has some need, the mother will be the first person to protect him and help him.** Here also, those who do not come still feel our soulful assistance. When they dive deep within even for a few minutes, their inner beings tell them that there is a Meditation Group that prays and meditates for the U.N.

**What we do for the United Nations as members of the United Nations Meditation Group or as members of a spiritual community—any community—is recorded in the soul of the United Nations.** A day will come when we will be recognised as a true asset to the body and soul of the United Nations. And something more. Now we do

not have even a proper place to meet in; from here to there we move. But one day there will be a permanent place at the United Nations for our Meditation Group. Now it is in its infancy, but a day will come when it will grow into a mature young man. It will shoulder inwardly and silently much spiritual responsibility. The politicians won't believe it; their minds won't believe it. But their souls will believe it, and their souls will make them believe it in their hearts' inmost sincerity. There will be many, many problems that will arise and there will be no outer way to solve these problems; but they will be solved. The human mind will say it was a stroke of fate that has solved the problem. But the heart will say, no, it was because there are some sincere seekers who are crying for world harmony and world peace. It is the accumulated prayer and meditation that we do regularly at home and, especially, twice a week here at the United Nations, that will solve these problems. So our prayer and meditation will be recorded in the gratitude-heart of all the U.N. members who really want a world of harmony and a world of peace.

Now, we are acting like farmers. A farmer cultivates the field, then he sows the seeds, and then he waters it. But all of a sudden, in the twinkling of an eye, the seed will not germinate. It takes time. We are all playing the role of farmers. In the depths of our hearts we have found fertile soil, and we have cultivated it. We have sown the seeds of

peace, light and harmony. In the course of time, at God's Choice Hour, those seeds will germinate. And when they grow into strong and healthy plants, the world will see them. Then a day will come when the plants will grow into trees, and the world will have more faith, abundant faith in our soulful attempt to establish world peace, world harmony and world oneness in an inner way. Finally, these little seeds of peace, light and harmony will grow into huge banyan trees. At that time, in number we may have two hundred or three hundred members or more, and the strength of our prayer, the strength of our sincere effort, will be acknowledged as the backbone, the supporting pillar of world peace. Something more, the world will feel that it is our prayer-dynamo, our meditation-dynamo, which is the source of world peace in the U.N. It will take time, but our Meditation Group is destined to play that sublime role. Everyone who is praying and meditating here is indispensable to bring about this transformation, illumination and perfection. We have all been given the golden opportunity by the Absolute Supreme to bring about this world harmony.

*Ms. Teri Schiffel:* People at the United Nations, in our offices, think of the Meditation Group as a family. Is that a helpful attitude?

*Sri Chinmoy:* Here at the United Nations we are trying to have a world family. If we can have a feeling of family, even with forty or fifty members, that is a great achievement. We do not have any dogmatic attitude. We do not say that if you do not accept our Meditation Group, then you will not be able to go to Heaven, or if you do not accept our Meditation Group, then there will be no perfection in your life. That we will never say. Only we pray and meditate and try to offer our dedicated service. Our family is not a religion; our family is only a conscious dedication to the Supreme in each individual. On the strength of our prayer and dedication we have formed a small family. We are not preaching or advocating any specific religion. But if others feel that we have a sweet, harmonious family, and that this family is not standing in their way at all, then they can also join us if they wish. Today our family is small, but tomorrow our family will become big, very big. This will happen not because we have converted people, but because we have inspired people to lead a better life, a more illumining and fulfilling life.

*Mrs. Linda Serlin:* How can I make the staff members of the United Nations feel that the Meditation Group is available to them?

*Sri Chinmoy*: You have friends, you have colleagues; you can speak to them. If once in a while you share with them your views on life, they will have no objection. If your colleagues don't accept your ideas, you need not discuss them anymore. You can also give them some of our writings, and tell them about our various activities. You have every right to give some material to your friends, but not when you are supposed to be working. During office hours you are serving the U.N. and getting a salary, so you should not talk to your friends when you have work to do. But during lunch or after office hours you can do whatever you want. Another thing you can do is to inspire your colleagues by the way you act, and by your service and dedication.

You can be like a mother with her child. The mother knows that something is good for the child, so she gives it to him. But the child may say, "No, I don't like it," and reject it. Then what can the mother do? Here at the United Nations, the Meditation Group is like a mother. All her children, the workers at the United Nations, may not know that there is something that is good for them. But the mother will try to show them. She will offer them kindness, oneness, sympathy, peace, joy, light, satisfaction. So you give to your colleagues your peace, your joy and your concern for light and universal harmony. If they reject it, that means that their hour has not come. Then you can approach some other people.

It is your business to give, but not to say that what you give is the only thing worthwhile in God's creation, or that the Meditation Group is the only salvation. You can say, "We have something to offer. Do you care for it? If you care for it, we are more than willing to share it with you. If you don't care for it, then I am sorry." This should be your attitude.

*Question:* Is it possible that the United Nations will one day be a nucleus of worldwide spirituality?

*Sri Chinmoy:* That is not only a possibility. It is more than a possibility; it is an inevitability! The United Nations does not need to be in this building. This building need not be here at all. But the symbol, the truth, the light that the United Nations embodies is bound to cover the length and breadth of the world. The United Nations that we are seeing—the body and form—may not last. But the reality that is behind the United Nations, the dreams that each dedicated individual member has—not in his mind but in his soul—have to fulfil themselves. It may take fifty, two hundred, or four hundred years, but the dreams must eventually be fulfilled even if the outer form, the structure, does not remain the same. But the essential thing is the soul's full blossoming into perfection, the expansion of 'United Nations' into 'Oneness-World'.

Previously there was the League of Nations, the dream of Woodrow Wilson. Now we see the United Nations. A few things are changed and modified and for the better. The League of Nations was Woodrow Wilson's dream. It no longer exists. Instead, it has blossomed into another dream, a greater dream. The United Nations is also a dream. And this dream will eventually take a better and more fulfilling form also. At that time it will be Oneness-World.

A League of Nations is like a cluster of flowers. A United Nations arranges the flowers harmoniously. When we have a Oneness-World, at that time we will not see several individual flowers; we will see all as one whole. That also will take place.

This outer form may not last, but there will always be another way of approaching the reality. And that reality is bound to dawn. It will dawn and we will have Oneness-World. This is God's Dream, God's Vision of Perfection. The Kingdom of Heaven that we talk about, that we have heard about, is Oneness-World, nothing else. Oneness-World must dawn. And even Oneness-World is not the ultimate thing in God's Vision. In God's Vision, oneness need not and cannot be total perfection. In oneness there should be constant aspiration to transcend. There are twenty members of a family and they have become one. But if there is no aspiration to grow higher, to grow deeper, to grow better, then that is not perfection. Even when one-

ness is established, we can't say that that is the end of the game. No, inside oneness there should be a continuous aspiration to go beyond, beyond, beyond. God's Vision is always a Self-transcending Reality, so after oneness we still have the message of continuous transcendence, which is real perfection.

So, first there was the League of Nations. Now we see the United Nations. From the United Nations we shall see the Oneness-World, and inside the Oneness-World we shall see the song of self-transcendence, world-transcendence, universal transcendence. And inside that transcendence we shall see perfection, which is satisfaction.

*Question:* What should be the attitude of those who work at the United Nations?

*Sri Chinmoy:* Each individual connected with the United Nations in any capacity must be worthy of the word 'united'. At the United Nations we are trying to unite all the nations, to establish world peace and world harmony. If we can serve the United Nations, consciously knowing at every moment the meaning of the role of the United Nations—unity—we will succeed.

Some of the members of the United Nations Meditation Group are conscious of this, but in spite of being conscious they are not taking it seriously, while others are not even conscious of it. They feel

that they happen to work here just as they might happen to be at any other job. But each member of the United Nations Meditation Group must feel that his job is a golden opportunity to serve the Vision of God's Oneness.

The United Nations is the song of oneness, and the song of oneness we are going to sing. We are going to sing it just because somebody has inspired us. Who has inspired us? The Absolute Supreme. Therefore, we have to be grateful to Him. If we are grateful to Him, then we will be able to sing our song. We will have a more soulful voice, and in our voice, in our action—which is dedicated service—there will be more spirituality, divinity and feeling of oneness.

If we want to serve anyone or anything in the best way possible, the best thing is to discover gratitude in our life. We are grateful because we are given the chance. God could have given the golden opportunity to somebody else, but He gave it to us. There should be no fear, no doubt, no anxiety, no worry—only gratitude. People who serve the United Nations in any capacity should feel some sense of gratitude inside their hearts. Here they are given the opportunity of serving humanity. There are many places where people are not even given that opportunity, but here at the United Nations they are.

The workers at the United Nations may quarrel, fight and do many undivine things, but they have

a goal. There are many places on earth where there is no such thing as a goal. Here we know there is a goal. We may not walk along the right road to reach the goal, but we know about the goal, and one day perhaps we will feel miserable that we just talk about the goal but we don't do anything to reach it. So when talking will no longer satisfy us, then we shall try to be really sincere. When we become sincere, we feel that there is something to intensify our sincerity, to illumine our sincerity, to fulfil our sincerity, and that thing is gratitude. Gratitude is self-expansion, gratitude is God-expansion within us. Once we offer an iota of gratitude to the Supreme in us, to the Inner Pilot within us, our heart is immediately expanded. There is no better way to expand our heart than to offer gratitude.

\* \* \* \* \*

## THE BUDDHA

*On Wednesday, 21 April 1976, Sri Chinmoy delivered the third lecture in the 1976 Dag Hammarskjöld Lecture Series at the United Nations.*

*Buddham saranam gacchami  
Dhammam saranam gacchami  
Sangham saranam gacchami*

When I go to the Buddha for refuge,  
he blesses me.

When I go to the Inner Law for refuge,  
he illumines me.

When I go to the Order for refuge,  
he utilises me.

Siddhartha did. He flew from his household life into the state of homelessness. The Supreme did. He placed the Buddha in the adoring heart of humanity, in the lap of universal Love. Temptation Siddhartha saw and shunned; austerity he felt and lived; the Middle Path he realised and offered. The Omnipotent did two things through Siddhartha. He revealed the ideal of perfection in a human being. He revealed His Enlightenment and Compassion in a divine being. The Buddha cast aside caste. The fallen learned from him the value of

self-respect. The unbending learned from him the necessity of humility.

Nirvana is a miraculous power. Negatively, it pleases the souls who want extinction. Positively, it pleases the souls who long for the ultimate and transcendental Bliss. The Buddha stood not against the Hindu religion. He stood against the perversions and corruptions of Hinduism. He was never ashamed of the Hindu religion, but he was utterly ashamed of some of its ways and methods.

The Buddha had Divinity in its fullest measure. With His Heart, the Unfathomable came to the Buddha; with His Mind, the Unknowable came to the Buddha; with His Bliss, the Transcendental came to the Buddha. Hinduism is the tree; Buddhism is its largest branch. The son discovered that his mother was not perfect, so he decided to live alone.

Buddhism gave birth to two schools of thought: *Hinayana* and *Mahayana*. *Hinayana* depends on self-reliance. *Mahayana* depends on Grace. *Hinayana* longs for individual salvation. *Mayahana* longs for collective salvation. *Hinayana* feels that the monks alone are entitled to pray for the ultimate Truth. *Mahayana* feels that not only monks but also laymen are entitled to pray for the ultimate Truth.

Meditation gives enlightenment, feels a Hina-yanist. Meditation, prayer and invocation—all these give enlightenment, feels a Mahayanist. A

Hinayanist sits at the feet of Buddha's teachings, following the advice that one must work out one's own salvation. A Mahayanist sits at the feet of Buddha's earthly personality, following the advice that one should not cross the Gate of Transcendental Bliss until each and every soul has been liberated.

True, Buddhism is no longer alive in the land of its birth, but Mother India is abundantly proud of her spiritual prince, and she ever cherishes her world-illuminating teacher. Her fondest feeling is: My Buddha is a rebel child. My Buddha is a great contributor. My Buddha is a great reformer.

\* \* \*

*The day of the Dag Hammarskjöld lecture on the Buddha, 21 April, the United Nations Meditation Group had originally been scheduled to present excerpts from Sri Chinmoy's play, Siddhartha Becomes the Buddha. The play was cancelled, however, at the demand of the Buddhist Society. These are Sri Chinmoy's comments on the incident.*

Today we were supposed to present a play about the Buddha, but unfortunately, we were not allowed to do so by the Buddhist Society. The Buddhist Society has strictly forbidden us from performing. This is quite deplorable. I happen to be a Hindu. The Buddha was also a Hindu. I have had the occasion to watch plays about the Buddha not only in private performances, but also in public at least seven or eight times. But here, the Society prevents us from performing.

About four years ago, Secretary-General U Thant was invited by me to be guest of honour at a performance of *Siddhartha Becomes the Buddha*, which I had just written. He was extremely pleased, and he gave a talk on the Lord Buddha, about his Compassion and his message of Liberation. If there had been anything wrong in performing the Buddha play, he would have been the first person to prevent us from doing so. I don't think that any so-called advocates of the Lord Buddha are more sincere, more genuine than our late Secretary-General U Thant.

After the performance, U Thant went up to the young man who had performed the role of the Lord Buddha to congratulate him. He was so pleased with the entire performance. I was sitting beside him, and I remember that on his own, he went up to the stage to congratulate all the players, especially the one who performed the role of the Buddha. Had there been anything wrong, any strict worldwide religious code we were breaking, he would have been the first person to prevent us from performing. He would never have accepted our invitation, not to speak of being generous enough to preside over the function.

But we do not want any conflicts, so we have acceded to the request of the Buddhist Society. It is not even a request. They have sent us a threatening letter.

The Buddha's message was liberation from ignorance, from limitations, from bondage, from death. Limitation exists in our human mind: "You can do this. You can't do that. This is allowed. This is not allowed." When we want to hear the message of liberation, we have to go totally out of the bondage of the mind. It is the mind that says, "You can do this. You cannot do that." When we live in the heart, in the soul, we hear the song of liberation: "The way you want to see and feel the Truth is the best way for you. The way I want to see and feel the Truth is best for me." There can be no hard and fast rules. If I don't like a thing, I shall not do it. But I cannot say that you are totally wrong if you do it.

There was another spiritual Master, Sri Ramakrishna, who used to say that each individual had perfect liberty so long as he had boundless faith in what he said and did and also in what his Master said and did. Sri Ramakrishna had faith in all religions, in all religious leaders. We, too, do not condemn any spiritual Master. On the contrary, we accept them, we admire them, we devote ourselves to their teachings according to the limited capacity that we have.

I know there are quite a few seekers here who have come to watch the play about the Buddha, but you are forbidden. I feel extremely sorry that you have come here and we have not been able to keep our promise. This is quite deplorable.

*Sri Chinmoy then asked one of the members of the United Nations Meditation Group to read out the letter from the Buddhist Society. The letter follows.*

The President  
The United Nations Meditation Group  
Room 3401

19 April 1976

Dear Sir,

We have read the notice regarding your celebration of the Birthday of the Buddha on the 21st of this month. While appreciating your well inten-

tioned sentiments we hasten to inform you that we have also heard that you intend to have extracts from a play entitled *Siddhartha Becomes the Buddha*.

Would you be kind enough to enlighten us immediately as to whether any individual is taking the part of the Buddha?

If so, in the name of all Buddhists we have to firmly request you to stop both the play and the film. As you are probably aware even very big films have been banned (or never done) if the Buddha's part was being played by a person, because of the very strong objection of great Buddhist organizations such as The World Fellowship of Buddhists, and of the Buddhist countries.

We at the United Nations have to be extra careful not to hurt the sentiments of so large a population as the Buddhists, bearing in mind that there are many here from Buddhist lands, and therefore we would request you to put a stop to this representation of the Buddha before it is too late.

If necessary we may have to send a copy of this letter to the Staff Council.

With Metta (Compassion)

Secretary  
The Pali Buddhist Circle  
Room: 947, ext. 3714

*Sri Chinmoy*: I wish to say that U Thant, a great lover of the Buddha, a genuine follower of the Buddha, could not have accepted this letter. But this hall is a sacred place. Here we give talks on spirituality and oneness, so here we shall not enter into any conflict. We feel that our inner prayer, which we have offered to the Lord Buddha, and whatever we have discussed will one day illumine those who feel that the Buddha play will diminish Buddha's world glory.

*Following is a copy of the reply sent by the United Nations Meditation Group to the Buddhist Society.*

#### The Pali Buddhist Circle

May the Lord Buddha's soul forgive your unpardonable ignorance. The Buddha, who has a heart larger than the universe itself, will always appreciate deeply and shower his enlightening blessings on those who admire and adore him unreservedly and celebrate his unparalleled blessingful life on earth, according to their human understanding and limited capacity. It is a deplorable experience that the followers, the professed followers, of the Lord Buddha, the enlightened One, are offering to the world at large by narrowing unthinkably and, at the same time,

fruitlessly the unlimited all-loving, all-illuminating and all-fulfilling Vision of the Light of Asia and the Sun of the entire world.

We shall undoubtedly abide by your request and, at the same time, feel extremely sad that the devoted devotees of the Lord Buddha are unconsciously, if not consciously, binding and eclipsing the all-fulfilling universal vision of the Lord Buddha, whose supreme vision-mission was liberation from the abysmal night of age-long binding and blinding ignorance. We place your powerful and threatening letter in the Supreme Court of the Enlightened One, the Buddha, the Absolute-For-giveness-Reality.

Yours sincerely,  
The Members of the U.N. Meditation Group

P.S. Had the late Secretary-General U Thant been alive, he would have buried his head in utter shame if he had come across your letter, which unmistakably tops all absurd letters the world has ever seen and read.

## EVENING AT THE JHARNA-KALA GALLERY

*On 30 April 1976, the United Nations Meditation Group welcomed members of the United Nations community to a special showing of Sri Chinmoy's art at the Jharna-Kala Gallery in New York's Soho art district. The evening included classical music and dinner. John Ofosu-Benefo opened the programme with the following presentation to Sri Chinmoy:*

Esteemed and beloved Sri Chinmoy,

This evening, to commemorate the sixth anniversary of your most generous and devoted services to the great world body, the United Nations, we, the members of the United Nations Meditation Group, wish to offer you our heartfelt gratitude for the countless times you have welcomed us through meditation into the pure and vast realm of the soul's peace; for the inspiring and illumining talks you have delivered on the significant role of the United Nations in the world's evolution; for the many hundreds of questions about our personal and professional aspirations which you have answered from the innermost depth of your spiritual wisdom; and for your patient, loving and unerring inspiration to us in our efforts to serve the United Nations in our respective roles.

As a token of our love and gratitude, we offer to you the framed banner of the United Nations Meditation Group bearing the soulful motto you have written to express our powerful faith in the ever-increasing inner and outer capacity of our United Nations to welcome, nourish, sustain and unite the peoples of the world through the heart's loving and ever-transcending feeling of oneness.

—*Mr. John Ofosu-Benefo*

*Sri Chinmoy:* Dear John, members of the United Nations Meditation Group, this evening you are honouring the seeker in me. I am not a teacher; I am just a seeker and I shall always remain a seeker. Now here in the United Nations Meditation Group we are all seekers; we meditate on God, we pray to God to grant us out of His infinite Bounty peace in the outer world and peace in the inner world. I wanted to give a talk in response to the most inspiring offering that you have rendered to the Supreme in me. The singers have sung with their soul's aspiration and delight; the singers have conveyed my feelings about the United Nations infinitely better than I could have ever imagined. Therefore, I wish to offer to each seeker here something else which I consider to be the best in me, and that thing is my prayerful meditation. Just

before I offer my prayerful meditation, I wish to say just a few words.

Greatness, goodness and oneness. Here at the United Nations, what the seeker in me observes right now is the message of greatness. Inside greatness there shall come a time when we shall hear the song of goodness, and there shall come a time without fail when inside goodness we shall see the dance of oneness. Greatness, goodness, oneness. We have started our journey with our inner cry, which we call aspiration, to become great. This is the first rung of our evolving ladder, which will ultimately reach the highest heights. The second rung is goodness. The third and ultimate rung is oneness. God, the Author of all good, will shower His devoted Blessings upon our surrendered heads and hearts, and at His Choice Hour He will teach us the significance of goodness. He has already taught us the message of greatness; now, at His Choice Hour, He will teach us the significance of goodness. Then finally He will teach us the dance of oneness. At that time, each aspiring soul in God's creation will fulfil God the absolute Truth, the transcendental Light, the universal Peace in His own way. On behalf of the United Nations Meditation Group, to each seeker present here I wish to offer my prayerful meditation, which is the only thing that I have and that I am in God's ever-fulfilling and ever-illuminating Vision.

*After a brief meditation, Sri Chinmoy handed out sweets as prasad or blessing food, to all those present.*

\* \* \*



*John Ofosu-Benebo presents Sri Chinmoy with a framed banner of the United Nations Meditation Group credo. (photo by Bill Haas)*

## MUSIC SECTION

*The following two songs were composed by Sri Chinmoy and dedicated to the United Nations on the occasion of his birthday, August 1975.*

### KE JAI

Fast fine

Ke jai--- ke jai----- ke jai--- ke jai-----

Cha-ra--na pa--ra--she phu-ta--ye ka--mal

A--lo-ki-ta ka--re an-----ta--ra tal Kar

sa--the sa--the du--bi--te gab-hi--re

In--gi-----te ba--le al-----D.C.

*Ke jai ke jai  
Charana parashe  
Phutaye kamal  
Alokita kare antara tal  
Kar sathe sathe  
Dubite gabhire  
Ingite bale ai*

Who passes by, who passes by,  
Blossoming the lotus  
With the touch of His magic Feet?  
Behold, He illumines my inner world  
And inspires me in silence supreme  
To dive within.

# NADI CHALE JAI

Moderate-fast fine

Na--di cha-le jai sa--ga--rer--- pa-----ne

Na ja--ni ke--na je pa--ra--ner ta-----no

Pa--tan--ra a-----se jyo--tir sa--ka-----she

ka--ri--te ji-----ba--na dan Te--ma--ni a---mar

ka--re--che pa--ran a---si--mer ab--hi--jan-----

a---si--mer ab--hi--jan----- D.C.

*Nadi chale jai  
Sagarer pane  
Na jani kena je  
Paraner tane  
Patanga ase jyotir sakashe  
Karite jibana dan  
Temani amar kareche paran  
Asimer abhijan*

The river flows toward the sea.  
I know not what urges the river-heart to flow.  
The sea has a magnetic pull.  
As an insect offers its life to the flame,  
Oh how I wish to offer my Infinity's Life  
To the all-transforming Flame-Beauty.

## SCHEDULE FOR JUNE 1976

### Regular Weekly Schedule

*Tuesdays, 12-1 p.m.*

*June 1, 8, 15, 22, 29*

Every Tuesday at noon, Sri Chinmoy conducts an hour of silent meditation in one of the Conference Rooms in the Secretariat.

*Fridays, 12-1 p.m.*

*June 4, 11, 18, 25*

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 meditation and spirituality.

\* \* \* \*

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

*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.*

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

You are warmly invited to attend a

## Nutrition and Natural Foods Lecture—Demonstration

By Natural Foods Expert,  
MRS. U.J. SCHWARTZ



### *Including*

- \*How to plan meals that are fast, simple, creative and well-balanced
- \*How to prepare vegetarian meals which are tasty and colourful
- \*What role nuts, sprouts, grains and legumes play in vegetarian cooking
- \*See how to grow sprouts—it's easy!

Mrs. Schwartz is presently teaching a natural foods vegetarian cooking course in New Paltz, New York.

TASTY SAMPLES FOR EVERYONE

COME TO LISTEN—ASK QUESTIONS—SAMPLE

Thursday, 29 April 1976  
1:00 p.m.  
Dag Hammarskjöld Auditorium



39

Admission free



Sponsored by the United Nations

## NATURAL FOODS LECTURE

A large and enthusiastic audience greeted Mrs. U. Schwartz and her lecture/demonstration on natural foods on 29 April 1976, in the Dag Hammarskjöld Auditorium. Mrs. Schwartz, who teaches natural foods cooking classes near her home in New Paltz, N.Y., began by explaining that it is possible for someone who is very busy to go back to natural foods cooking without becoming "a slave" to the kitchen. She brought along delicious examples of quick-to-prepare recipes and also gave time-saving hints, such as starting some foods in the morning over a low flame and then continuing them later in the evening, or even putting a just-started soup in a thermos at 8 a.m., bringing it along to work, and having it hot and ready to eat at noon. (This last process is known as "thermos cooking.")

Mrs. Schwartz explained the difference between natural, organic and processed foods and the nutritional advantage to be gained from eating foods in a state as close to natural as possible—which includes eating raw foods more often if this does not upset one's digestive system—but only to the point where eating remains a varied and pleasurable experience. In addition to stressing the need for a variety of foods in one's diet, she emphasized the importance of making food attractive by

adding colour in the form of beets, carrot curls or in some other way.

Mrs. Schwartz pointed out to the audience that, if they wished, they could lessen their intake of meat, since if they follow the eating habits of most persons in this society, they waste 10-12 per cent of the protein they have taken in through sheer over-consumption.

Mrs. Schwartz is planning to offer a course on natural foods at the United Nations next Fall. Information on the course will be posted in the Secretariat as soon as it is received.



*Mrs. Schwartz makes the subject of natural foods interesting and entertaining. (photo by Bill Haas)*



*After the lecture, members of an enthusiastic audience crowd around a demonstration table to observe and sample. (photo by Bill Haas)*

*Special Benefit*

# Bake Sale

*for the UNDP Staff Benevolent Fund*

**All homemade baked goods**

*Cakes*

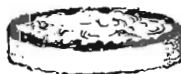
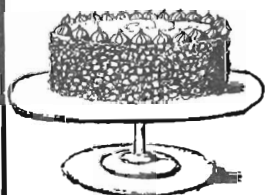
*Pies*

*Cookies*

*Pastries*

*Breads*

*Our Special Cheesecake*



WEDNESDAY 5 May  
12 P.M.  
UNDC Building  
19th Floor

*Sponsored by the United Nations Meditation Group*

THE UNITED NATIONS MEDITATION GROUP

PRESENTS

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

MY CAPTAIN COMMANDS,  
"GO ON!"

by  
SRI CHINMOY

THURSDAY 6 MAY 1976  
1 p.m.  
Dag Hammarskjöld Auditorium

*Admission free*

*All are welcome*



The  
Dag Hammarskjöld Lectures  
for  
1976



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*

# *An International Spring Slide Show*

*and  
Poetry Reading*

Join us in celebrating Spring  
with beautiful slides and poetry readings in different languages  
accompanied by music.

WEDNESDAY 26 May  
1-2 P.M.  
Dag Hammarskjöld Auditorium

*Admission free  
Light refreshments*

*Sponsored by the United Nations Meditation Group*

# BAKE SALE

To Benefit the Fund for the  
Victims of the Italian Earthquake

## All homemade baked goods

*Cakes*

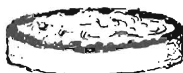
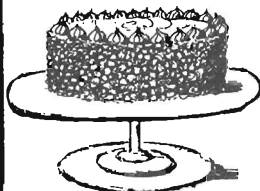
*Pies*

*Cookies*

*Pastries*

*Breads*

*Our Special Cheesecake*



**SPECIAL RAFFLE**



FRIDAY 28 MAY 1976  
12:15 - 1:15  
SOUTH LOBBY - SECRETARIAT

BUY FOR YOUR FAMILY AND FRIENDS

*Sponsored by the United Nations Meditation Group*

## UNDP STAFF ASSISTANCE FUND

*The United Nations Meditation Group recently donated \$117.00 to the UNDP Paul Hoffman Staff Assistance Fund from the proceeds of a bake sale held at UNDP in the new UNDC Building on 5 May 1976. Following is the letter received in response to this contribution.*

UNITED NATIONS  
DEVELOPMENT PROGRAMME



PROGRAMME DES NATIONS UNIES  
POUR LE DEVELOPPEMENT

ONE UNITED NATIONS PLAZA  
NEW YORK, N.Y. 10017

TELEPHONE: 784-1234

CABLE ADDRESS: UNDEVPRO • NEW YORK

REFERENCE:

5 May 1976

Dear Mr. Neumann,

On behalf of the Paul Hoffman Staff Assistance Fund Committee I wish to thank you and the United Nations Meditation Group for your generous contribution to the Paul Hoffman Staff Assistance Fund. We will certainly keep in mind your kind offer to further assist us in the future.

Sincerely yours,

A handwritten signature in dark ink, appearing to read "Gordon Havard".

Gordon Havard  
Chairman

Paul Hoffman Staff Assistance Fund

Mr. Peter Neumann  
United Nations Meditation Group  
New York, New York