



Meditation at the United Nations

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



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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Cover: Secretary-General Kurt Waldheim presents Sri Chinmoy with a special medallion during a private meeting on 16 July 1976.

Cover and inside photos by Richard Howard.
(Courtesy United Nations)

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 meetings Tuesdays and 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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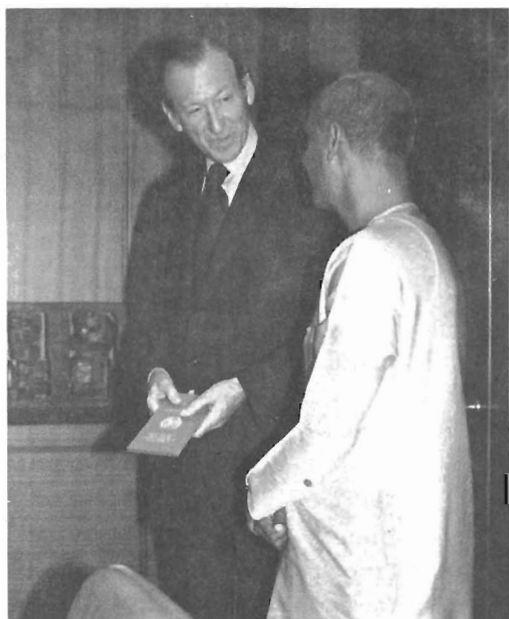
Sri Chinmoy presents a plaque to the Secretary-General on behalf of the United Nations Meditation Group.



MEETING WITH SECRETARY-GENERAL KURT WALDHEIM

On 16 July 1976 Sri Chinmoy met with Secretary-General Kurt Waldheim in the Secretary-General's Office. Sri Chinmoy presented Mr. Waldheim with a plaque engraved with the United Nations Meditation Group motto and a song he had written, "O Kurt Waldheim." The Secretary-General thanked Sri Chinmoy for the plaque, which was decorated with the Secretary-General's picture and the United Nations and Austrian flags and, pointing to his desk, said, "I will keep this here." Sri Chinmoy also presented the U.N. leader with an article he had written about him, and the Secretary-General said he would read it with great enthusiasm and interest. While looking through the Meditation Group Songbook, which had also been given to him, the Secretary-General saw U Thant's picture and remarked, "Ah, here is my dear friend."

At Sri Chinmoy's request, the Secretary-General then invited the members of the Meditation Group to come upstairs into his conference room to sing the song, "O Kurt Waldheim." When the group entered the room, the Secretary-General greeted them warmly. "Welcome to the 38th floor," he said. "I am pleased to meet all of you and I want to thank you for your work and dedication to the U.N. I know how hard your Group is working for



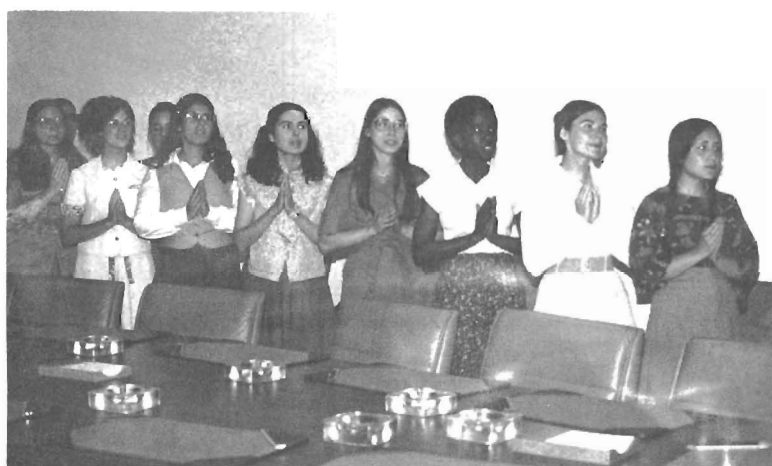
Plaque presented to Mr. Waldheim.

the United Nations. I thank you for the gift that your leader has presented me and I look forward to hearing the beautiful song that you have prepared."

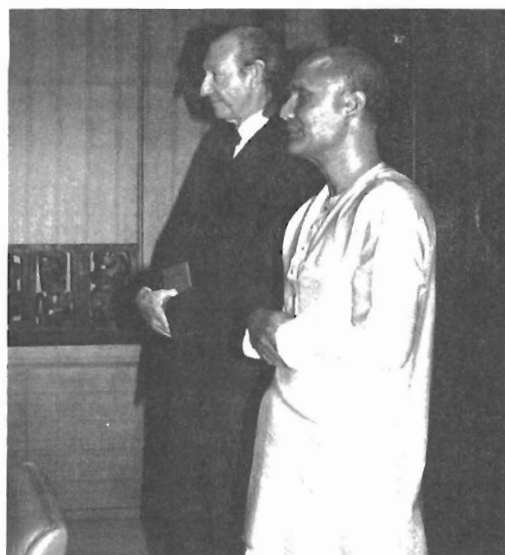
After the song was sung the Secretary-General said, "It is a very beautiful, very thoughtful song, which is deeply interesting and unique. Thank you very much. I wish you all the best for the future: good health and happiness, and especially happiness of the soul, which is perhaps the most important thing for our life."

Ms. France Vacher presented the Secretary-General with the banner of the U.N. Meditation Group. The Group also gave him a framed message: "With deepest appreciation and admiration for piloting the United Nations Boat untiringly, soulfully and fruitfully." It was signed by "Sri Chinmoy and the Members of the United Nations Meditation Group." Included alongside the message were the names and departments of the more than sixty members of the Meditation Group.

The Secretary-General expressed his appreciation for these gifts and read the motto several times. Then he said, "You must be from many different countries. That is very good; the world is getting smaller." Then, smiling graciously and warmly, he began to walk around the room shaking everyone's hand, occasionally asking where a person was from, speaking in English, French and German and joking lightly. When he came to the last member, Richard



The United Nations Meditation Group sings "O Kurt Waldheim" for the Secretary-General.



The Secretary-General and Sri Chinmoy listen to the United Nations Meditation Group singers.

Howard, who was the official UN photographer for the day, he said, "Now you have a big responsibility to see that the pictures all come out. I certainly hope they turn out."

Sri Chinmoy said, "We, the members of the United Nations Meditation Group, soulfully pray to the Absolute Supreme for your re-election," and everyone laughed in appreciation. The Secretary-General thanked the Group again and Sri Chinmoy responded, "We shall remain eternally grateful to you."



Ms. France Vacher presents the U.N. Meditation Group banner to the Secretary-General.

After the interview was over and the Group had begun to leave, the guard called Sri Chinmoy and Richard Howard back into the Secretary-General's office.

The Secretary-General wanted to have some more pictures taken. Later, Sri Chinmoy described the incident: "We stood next to the U.N. flag; he stood on one side and I stood on the other. He was all joy. He grabbed my hands and was clasping them strongly and affectionately with such love and joy. At first he didn't speak. He placed his hand on my shoulder, clasping my arm and elbow to show his joy and appreciation. Then he said, 'It is a great challenge to bring about peace, but we are trying.' I answered, 'We shall succeed.' The Secretary-General continued, 'We want only peace, peace. You are praying, praying for peace. I know what you and the Group are doing for us. I know it, I can feel it.' He said that he would read the article about him with greatest joy and thanked us for our prayers for his re-election."

Sri Chinmoy commented on the meeting: "It does not belong to me, it is also yours. It belongs to all of us. This significant and historical meeting we offer to the soul of the United Nations and to the soul of the peace-loving world with all our hearts' love and gratitude. Right now we may not value it fully, but in years to come we shall give proper value to this momentous achievement."

UNITED NATIONS



NATIONS UNIES

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REFERENCE.

27 July 1976

Dear Sri Chinmoy,

Prior to his departure for Geneva on Friday evening, the Secretary-General asked me to thank you for the beautiful album which you sent him to mark the occasion of his meeting with the United Nations Meditation Group.

The Secretary-General was most appreciative of your thoughtful gesture in presenting these fine photographs to him, as well as the cassette tape which you were kind enough to enclose.

With warm regards,

Yours sincerely,

A handwritten signature in dark ink, appearing to read 'V. Krepkogorski'.

Valeri Krepkogorski
Special Assistant to
the Secretary-General

Sri Chinmoy, Director
United Nations Meditation Group

O KURT WALDHEIM

O Kurt Waldheim,
 O U.N.'s lightning speed!
 Your mind-heart's concern-flames
 constantly feed
 This world of fearful cry and
 tearful sigh,
 To see a peaceful earth
 and blessingful sky.
 Your life of duty-tree
 and beauty-flower
 Awakens the sleeping world
 and its oneness-power.

(♩ = 84) (May 20, 1976) O KURT WALDHEIM FINE

C Kurt Wald - heim, C U. N.'s lightning speed_!

Your mind-heart's_____ con - cern-flames constant-ly feed_____

This world of fear-ful cry_ and tear-ful sigh_____.

To see a peaceful earth_____ and bles - singful

sky_____.

Your life of Du - ty-Tree

and Beau - ty flow - er

A - wa - kens the slee-ping world_____ and it's

One_____ - ness_____ Po - - - wer. D.C. al FINE

QUESTIONS AND ANSWERS

During a meeting of the United Nations Meditation Group on 23 April 1976 in Room 550 of the Secretariat, Sri Chinmoy answered the following questions.

Ms. France Vacher: You have started offering songs to the United Nations Meditation Group to sing and I was wondering if you would like to expound upon the purpose of this?

Sri Chinmoy: Not only each song but each tune embodies aspiration. When we embody aspiration, we feel that we are serving the Divine in us. When we do not aspire, we feel that we are serving the undivine in us. Song is a universal language; it is the heart's easiest and most effective way to unite the inner world with the outer world, which is separate or has been fragmented into many pieces.

So this year I am executing an inner command to compose a good many songs. Like my paintings, each song is my dedication to aspiring mankind. Each song embodies my aspiration, my realisation and my dedicated oneness with you all.

It is my wish that the seekers of the ultimate Truth will learn these songs if they can sing well. While practising them, they are bound to get

delight, and when they perform before the rest of the world, they should feel that they are offering their aspiration in the form of dedication.

Those who are listening to the songs will be meditating as much as those who are singing. Meditation does not mean to remain closeted, to keep your eyes and ears shut and not to know what is going on around you. Meditation is a form of self-dedication, and this dedication comes from our aspiration. Those who are singing can offer their dedicated service through their soulful music, and those who are listening to them soulfully and devotedly can also be doing their best meditation.

Suppose I sing fifty songs and it takes two hours. During these two hours, your mind can roam and think of millions of things, or you can feel that singing is not important, so you will feel drowsy and fall asleep. Or you can take it as an opportunity to do your best meditation because here the music is adding to your own aspiration. If you are trying to aspire, the soulful songs will add to your own aspiration.

Each song is a golden opportunity to increase our spirituality, to increase our aspiration. Each song is like an additional plant in our garden. Naturally the plant will offer us more beautiful flowers. Each song soulfully sung gives us tremendous inner joy, and this joy gives us the message of heart-expansion. Our heart expands when we are in joy. If we are wise, we shall adopt all means in order to

expand our heart so that in our heart's joy and delight we can see the entire world.

A song is a seed. The seed will germinate and grow into a tree and the tree will mature and offer many flowers and fruits. The flowers will offer their fragrance and beauty to increase our aspiration, and the fruit will give us immortal joy. So these soulful songs will give us the message of Immortality by helping us to become one with the universal Light, the universal Delight, which they embody.

It is my wish to write at least fifty songs for the United Nations. We will have a book with fifty songs and it will be the possession of the United Nations Meditation Group. You will learn them and sing them at various places, and many things will be done with these songs. Very soon I shall be able to offer the Meditation Group quite a few songs, which will be most applicable to the United Nations ideas and ideals.

Question: During our Sixth Anniversary celebration on 14 April, you spoke about serving the United Nations with gratitude. Could you please elaborate on this?

Sri Chinmoy: We all serve the United Nations because we feel the United Nations offers us a unique opportunity to help bring about world

peace, world harmony, and world oneness. We have tried in every way to serve the United Nations. 'We' means each individual, not only as a member of the Meditation Group but also as a member of the United Nations staff. But people who are working at the United Nations and serving the United Nations are at times assailed with fears, doubts and anxieties that their services will be dispensed with. Misunderstanding, controversy and other unhealthy experiences they get quite often. So we have come to realise that there should be a new method of serving the United Nations, and that new method is with the heart's gratitude.

So far, in spite of our teeming ignorance, limitations and imperfections, we have achieved something for the world, we have done something for mankind by serving the United Nations. If we want to separate the United Nations from the world at large, we can say we have achieved something for the United Nations proper. If we want to separate the United Nations from our own existence, we can say we have achieved something for ourselves. Even if we take the United Nations as something other than the world or as something other than ourselves, still we can say we have achieved something.

Instead of saying there is one, we can say there are three 'complementary friends: the world, the United Nations and the individual Meditation Group member. If we can't take them as one, let us

then take them as three intimate friends. These three intimate friends may at times find it difficult to see eye to eye with each other. The world is seeing something wrong with the United Nations and the individual is seeing something wrong with the United Nations, or the United Nations is seeing something wrong with the world or with the individual. They are finding fault with each other, but at the same time, they are friends. The different countries do not always agree with one another, but still they are friends. If they were not friends, they would not be in the United Nations proper. They would not be involved in United Nations activities. They do believe in the United Nations, they have faith in the United Nations, but they also have individual problems which they are trying to work out.

So, the world is a friend, the United Nations is a friend and the individual is a friend. Let us put it this way. Three friends, in spite of their misunderstandings and shortcomings, are trying to offer their best qualities and become one. When they offer their best qualities, when they sincerely give, then they become totally one in the inner life and in the outer life. At that time there cannot be a separate world or a separate United Nations or a separate individual. There is no sense of separativity; it is all oneness.

Right now friendship is there, but inseparable oneness is not there. Just because there is some

basic friendship, all the countries are together and all the individuals are together. But oneness is still missing. That oneness will come only when each individual is able to offer his own sincerity and other good qualities to both the United Nations and the world, when the United Nations can offer its good qualities—its body and soul—to the individual and to the world, and when the world can offer its good qualities to each member and to the United Nations proper. In this way three will become one.

They will become one on the strength of their gratitude—gratitude for what the world has done for the United Nations, for what the United Nations has done for the world, and for what the individual has done for the world and for the United Nations. Each has done something for the other two; therefore, they are grateful to one another. Once they feel true gratitude toward one another, they will become one. Their hearts will experience expansion, and in the heart's gradual expansion they will become universal. At that time, we will not be able to separate an individual member of the United Nations from the United Nations because they will be integrally one. The United Nations will not be able to be separated from the world because it will be part and parcel of the world. They will be one by virtue of their sincere and mutual gratitude. By offering gratitude, constant gratitude, the world, the United

Nations and the United Nations member will become one. When they become one, they will be perfect instruments.

As long as they remain three individuals, they have to offer their gratitude to each other. When they become one, they will offer their gratitude to the Supreme Pilot for having made them perfect instruments. Why? Because they have become conscious and perfect instruments of the Supreme whereas others are not even conscious instruments. So they are grateful to the Supreme for having given them this opportunity.

Right now we are conscious instruments, but perfection is a far cry. But a day will come when in addition to being conscious instruments, we shall also be perfect instruments. So now we can offer gratitude just because we have become instruments. The Supreme, out of His infinite Bounty, has accepted us and given us the opportunity to become His conscious instruments. But a day will come when we will become perfect instruments. At that time we shall have to offer more gratitude, infinitely more. Now we should offer gratitude because we are chosen to be conscious instruments. But when we become perfect instruments, our gratitude will become boundless. The same thing applies to each individual and to each nation.

* * *

QUESTIONS AND ANSWERS

After delivering the Dag Hammarskjöld lecture on 21 April, Sri Chinmoy answered the following questions.

Question: When you shower Light on us when we are meditating, how can we be most receptive?

Sri Chinmoy: You can be most receptive on the strength of your own simplicity, sincerity, purity and humility. When you bring to the fore your own divine qualities—simplicity, sincerity, purity and humility—then you can receive the utmost. And inside simplicity, inside sincerity, inside purity, inside humility, please try to feel a sense of gratitude to the Inner Pilot, to your own Inner Pilot. Your gratitude-heart will be able to receive the utmost; it will bring down from above peace, light and bliss in boundless measure. It is a gratitude-heart that receives these divine qualities and also manifests them here on earth.

Question: How can man live forever?

Sri Chinmoy: How can man live forever? We have to know what we mean by 'man'. If we mean

the flesh and blood and earthly limbs that we have, then with this body it is impossible to live forever. The five elements that constitute the physical body cannot last. If an individual identifies himself only with the physical body, which remains alive for sixty, seventy or eighty years, naturally there is no immortality. When the body is not aspiring—and in most cases it is not aspiring—then it is not worthwhile to stay on earth where there is so much suffering, so much frustration, weakness, limitation and bondage.

People may live on earth for eighty or ninety years, but if they have not given up their ordinary human life or, let us say, their animal life, there is no purpose in it. Only if one wants to act divinely and live in a divine way is there a reason for him to live eternally. But if one wants to live a divine life, then right now he has to develop inside himself a divine consciousness. Each individual has the animal consciousness, the human consciousness and the divine consciousness. From the animal consciousness we have gradually entered into the human consciousness, and from the human we are now trying to grow into the divine. This consciousness with our ordinary human eyes, we do not see; but with our inner vision we see it.

In the world of consciousness each individual is immortal. An individual identifies himself either with the soul or with the body. If he identifies himself with the body, which is far from perfection,

then naturally he feels he cannot live forever. But if he identifies himself with the soul, then he knows that he is immortal. The body will die, but when it is a matter of consciousness—which every man has and which he inwardly is—man is eternal, man is immortal.

Again, it is our hope that there will come a time when the physical body, like the soul, will be able to establish its inseparable oneness with the divine. We have an inner life and an outer life. The inner life is aspiration, whereas the outer life is right now full of desire; it is earthbound. But a day will come when the desire-life will be transformed by the inner life, and aspiration will shine even in the so-called physical. At that time, the transformed and illumined physical body will be able to last permanently. But right now the physical is half animal, manifesting only an iota of the divine Light. There shall come a time when the physical will receive boundless Light from above and will be illumined. Once it is illumined, like the soul, it can remain permanently on earth, if such is the Will of God. But right now, at the present stage of human consciousness, it is impossible for the physical level of man to be immortal.

Ms. Nicole LaFleur: How can we help the pilots of the United Nations—the Secretary-General and the Directors?

Sri Chinmoy: The pilots of the United Nations need our services, not our help. The moment we use the term 'help', a kind of egocentric idea enters into us. If we help someone, that means we are in a superior position. When we help, we feel that we are one step ahead or one step higher than the ones that we are helping. But if we serve someone, then we offer our capacity with humility, on the strength of our loving concern and oneness. So let us use the proper term, 'service'.

How can we serve the Secretary-General, who is the main pilot of the United Nations, and others who are high authorities at the United Nations? Let us call them the hero-warriors of the United Nations, since they are in the battlefield of life fighting for world harmony, for world peace and world oneness, for world illumination and world perfection. These members of the family have gone out to fight against the undivine forces, the forces that separate, the forces that do not want world harmony. These are our brothers, let us say. Our brothers have gone into the battlefield to fight, but we have not gone; we have stayed at home. We were not chosen by the Supreme to fight.

But we can serve the same supreme cause inside them through our constant prayer and good will. It is our bounden duty to try to create for our brothers success and victory. Our prayers will undoubtedly be an additional strength to them while they are fighting against disharmony, conflict and

the wrong forces that separate the nations of the world. Our inner prayer is of paramount importance, and it does help them considerably. They are doing something for themselves, for us, for all of humanity. So it is our bounden duty to pray inwardly and outwardly for them at home, or wherever we are.

The pilots of the United Nations are serving mankind in the world arena. We can also do the same type of service, according to our capacity. They do it on a large scale, according to the capacity they have, and we do it on a limited scale according to the capacity we have. Our prayer is also a solid strength. This solid strength we can offer to them in silence, from our inner life of dedication to the world.

Dr. Louis Longarzo: Sri Chinmoy, it is very difficult to know what is a spiritual question. How much of the United Nations is a spiritual reality and a secular reality, or are these meaningless distinctions?

Sri Chinmoy: I beg to be excused. When I use the term 'spiritual', I mean that if somebody asks me a scientific question I will not be able to answer it. If somebody asks me some historical, political or mathematical question, I will be nowhere. I use the term 'spiritual' in a broader sense, to

mean the reality that unites us, the reality that wants to fulfil us in a divine way. 'Spiritual' here means oneness, unity. The goal of the United Nations is to unite all nations, all human beings. Real spirituality cannot be other than this: to see all human hearts, all human lives united for one supreme cause, which is to offer satisfaction to the Reality, to God's Creation and God's Vision.

'Spiritual' here means the unity of all human beings and all human aspirations. It means a better, more illumining way of life. I am using 'spiritual' in a very broad sense, in the purest sense, as world harmony, world peace, world union and world oneness. **This is spiritual.**

As you know, **the goal of the United Nations is unity. But unity is not oneness.** First we attain unity, and then we go one step farther, to oneness. After oneness, we try to see satisfaction. Each individual must be satisfied on the strength of his oneness with and sacrifice for the other members of the family.

* * *

A NEW TEACHER: HEART

During a meeting of the UN Meditation Group held on 30 April 1976 in Room 550, Sri Chinmoy gave a short talk on the mind and the heart.

Here we are all seekers. We are consciously seeking God's Light; but there was a time when we did not seek God's Light, even unconsciously. Now we consciously seek, but yesterday we did not seek at all. We are all students. Previously we also were students; at that time we had a teacher and the name of that teacher was mind. Now we have a new teacher, and the name of that teacher is heart. Our previous teacher asked us to walk along the desire-road. As we were students, we walked along the desire-road in order to get the satisfaction which the teacher promised us. For it is satisfaction that makes life meaningful and fruitful. But to our surprise, the mind could not offer us satisfaction. Each time we took a step ahead, instead of satisfaction, it was all frustration; instead of real happiness, it was false, totally false pleasure. We were totally dissatisfied and we changed teachers.

We previously tried to please the mind, so that we could derive happiness from life, but there was

no happiness. Now we have a new teacher, the heart. The new teacher tells us that we can and shall get happiness only if we please God in God's own way. The new teacher tells us we can never achieve happiness unless we become one with happiness itself. Happiness itself is the soul in us.

The mind does not have happiness. If I do not have something, how can I give you that very thing? Because the mind has no happiness, it can't teach us. The heart says, "I cannot give you happiness, but I know someone who has happiness and who is all happiness, and this person is eager to grant you happiness. I shall take you to that particular happiness-reality and you can achieve and receive as much as you want." So the heart takes us to the soul, which is all Light and Delight. The heart says it does not have joy of its own, but only when it becomes inseparably one with the soul does it become really happy.

The heart says, "O human being, O seeker, you have not an iota of happiness. And I have only limited happiness, limited joy. But I know someone who has boundless happiness, and I am more than eager to take you to him. As your teacher, I am telling you, O seeker, walk along with me. I am leading you to the Source. I am guiding you, I am leading you; but it is up to you if you want to find it. Stay in the soul and you will get unlimited joy, happiness and satisfaction. I cannot give you happiness in my own way, but I am being guided by the soul.

"The mind, your previous teacher, wanted to guide you in its own way. But the mind is not aware of the destination, so how can you expect the mind to give you the message of the destination, let alone take you there? I am not the destination, but I have seen the destination, and I will take you there. Like you, I will try to develop capacity, O seeker, and from the destination receive infinite joy and happiness. Our destination is eager to give us constant satisfaction, joy and Delight."

SERIES ON GREAT MEN AND WOMEN

On 12 December 1975, Sri Chinmoy delivered the third talk in his lecture series on great men and women. He began by reading the words of introduction with which he prefaced his first talk:

INTRODUCTION

Here we are at the United Nations. If we say that the United Nations is the result of the twentieth century awakening, then we are mistaken. The United Nations is the outgrowth of the inner awakening of human beings from time immemorial. I do hope that you do not misunderstand me, as I have made it very clear to you all that it is the joint aspiration of the hoary past, the immediate past, the present and the fast-approaching future that will bring about the union of the world-soul and the world-goal. The human beings who are now here on earth can tangibly see and feel what the United Nations on the outer plane can do.

Each individual nation has aspiration of its own. Again, each individual nation has been blessed with seekers. Each nation has human beings who aspire for a better, more illumining and more fulfilling world. These seekers have expressed their aspiration in and through various fields: spiritual-

ity, religion, philosophy, science, music, art, poetry and so forth. The United Nations is not only for the delegates and the representatives of the various nations. It is for all those who have aspired and do aspire and will always aspire.

Many souls came and presently are coming and eventually will come into the world for the world-aim and the world-goal. That aim and that goal is to see a beautiful, fruitful, unifying and united oneness-world. It is my wish to speak on those souls who have undoubtedly contributed in their respective fields to world-transformation, world-illumination and perfection-oneness.

EMILY DICKINSON

The day before yesterday was the birthday of Emily Dickinson: the unparalleled American woman poet and the universally celebrated world poet. Emily and her family formed an inseparable and unique reality. Her family's need was all to her. Her family saw in her reality's intensity, which is a portion of her future-building, illumining divinity's fulfilling touch in the heart of humanity.

Emily's heart carried her physical consciousness and her vital consciousness to her soul's world. Her soul, in a sublime yet subtle manner, carried three other members—the body, vital and heart—to the

soul's own source, Immortality-Land. When they returned, the body, vital and heart were convinced of the reality of this divine Immortality-Land.

Just because the mind was not invited to take the trip either by Emily or by her soul, heart, vital or body, her mind violently refused to believe in the authenticity of Emily's illumining, fulfilling and immortalising experiences. The mind stood adamant between the finite and the Infinite, between the body and vital and the heart and soul, between the consciously known world and the unconsciously known world. And what is worse, at times the mind was so successful in convincing her, that her previously intoxicating reality-world became nothing more than a visionary hallucination-conception-world in her human life. This formidable and blightful doubt resulted in an indulgence of self-mockery, truth-mockery and world-mockery in her life. Naturally, therefore, her heart's illumination-sky could not grant her the boon of a free access to her inner vastness and her outer plenitude.

Emily learned very little from her association with her outer life. But she learned much from her inner association with her world-seclusion. Indeed, the outer world was an experience devoid of integral reality to her. Therefore, what she knew of earth and thought of earth could not become an encouraging, sustaining, inspiring, illumining and fulfilling experience leading to her own existence-reality.

Emily's love of God and her love of nature made her inwardly beautiful. All her life Emily lived the life of an introvert. A self-imposed seclusion-life she embraced. God's Compassion-Beauty was her reward. In God's Compassion-Beauty, her world and those who wanted to live in her world became preparation-instruments for the transformation and perfection of the frustration-experiences of life.

Her aspiration was in seclusion. Her aspiration was not only in seclusion, but seclusion itself became her aspiration. Inside seclusion-aspiration she did get a few striking glimpses of the inner illumination-sun. Life's buffets gave her two or three times intolerable frustration-experiences, which commanded her to dive deep, deeper within to discover the wealth of the inner life.

Obscurity was her name when she was on earth. Only seven poems were published while Mother Earth nourished her. But when Father Heaven started nourishing her, earth lovingly acknowledged Emily's great achievement and felt considerable pride in her soul-stirring gifts to mankind.

About eighteen hundred flower-poems formed her entire garland. Some of the petals of the flowers offered by her were childish beauty, while others were childlike duty and still others the mature wisdom of a Christian saint. It was her realisation that the Unknown and the Beyond always remain an uncertain and unknown reality. Just because she felt that it would remain unknown forever, the real Reality-Source could not quench her thirst-reality and satisfy her.

Some disproportionately foul critic found in her nothing but a lunatic of the superlative degree. If so, why? Is not this world of ours responsible for not being able to give her the heart's satisfaction which she so richly deserved? Is not the other world responsible for not granting her the life-perfection which she so desperately needed? Her heart-experience says to earth, "Earth, I understand your dilemma. You want and, at the same time, you do not want a transformation-face; a transformation-face, according to you, either is not real or may not satisfy you at all. Therefore, your inner cry is not intense enough, it is not genuine or abiding."

Earth says to the poet, "You are right, you are right. You are more than right. I wish to tell you that what I have is not satisfying me and what I may get is not satisfying me at all. But I do feel that if, in God's creation, satisfaction never dawns, then God will have to remain incomplete. To cherish the idea that God is or will remain incomplete leaves my own existence-reality incomplete for all Eternity. Question I have; answer I do not have. But I am sure my patience-life will be inundated by answer-light in the bosom of Eternity's choice hour."

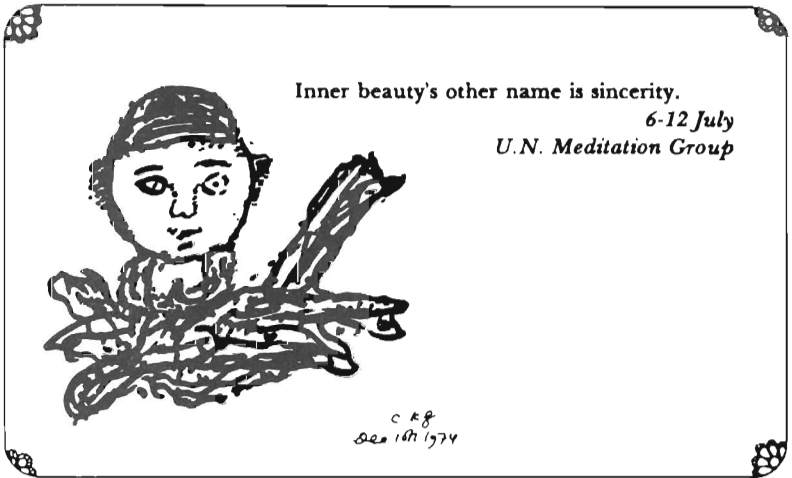
To Heaven, the poet's life-experience says, "Heaven, if you are really soulful, then you must please me powerfully too. And if you are really powerful, then you cannot endure a yawning gulf between your own ecstasy-reality and my depres-

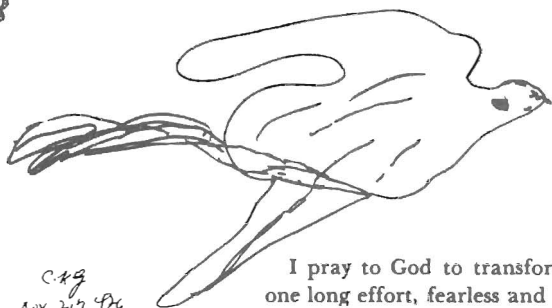
sion, frustration and destruction-reality. True reality exists in self-expansion founded on illumination-distribution."

Heaven says to her soul, "O seeker-poet, you have to dive infinitely deeper. I am not exactly what you have seen of me. I am not in the least what you think of me. I am far beyond your desire-discovery-aspiration. Within your aspiration-discovery-realisation, you will find me, my universality's oneness."

"MEDITATIONS FOR THE WEEK"

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



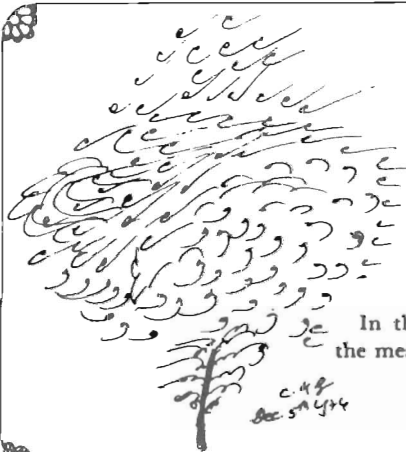


C.K.G.
Nov 26/74

I pray to God to transform my life into
one long effort, fearless and egoless, so that
I can derive the most fulfilling achieve-
ments from the most unpromising situations.

13-19 July

U.N. Meditation Group



In the fleeting second we have to hear
the message of the Eternal Beyond.

20-26 July

U.N. Meditation Group

C.K.G.
Dec 5/74

SCHEDULE FOR AUGUST 1976

Regular Weekly Schedule

Tuesdays, 12-1 p.m.
August 10, 17, 24, 31

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.
August 6, 13, 20

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 bi-weekly meetings will be 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.

JULY ACTIVITIES

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

The UN Welcomes Abe Lincoln!

"At Home with the Lincolns"

*A Special Bicentennial Benefit Play
for UNICEF*



Stan and Ishani Frankle, who researched and wrote the play, entertain us as Abraham Lincoln and his wife, Mary Todd. Using Lincoln's witty sayings, his colourful stories and personal reminiscences, they give a remarkable portrayal of the warm, folksy Lincoln manner.

Thursday, 1 July 1976

1:00 P.M.

Dag Hammarskjöld Auditorium

.. admission free;

**Donations welcome at the door
for UNICEF**

Light refreshments

Sponsored by the United Nations Meditation Group

*The United Nations Meditation Group
warmly invites you to*

THE *Fifth* VEGETARIAN MEAL OF 1976:

The Spirit of '76:

*A Bicentennial
Luncheon*

THURSDAY 15 JULY 1976
1:00 p.m.

Church Center for the United Nations
2nd floor

Tickets: \$3.00

*Tickets will be on sale on the 4th floor of the Secretariat
12 noon - 2 p.m.
Wednesday 14 July
or call for reservations, ext. 6188, Mr. Sims*

The Menu:

Vegetable Loaf '76

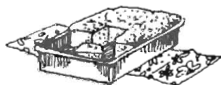
Boston Baked Beans

Stars and Stripes Salad

Apple Fritters Americana

Country Cornbread

Betsy Ross' Favourite Cake
with ice cream



THE UNITED NATIONS MEDITATION GROUP
PRESENTS

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

by
SRI CHINMOY

"A Tribute to Dag Hammarskjöld"

on the anniversary of his birth



THURSDAY 29 July 1976
12 noon
Dag Hammarskjöld Auditorium

Admission free



All are welcome

LETTER FROM UNICEF

"At Home with the Lincolns," a special Bicentennial Benefit play for UNICEF sponsored by the United Nations Meditation Group, was performed by Stan and Ishani Frankle to a large, appreciative audience on 1 July 1976. Admission was free but donations were welcome at the door for UNICEF. Following is the letter received from UNICEF in response to this contribution by the Meditation Group.

TELEPHONE PLAZA 4-1234



CABLE ADDRESS UNICEF

UNICEF

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

6 July 1976

Dear Ms. Gershon,

In the absence of Mr. Henry R. Labouisse, Executive Director, we should like to acknowledge with deep appreciation the letter which you addressed to him on 2 July with a cheque for \$50. When Mr. Labouisse returns to the office next Monday, your letter will be brought to his attention, and we are certain that he will be as thankful as we are for the fact that UNICEF was made the beneficiary of the proceeds from your performance of "At Home with the Lincolns" at the Dag Hammarskjöld Auditorium on 1 July. We are grateful for the continuing support from the members and friends of the United Nations Meditation Group.

Sincerely,

B.H. Fraser

Ms. Gail Gershon,
Secretary,
United Nations Meditation Group,
Room 3001,
United Nations,
New York, N.Y. 10017.