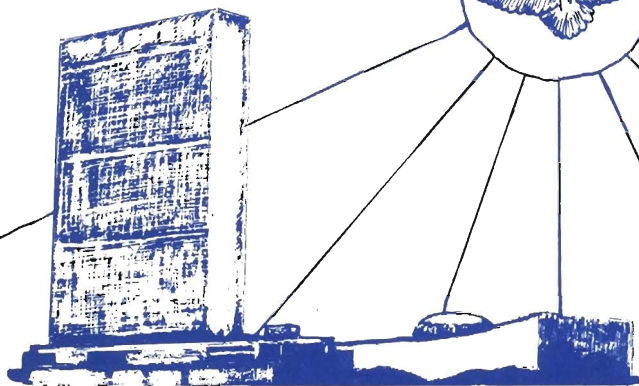


# Meditation at the United Nations

United Nations:



the Heart-Home  
of the World-Body



Monthly Bulletin of  
Sri Chinmoy Meditation at the United Nations

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Inside Front cover (Blotnik)

# MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF  
SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS

(1)

Since January, 1973, Sri Chinmoy Meditation at the United Nations 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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SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS

United Nations:



the Heart-Home  
of the World-Body

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.

(3)

## EDITOR'S NOTE

*Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents, who believe that inner reflection and meditation can bring us in touch with the founding spirit of the United Nations and inspire renewed dedication to its ideals.*

*The main focus of our activities, both in New York and in Geneva, is our twice-weekly meditations, which provide an opportunity for quiet, spiritual renewal in an atmosphere reflective of the highest purposes of the world organisation. In addition, through an ongoing series of conferences and symposia, we provide forums where ambassadors, Secretariat officials and staff, religious leaders and other world-minded individuals can share and reinforce their spiritual vision for the United Nations.*

*The Meditation Group was founded in 1970, when interested staff members invited the distinguished spiritual leader Sri Chinmoy to conduct non-denominational meditations at New York Headquarters. Since then, the Group's membership has grown considerably and its expanded activities have been warmly received by the U.N. community.*

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## A MEETING WITH THE SECRETARY-GENERAL

*On 24 October 1978 Sri Chinmoy met privately with Secretary-General Kurt Waldheim to present him with a copy of his book, A Soulful Tribute to the Secretary-General: The Supreme Pilot of the United Nations. Following is Sri Chinmoy's account of their meeting.*

I was standing at the door and Mr. Mayrhofer was behind me. He knocked at the door, although it was open. The Secretary-General was standing near his desk, sorting some papers. He came walking towards us and said, "Please come in."

I gave him some flowers and he said, "How beautiful these flowers are!"

I said to him, "These flowers signify gratitude. I am offering you my heart of gratitude." We were standing together and I gave him a copy of my book about him. I showed him the inscription that I had written in it and he read it carefully:

*"Dear Secretary-General,*

*The Pilot Supreme of the U.N. Boat, I wish to offer you my heart's prayerful and soulful gratitude for saving the Meditation Group from an imminent peril. Our gratitude-hearts shall always treasure your unparalleled Compassion.*

*Yours in the Pilot Supreme,  
Sri Chinmoy  
October 24, 1978"*



"It was so thoughtful of you to write about me," he said. "I have already seen the book. It is very thoughtful and meaningful. You have brought forward quite a few important things which I have been trying to place before the world."

I said to him, "This is not a book. This is my soulful appreciation, admiration and adoration."

"It is very kind of you to say so," he replied.

At that point I gave him a plaque, which was inscribed with his portrait and two songs that I had written, the words for which came from his writings. "These are your words," I told him, "and I have set tune to them." He was so moved; his face was beaming with joy.

"Was it done with a needle?" he asked.

"A special needle," I replied.

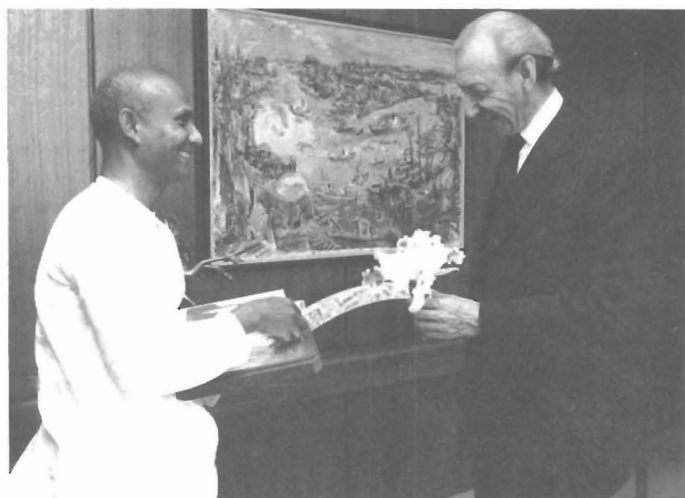
He asked, "Who has done it?"

I answered, "A student of mine who is a member of the Meditation Group."

"I see," he said. "It is so beautiful, so beautifully done." Then he asked me to sit down.

He continued, "As you know, we have many more members at the United Nations and, at the same time, we are having many more problems. But I feel that we are succeeding to a great extent, although people are criticising us. They see our shortcomings; they do not want to see our achievements."

I said, "It is so deplorable that the critics point out what you have not done, but they do not want to point out what you have already done, what you are doing and what you are going to do. You have achieved so much. They either try to minimise your achievements or ignore the very fact that you have achieved something momentous."



"It is precisely so," he said. "I am sure you are well aware of the U.N. situation and you read my speeches. Every day we encounter problems. Sometimes they are very serious, but we try to solve them in spite of our imperfections."

I said to him, "I deeply admire your recent bold stand on the U.S. aid proposal. The U.S. wanted to cut down its aid and wanted to know how you spent it. Your statement was that we didn't want to be dictated to. If they gave, it was to be unconditional, without any ties."

"Exactly so," he replied. "Anything we give has to be unconditional. The receiver must get full opportunity to use a gift in his own way. Otherwise, it is not a help, it is not charity. Somebody needs help. That is why he asks me for it. And if I help him, then the help should be without any conditions."

"I am so happy to hear that," I said. "I am so happy that your bold and stoic heart did not surrender to their proposal."

He said, "There are times when we cannot make any compromise. Only we have to do what we feel best."

"It is absolutely true," I agreed.

He continued, "The U.N. has a far-sighted vision and no doubt we are imperfect instruments, but we are trying for perfection. The world has to bear with our imperfections; then the world has to see what we have done and not what we have not done."

I said, "What you have done is infinitely more than what you have not done. There will always be some critics who, in spite of knowing well your tremendous achievements, will want to find fault with you. In a certain sense, critics strengthen us

and encourage us to bring to the fore more of our capacities, determination and will. Then we get more capacity and a greater opportunity to change their critical minds."

"I strongly feel that we have succeeded more than we have failed," he said.

"It is absolutely true," I agreed. "The things that you have achieved far surpass the things that you have not already achieved."

"Please do not use 'you', 'you'," he said. "I am only an instrument, a member of the United Nations."

I said, "You are the Supreme Pilot of the U.N. Boat. It is you who embody the hope, promise, success and progress of the United Nations. Therefore, it is you who deserve all our appreciation, admiration and adoration."

"Since there is a Boat, there has to be a boatman," he replied. "Fortunately or unfortunately I happen to be the boatman."

I said, "We are so happy and proud to have you as our boatman. The entire world, too, is extremely happy."

A secretary came and gave him a note saying that somebody else was waiting. He said, "Let him wait. I can spend a couple of minutes here."

I said to him, "We observed U.N. Day today. Ambassador Rossides was there. He asked me to convey his greetings to you."

"My dear friend Rossides?" he said. "Among your supporters, he is your best. I have always had high regard for him. Please tell him that I am sending him my greetings, too. Please tell the members of your Meditation Group that I am very pleased with them. Their dedicated service to the United Nations I sincerely appreciate and I wish

you all continuous success in your great and good endeavours."

I said, "Once more I wish to offer you our most soulful gratitude for saving us and also for granting us the opportunity to offer you our yearly *Devoted Report*."

Then he very affectionately shook hands with me and we parted.



*Below are two songs written by Sri Chinmoy to words of the Secretary-General.*

## A GREAT COMMON CAUSE

Words by Kurt Waldheim  
Music by Sri Chinmoy

(109) Moderately

The musical score is written on a single staff in G major (one sharp) and 4/4 time. It begins with a treble clef and a key signature of one sharp (F#). The tempo is marked 'Moderately'. The score consists of five lines of music with lyrics underneath. The lyrics are: 'We are men and wo-men from ma-ny-lands', 'Re-presen-ting a rich va-ri-ety of cul-tures', 'and we have-been brought to-ge-ther to-work', 'in a great com-mon-cause, the sur-vi-val and', and 'pro-gress of-man-kind'. The piece ends with a double bar line and a 'fine' marking.

We are men and wo-men from ma-ny-lands  
Re-presen-ting a rich va-ri-ety of cul-tures  
and we have-been brought to-ge-ther to-work  
in a great com-mon-cause, the sur-vi-val and  
pro-gress of-man-kind

"We are men and women from many lands, representing a rich variety of cultures, and we have been brought together to work in a great common cause: the survival and progress of mankind."

# I KNOW

Words by Kurt Waldheim  
Music by Sri Chinmoy

*Moderately*

(♩ = 126)

I ————— know ————— that — —

the ——— world ————— can — not — do with — out

the ——— U — ni — ted —————

*fine*

Na ————— tions

(sing three times)

"I know that the world cannot do without the United Nations."

## UNITED NATIONS DAY OBSERVED

*On 24 October 1978 Sri Chinmoy Meditation at the United Nations observed United Nations Day with a programme of music and speeches in the Dag Hammarskjöld Auditorium. Guest speakers included Ambassador David M. Thomas of Liberia, Ambassador Zenon Rossides of Cyprus and Donald Keys, President of Planetary Citizens. A transcript of the programme follows.*



*Ambassador David M. Thomas, Permanent Representative of Liberia to the United Nations: My dear friends, I am happy and pleased to be here at this time and to bring you greetings on this United Nations Day, and at this hour of your meditation, I want to say that I share with you in the conviction that it is necessary for us to pause in the midst of our busy hours to meditate, to think upon the*



Source from which we get our help and the One on whom we depend to continue to be with us and to guide us. As we celebrate this United Nations Day, I think it is necessary for us to realise that this organisation is a worthy organisation, which represents the aspirations of the peoples of the world. And we should also be cognisant of the fact that the only way this organisation can move forward and become successful is for all of us who represent our various States and take pride in the United Nations to be willing to subordinate our own selfish nationalistic self-interest to that of the broader interest of the whole, the United Nations, this world body. And we must realise further that God is the only Source of our help. With these remarks I wish for you all continued success and Godspeed, God's richest blessings. Thank you.



*Ambassador Zenon Rossides, Permanent Representative of Cyprus to the United Nations:* Thank you, my dear friends. I am very happy to be with

you this day and to share with you in your meditation, which is so needed in the United Nations. First of all I would like to thank Sri Chinmoy for his kind present of a rose. The red rose is a symbol of health, mental and physical.

Now, my dear friends, today is United Nations Day and also Disarmament Week, beginning from today. We had a disarmament function in the Committee where the Chairmen of the various geographic groups spoke. This was meant to be a global approach to the problem of disarmament. But it was, of course, confined in the rituals of the United Nations. Speeches were made more or less as other past speeches on disarmament. Yet, there is one element that is important: we have reached a time in history when the progress or the intellectual development of man has brought him to a point where he is struggling to save himself from the effects of technological progress, to the point of feeling that the very life of mankind is threatened. That disaster is already looming on the horizon. So, of course, the speeches in the United Nations were all centred on this problem. But they had no means of suggesting anything that could extricate man from this situation. This is the great problem that arises: with the intellect that has brought so much advance in technology and has made such a tremendous change in the whole world. If we were to divide the history of man on this globe into two main sections, they would be the pre-atomic and the atomic era, which means the pre-technological-breakthrough and the post-technological-breakthrough. Now, take, for example, the aspect of space travel. We go to the moon. And from there we can see the smallness of our globe and the in-

sanity of its inhabitants in following an ideal from the past of power and domination and selfish pursuits, when their very existence is in danger. And yet, man cannot extricate himself from that situation, and like the lemmings he is going to his destruction. What can save him?

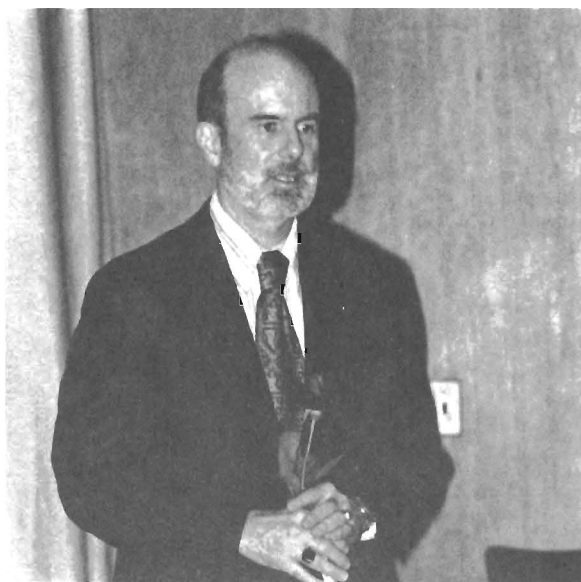
There is only one way. It was said by some in the Committee today that what we need is compliance with the Charter. And it is true: if we were to comply with the Charter, we could have international security and legal order in our world and we would gradually get out of any difficulties we are encountering. But there is no possibility of getting there, because the intellect of man is still geared to self-seeking pursuits and cannot agree on anything which is intended to be global approach to the problem. And that is where the Spirit must come into play. The Spirit of man should become prominent in the United Nations. Only in the Spirit can there be an agreement in finding the course to follow, in getting on the path of God, because the Spirit is the link of man with the Universe, with the Universal Flow, which is a moral flow. It is the flow of harmony, of balance, of justice, of freedom, of everything that is positive. You cannot be spiritual, you cannot have a spiritual link with the Universe if you go contrary to the flow of the Universe. Therefore, you can never go wrong if you allow the Spirit to govern your actions and your thoughts, because the Spirit is Spirit—it can never be distorted; it can never move in the wrong direction. If the Spirit is there, you are safe on the path of salvation, salvation not only of the soul of man, but of the physical continuance of life.

Now, there was a time when people thought that man's soul and man's actions in life, man's dedication to spirituality or religion, had nothing to do with his ordinary life, with the exercise of the intellect in pursuits that may be contrary to these concepts. Man has been completely governed by the intellect. Intellect is a tremendous force, which can direct man in the right course, the course which is followed so naturally when the Spirit prevails. That is why I say that one way of saving the world, perhaps the only way, is that the spiritual content of man should come to the foreground. There should be spiritual education in the United Nations itself to make it possible to arrive at solutions for these problems that involve the very life of mankind. And you know by all accounts of biologists and scientists that there is not much time. The great danger arises from the inability of man to adjust to the needs of his time. Through the ages man has gradually adjusted to new situations with higher levels of ethics. But now, this adjustment has to be made quickly; the improvement of ethics has to be by leaps and bounds, as by leaps and bounds is the technological advance. And this seems to be impossible within this space of time that we are allowed before the catastrophe comes.

But, if the Spirit prevails, then everything is possible. If the Spirit prevails, then we can see that man can change very quickly, because the Spirit is eternal, immutable, always with the same values, and if it comes alive, then man is transformed.

I want to say again how happy I am to be with you, and I wish you all success in the work for spiritual development in human affairs, particularly in the United Nations.

Thank you.



*Mr. Donald Keys, President of Planetary Citizens:* Sri Chinmoy, Excellency, and friends. I am always moved when I hear the song, "We know our U.N. soul and its God-decreed role." In our hearts we really do know. Sometimes it is obscured by the actions we see around us, in the world, and even in the United Nations, doubt creeps in. But we know very deeply the U.N. role.

It has been said that the United Nations is the last best hope of mankind. I am going to say it is the first hope, the continuous hope and the last hope of mankind. Because the United Nations, with its universal nature, is the single reality of one of mankind's biggest steps on earth, namely, the step of mankind to its eternal unity, to its intrinsic unity, to its forthcoming unity. What we see of the United Nations on a day-to-day basis is precisely a

reflection of the struggle of mankind to move closer to that unification, to actualise it more fully, to demonstrate it more completely. And we cannot tell how long it will take before the family of humanity becomes the peaceful community of the world, but we can say it will become that. If we compare the number of years of the existence of the United Nations with the years of the human past, we will see that it is a twinkling of an eye that the Organization has existed, the shortest of times in which the Organization has tried to fulfil itself, the shortest of times in which the soul of the United Nations has attempted to actualise, mediate and harmonise human affairs.

We are part of that process, out of all four billion humans on earth at this time. So, we have something special to offer, something special to give, something special to receive, because we can be the moulders and the builders and the containers for that soul of the United Nations, which is undertaking to make itself felt and known. If the contrast between the goals and the ideals of the United Nations and the actions and behaviour of its members from time to time is great, then it only measures the size of the task before us. It doesn't argue that the task is impossible or that the task doesn't exist. It only gives some measure for our own effort to be the vehicles and channels for the manifestation of the soul of the United Nations. So, the United Nations is the first, last and continuous hope for mankind. May we, on this anniversary of the founding of the United Nations, rededicate ourselves and all our contributions to that cause.

Thank you very much.



*Sri Chinmoy offers his gratitude to Ambassador Thomas and Ambassador Rossides on behalf of the Meditation Group.*



*Sri Chinmoy:* Before I speak on U.N. Day, I wish to express from the inmost recesses of my heart gratitude, gratitude and more gratitude to our dear Ambassador Rossides, our most beloved Brother. Because of him, today we are able to meet in the Dag Hammarskjöld Auditorium. Because of him, we will be able to try once more to spiritually serve the cause, the supreme cause, of the United Nations. Therefore, the members of the Meditation Group and I have sown a seed of gratitude in the very depths of our hearts and this seed we are offering to our Ambassador Rossides. Slowly, steadily and unerringly this seed will

germinate and grow into a tiny plant, and then it will become a huge banyan tree. And when it grows into a huge banyan tree we shall offer the tree itself to our most beloved Brother Rossides. Once more I wish to say, because of him we have been able to come back to the United Nations to serve the United Nations with our prayer and meditation.

Today is U.N. Day. What does U.N. Day signify? It signifies a day of universal hope, a day of universal promise, a day of universal peace and a day of universal oneness. Hope, brightens humanity's present deplorable fate. Promise encourages humanity's speed, which embodies success and progress. Peace enlightens humanity's age-old ignorance. And satisfaction, which is founded upon oneness, the oneness-family that we would like to live in, will one day dawn in our aspiring heart and our dedicated life.

To us, the United Nations is not a mere building, it is not a mere concept, it is not wishful thinking or even a dream. But it is a reality which is growing, glowing and manifesting its radiance here, there, all where, throughout the length and breadth of the world. All those who are sincerely crying for a oneness-family, according to their receptivity, are receiving light from the soul of the United Nations.



## U.N. DAY CELEBRATED AROUND THE WORLD

*In Australia, Canada, Europe and the United States, dignitaries and U.N. community leaders took time out of their busy schedules to join U.N. Day runners and cyclists in a special worldwide celebration of the United Nations' 33rd birthday, 24 October. Enthusiastic U.N. supporters and students of Sri Chinmoy, who is a Non-Governmental Organisation Representative as well as leader of the Meditation Group at the United Nations, helped bring U.N. Day into the public eye by holding the following local athletic events.*

### AUSTRALIA

In Melbourne, Australia, runners from Melbourne, Brisbane and Sydney completed a 24-hour relay run, ending at the Town Hall, where the athletes were greeted by the Lord Mayor of Melbourne, Counsellor Rockman, and the President of UNICEF Australia.

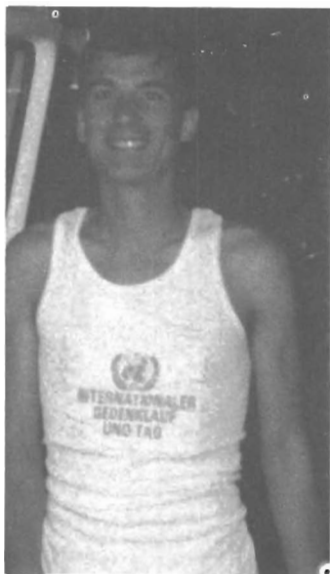
In Perth, four runners completed a total of 80 kilometres in a period of five hours, running with the United Nations flag through the Perth City Centre.

### CANADA

In Montreal, ten runners joined in a 33-kilometre relay, passing the Headquarters of UNICEF and UNA. The runners carried a United Nations Charter and the Declaration of the Rights of the Child.

In Toronto, three runners ran an eleven-mile course around the United Nations offices, carrying a baton which held the Preamble to the Charter.

## SWITZERLAND



In Zurich, nine runners completed a 47-mile relay around the lake of Zurich, starting at 7:30 p.m. and running past midnight to finish in 5 hours and 30 minutes.

## UNITED STATES



In Boston, a 33-mile relay run began on the State House steps. Ms. Virginia Saunders, the Governor-appointed Chairperson for U.N. Day Activities, opened the event, passing the flaming torch to the first of the six runners who participated in the relay.

In Miami, Florida, a 33-mile relay run was held in conjunction with the Miami Runners Association and the United Nations Association. Vice-Mayor Reverend Gibson started the race, in which ten runners participated, carrying a United Nations flag which was passed from one runner to the next. They were met by Congressman Dante Fascell and Congressman Claude Pepper at the close of the relay, which finished at the United Nations Day luncheon sponsored by UNA.

In Seattle, a 33-mile bicycle marathon was held for the public in honour of U.N. Day.

## INDIA DAY

*On 31 October 1978 Sri Chinmoy Meditation at the United Nations sponsored a programme in honour of the anniversary of India joining the United Nations (on 30 October 1945). The programme was opened with silent meditation and a musical dedication on the Indian esraj by Sri Chinmoy. Members of the Meditation Group singers then performed the song "Welcome," first in Bengali and then in English. The guest speaker was Mr. Ghandikota Subba Rao, head of the new energy programme of the United Nations Department of International Economic and Social Affairs. Other vocal and instrumental pieces followed. Below is an excerpt from Mr. Subba Rao's talk.*



*Mr. Ghandikota Subba Rao, Senior Officer in Charge of Energy, Office of the Under-Secretary-General, United Nations Department of International Economic and Social Affairs: Sri Chinmoyji and fellow devotees and meditators, we have heard Sri Chinmoy's wonderful tribute to Mother India.*

This occasion is very significant not merely because India joined the United Nations thirty-three years ago, which in itself is extremely important, but also because today and yesterday are the days of great festivities in the Mother Country. This period is significant for spiritual exercises, for the practice of spiritual disciplines. It is the *Divali*, the Festival of Lights.

Sri Chinmoy, I remember, has very aptly pictured the United Nations as the garland of nation-souls. Through this garland runs the thread of unity, tying these beautiful, colourful flowers of nation-souls. We have in India many spiritualists emphasising a similar thought. In the words of a great Indian mystic, just as the bloodstream circulates through all the limbs, one divine principle circulates through all the lands and the peoples of the world. Yet another Indian savant has frequently spoken of the sap that runs through the trunk, the branches and the leaves of this tree of humanity. I have enjoyed reading the very brief, but very illuminating books on the Vedas and the Upanishads by Sri Chinmoyji. The Rig Veda pictures the universe as the body of God.

Now, with all this background of the universality of humanity, with all these threads that bind us together, there is still constant conflict in the world of relativity, if I may use an expression from Indian philosophy. To talk in aggressive language, to brandish atom bombs with the hand while trampling the meek and the poor with the feet, does not certainly advance the cause of peace and happiness on earth. I mention this because of the significance of *Divali*, one of the greatest festivals in India. It is celebrated precisely because India witnessed the destruction of an evil force

called *Naraka*. He was an oppressive, materialistic ruler. He had physical strength and many fortresses armed with big "war machines." He had tremendous economic wealth, material prosperity and sovereignty over many lands. But he did not have spiritual experiences. He forgot his true nature—the *atmic* splendour, *atmic* consciousness within himself. When man, *Nara*, becomes *Ka*, he becomes evil; then he becomes an *Asura*, a demonic force, *Narakasura*. This ruler was also known as *Bhumasura*. *Bhu* means earth; he is the son of the earth personified. This symbolism expressed the thought that those who draw their strength from purely materialistic, earth-oriented forces, i.e., those drawing their strength from the materialism of the earth, are certainly not going to inherit the Grace of God, or even the earth they try to lord over. *Naraka* was destroyed, as you may know, by *Krishna* and his consort, *Satyabhama*. *Satyabhama* means the power and the splendour of truth. Assisted by *Satyabhama*, *Krishna*, which means the one who captivates all hearts in a spiritual sense, had to destroy (or absorb) this evil power. So it was on that day of the removal of the materialistic ruler that the people of India heaved a sigh of great relief and celebrated with tremendous illuminations. That is why *Divali* is observed as a day of light and liberation, of joy and love, based on this story.

Now, I would like to take a few more minutes to explain, although I cannot do it as adequately as Sri Chinmoyji with his tremendous facility in conveying this richness through experience-based articulations, some of that spiritual heritage of that ancient country which was not then called India, but *Bharat*. That spiritual heritage is the heritage

of humanity. *Bharat*, as Sri Chinmoy has emphasised, does not refer to that geographical or territorial concept or entity which we know as India today.

According to this philosophy, every person is a unique entity. Similarly, each nation also has a unique individuality. Each person has his own characteristics; he has his endowments which are peculiarly, or not so peculiarly his own. Each nation has certain special features. That is why Sri Chinmoy has called the United Nations a garland of nation-souls. Each nation has its own role to play in this world system. In that world orchestra for peace and bliss, each nation must sing its own tune, must deliver its own message, based on its own perceptions or visions, based on its own experiences.

On this occasion you have chosen to celebrate the Indian message. The word *Bharat* (or India) means the "the land of love of the splendour of God." So I will confine myself to the message of the great Indian spiritualists, their experiences, their heritage, their articulations, in order to enrich our own spiritual *sadhana*, as we call it, our spiritual discipline.

According to Indian spiritualism the supreme knowledge is not of the secrets of external nature. It is the quest of discovering that mystery of the unity of creation: the unity in the many, in the diversity, in the multiplicity, in nature. It is that quest which has fascinated the Indian spiritualists over the ages. The Vedas, the ancient sacred scriptures, expound the nature of that Supreme Being or Person, as the Vedic seers had experienced and conveyed it. But there are many beliefs regarding It's nature and character. According to one school

of experience, that Supreme Entity is described as having human characteristics. Another school of thought portrays It as an embodiment of qualities which have transcended human attributes, with super-human qualities. A third school articulates it in terms of that nameless, formless, attributeless form which we call *Nirakara* or *Nirguna*. All these faiths coexist in India, and for that matter in the world, but all peoples have faith in the Godhead. They all acknowledge the transcendent, eternal Power. The Vedic literature of India, which, as I said, is the priceless spiritual heritage of not only the present geographical territory of India, but of all mankind, says: *Ekam sat. Viprah bahudha vadanti*. One alone is. The sages speak of It as many." This is believed to be a revelatory declaration. In any case, it clarifies, it purifies, it universalises our spiritual experiences. The paths to God are many, but the goal is the same. This Vedic statement has very profound, universal implications.

You have heard the beautiful music, the beautiful words, the inspiring words of Sri Chinmoyji, which are about that One. That One is the subject which all the sages, all the saints, all the seers, all the poets, all the composers adore and praise in various languages, in various tongues. They express it in various moods; they express it through different styles of presentation.

This statement inculcates not only tolerance, but respect for all other religions. It asserts the universality, albeit in various ways, of human spiritual experiences, irrespective of age, stage and locale. It raises one's level of consciousness and awareness. It inculcates the deep faith in the equality of all faiths and of all human experiences, whether it is Hinduism, Buddhism, Jainism, Islam, Judaism, Sikhism,



Zoroastrianism or Christianity. This approach to multi-consciousness comes through meditation, where one transcends the limitations of one's body, mind and intellect—the centres of egocentric operations. Indian spiritualism teaches that when the ego-self, or *Aivatma*, as we call it, identifies itself and merges with the Bliss of the One, there is no sorrow, there is no death, there is complete fulfilment and evolution of humanity. From the One are projected the many and the many go back to the One, as it were. So, when one's awareness reaches the level of consciousness of the true Self, *Atmachaitanya*, one expands his consciousness and lives in the Universal Consciousness, *Vishwachaitanya*, or Divine Consciousness, *Divyachaitanya*. For this, it is necessary to meditate. Hence, this group exists, under the direction and inspiration of this great teacher, Sri Chinmoyji.

So, the basic truth is One in many. This is the key to the understanding of Indian spiritualism. In the multiplicity of names and forms is the thread of that Unity. Indian spiritualism, or for that matter, deep spiritualism as exemplified in human experiences, fosters the faith that the true Self in man, *Atma*, is no other than the Over-Self or God. This, of course, is experienced at the highest level of consciousness. So, the goal is the splendour of that consciousness of the divine. All beings are in God and God is in all beings at the highest level of realisation.

This discovery of the true Self and its capacity to merge with the Absolute is the cornerstone of Indian spiritualism. This is the key to the mystery: the divinity of man and the humanity of God. This is what the sages have experienced and have put into so many words in the Vedas and the Upani-

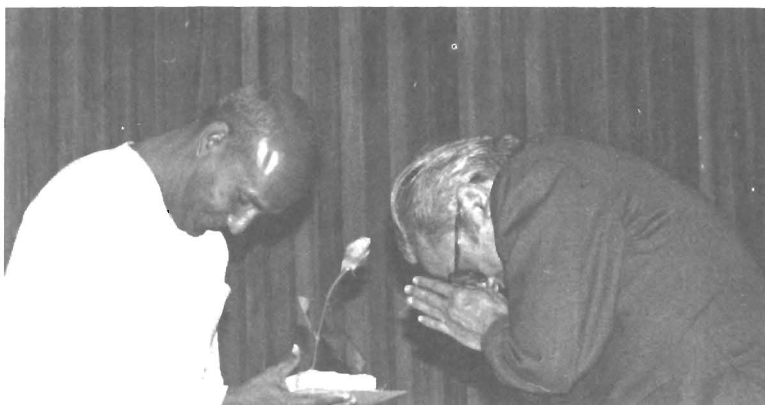
shads. The texts of this spiritualism or spiritual experiences are the most ancient ones. They are some of the earliest studies and discoveries of the ever-full, eternal, blissful and splendrous *Atma*. It is through meditation that the Indian seekers have revealed that God is not external to man but is the inner reality of each one of us. This is the supreme vision of Vedanta, of the Vedantic philosophy which comes at the end of Vedic experiences.

So, today, on such a beautiful occasion, and an occasion which is universally celebrated in our country, we are all sharing some of these thoughts which have arisen out of that great stream of Indian culture whose roots go back to ancient days. The stream of spiritual disciplines for the discovery of that fulfilment of man has run for many ages in India. And here we see an expression, an embodiment, a personification of that wisdom in Sri Chinmoy. And it is appropriate that we have this programme here in the United Nations, because the United Nations believes in universalism. It may not be fully practicable but it is certainly one of the organising principles around which this institution has been built.

I am very happy to share some of these spiritual lessons, as I have been reading them; but I must say that Indian spiritualism is based and rooted in experience only, and any articulations are not only inadequate, but if these are not based on experience, they are merely words, documents or verbiage! Indian spiritualism has not only given us the supreme goal, but also the technique of reaching it: it is meditation. When we touch the world within, we are strengthened by the touch of divinity within. When we then come out into the field of relativity, into the field of action, into the field of

the multiplicity of the world, we operate from the standpoint of total awareness in the bliss of consciousness of Supreme Reality, *Sat, Chit, Ananda*. Indian spiritualism has also forged some instrumentalities, as we have here, Sri Chinmoyji, who is our support in this quest, in this experience. May I once again seek your forgiveness if I have not expressed the eternal truths as expounded in some of the texts of ancient India. And with this I take your leave.

Thank you very much.



*Sri Chinmoy wrote the following inscription on a programme, which he gave to Mr. Subba Rao after he had spoken:*

Dear Brother Ghandikota,

Your greatness-mind is truly astonishing.

Your oneness-life is supremely fulfilling.

I repeat, I repeat and I repeat.

Yours in the Absolute Supreme,  
Sri Chinmoy

October 31, 1978

May Vedic seers of the hoary past bless you constantly and unreservedly.

CKG

## PARTICIPATION IN THE NEW YORK CITY MARATHON

Members of the U.N. community may have seen many of their friends in the Meditation Group running in the 26-mile New York City Marathon, held this year on 26 October. Over thirty men and women from the Group joined the 11,000 other marathon runners at the inspiration and encouragement of Sri Chinmoy, who believes that physical fitness and health are necessary for integral spiritual progress. Mr. Arthur Kauff of the U.N. Plaza Hotel led the men with a time of 2 hours, 49 minutes, and Ms. Nirjhari DeLong of the Department of Technical Co-operation for Development led the women with a time of 3 hours, 53 minutes.

Many members of the Meditation Group had completed a 47-mile ultra-marathon on 27 August, which was held in honour of Sri Chinmoy's 47th birthday.

On 28 September 1978 Sri Chinmoy received the distinguished service award from *Runner's World* magazine for his "dedicated service to humanity through the promotion of running."



*UNICEF Meditation Group staff members at the start of the marathon: Chetana Hein and Teri Schiffel (left); Paul LaRusso (right). (Below) Kevin Keefe at the finish.*

