

# 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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**MEDITATION  
AT THE  
UNITED NATIONS**

**MONTHLY BULLETIN OF  
SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS**

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.

## 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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*Mr. Robert Muller, Secretary of the Economic and Social Council, and Sri Chinmoy pay their respects to U Thant and his family.*



## FAREWELL TO U THANT'S FAMILY

*On 16 March 1979 the Meditation Group bade farewell to U Thant's family—his wife, Mrs. Thant, his daughter and son-in-law, Aye-Aye and Tyn Myint-U; and their four children.*

*Sri Chinmoy led silent prayer and Mr. Robert Muller, Secretary of the Economic and Social Council, and Mr. Donald Keys, President of Planetary Citizens, offered their reflections about U Thant and his family. Excerpts from the programme follow.*

*Mr. Robert Muller, Secretary of the Economic and Social Council: Dear friends, the ceremony tonight in honour of U Thant is also meant as a farewell to his family, which is leaving this weekend for Asia. It is a sad and at the same time a joyous occasion. It is sad because after their departure there will be no one left here in New York of U Thant's family. He has left us already physically, resting as he is in a pagoda near the Great Golden Pagoda in Rangoon, Burma. Now his wife, his daughter, his son-in-law and his three grandchildren will be leaving us too. It is sad because as long as they were here and we could see them, talk to them and exchange cherished memories, we had the impression that U Thant had not completely left us. Koko, U Thant's grandson, in particular reminded us very much of him: he looks like him and shows the same moral and intellectual inclinations as his grandfather. Their departure will therefore cause a great emptiness for all of us. On the other hand, it is a joyous occasion because Tyn Myint-U is joining the United Nations as a member*



of the Science and Technology Division of the Economic and Social Commission for Asia and the Pacific. A reputed mathematician and outer space scientist, he will henceforth contribute his talent to the United Nations and to meeting the needs of the developing countries of Asia.

I would like to pay a particular tribute to Mrs. Thant, who had a deep influence on U Thant. Reading some of the unpublished pages by our former Secretary-General, I discovered that it was she who encouraged him to come to the United Nations and to accept the position of Ambassador to the United Nations which had been offered to him. He wanted to think it over for several days but she exhorted him to accept forthwith, which he did the following morning. It is therefore in part to Mrs. Thant's good advice that we owe our Secretary-General.

It was the same Mrs. Thant who, since U Thant's death, had exhorted Tyn Myint-U to join the United Nations. He didn't listen to her at first, but little by little he understood that this was the right place for him. I am sure that U Thant's spirit must greatly rejoice at this moment that his son-in-law is joining the United Nations. Perhaps some day Koko too, who seems to have already his mind fastened on it, will become an international civil servant. U Thant's family is a wonderful and united family, as are the families of all great people. We will miss them very much, but they have now joined the greater family of the United Nations. This is why tonight we should both be sad and happy, rejoicing also over the fact that Bangkok is only a few hours away from Burma, where the family will be able to visit the tomb of U Thant. So we should say to them with all our heart

at the same time goodbye and welcome to the United Nations family.

Since this is a ceremony in honour of U Thant, let me say that as the years pass, the greatness of our former Secretary-General becomes more and more universally recognised. Almost every week I receive writings, messages and visits of prominent people—philosophers, theologians, thinkers and sages—who are discovering U Thant or who have come across his message to the world, namely that we cannot obtain peace by reason alone but that we must establish it by the proper relations between all peoples, proper relations with our planet, proper relations with the universe and proper relations with the totality of time, i.e., a spiritual dimension. He repeated insistently that morality and spirituality had to catch up with scientific and technological advances. This is exactly what Pope Jean-Paul II said yesterday in his Encyclical in almost the same terms. As our little globe continues to spin in the universe, and as our first universal organisation discovers even deeper facets of our being in that universe, we feel year after year that U Thant was right, that he had grasped, well prepared by Buddhism, the totality of space and time and the place of each human being in both. This is probably the great message of spirituality that can encompass and unite the world. It is a message that speaks for all religions and all humanity. It is on that spirituality—namely, the total flowering of the human person on the Planet of God, in relations with each other, in the universe and in time—that finally a human society will be built blessed with peace, justice, kindness and happiness for all.

This was the simple but great message of U Thant. He knew that to achieve it, the most important way was education. Hence we must all become teachers. We must spread his message wherever we can. He dreamed of a United Nations University. It exists today. There is now a great upsurge around the world for what is called "global education." Not a week passes for me without being invited to speak or to write about this subject, and always I present the deep and all-inclusive message of U Thant, namely that proper education must be concerned with the four fundamental attributes of the human person: physical, mental, moral and highest of all, spiritual.

So, as his family leaves, perhaps our best gift to them is to pledge tonight our individual efforts to spread in every way we can U Thant's message, to keep his memory alive, to live in the same way as he did—as a humble, gentle, warmhearted, compassionate and understanding man—and to tell those around us that in the highest world's servant post on this planet, there was a wonderful man who has given a message which someday will be understood by the entire world and on which will rest the foundation of our future civilisation. This message will stay with the United Nations and continue to inspire governments and the world. As we say farewell to his family, we ought to lock this message deep in our hearts and in our minds.

Let me also say how much the U.N. Meditation Group meant for U Thant. He often deplored the absence of spirituality in world affairs. One day as he was sitting in a General Assembly meeting, he had this thought: "I felt that the General Assembly Hall of the United Nations had been the forum for statesmen and politicians, economists and

sociologists. From time to time why should not this great hall be the forum for spiritual and religious leaders?" This led him to invite Pope Paul VI to come to the United Nations and to deliver a major address to the General Assembly. At the United Nations the Meditation Group was the only active spiritual group. He came to see you and I know that he had great affection for you. It was in one of his meetings with you that he revealed his plans to write a major work on the need for spirituality and philosophy in world affairs. Alas, this second book which he had on his mind was never written because God took him away from us.

As we wish godspeed, good health and happiness to all the members of the U Thant family, let us pledge to uphold his spiritual message in our personal lives, in the United Nations and in the world.

*Mr. Donald Keys, President, Planetary Citizens:*  
It is always a privilege for me to take part in this annual remembrance of U Thant. Indeed, he was our number one planetary citizen. I should like to speak briefly about him tonight in terms of my recollections of his Sonship—Sonship to his great Lord, the Buddha. His Sonship was visible in his emulation and manifestation of the quality of compassion—the Buddhist precept of compassion for all sentient beings and the responsibility to assist them to their greater freedom, to their emancipation from what the Buddhists describe as the lower three worlds of *Samsara* or "illusion." In all his actions and in all his activities, this was the mainspring of U Thant's qualities and characteristics—his endless patience, his kindness, his unending capacity for non-reaction to the follies

and foibles of those around him. My own recollection of sitting in his living room and working on manuscripts was one, first of all, of the strong presence of the spiritual figure whom he adored and secondly of his infinite kindness to me, the neophyte writer who was attempting to assist him in his own work.

His qualities of compassion were manifest in so many different crises and activities. One of the major crises which came late in his career concerned the situation in East Pakistan, in which ten million refugees crossed the borders into India and which created a human crisis of major proportions. U Thant sought, vainly, to bring that matter to the attention of the Security Council; and in its aftermath, he brought to the attention of the General Assembly the necessity for the widening of the Secretary-General's role under the Charter of the United Nations to deal with what he called "human disasters."

I remember also, as many do, his unending efforts and his many disappointments in connection with negotiations to bring to a close the war in Vietnam. Often one party or another would make a suggestion that maybe he could do something to bring the other party to the conference table. U Thant would then find himself rebuffed not only by the second party, but also by the party who asked him to undertake the effort in the first place. Many times he tried. His efforts were largely unknown, largely absent from the public mind, and yet he always carried them forward, again and again, with his compassionate view, his long view of human existence and its problems. It was this long view that sustained him in his career and which finally led him to close his

memoirs with a call for a higher allegiance to humanity itself and to this world organisation as its representative and as the focus for the efforts of humanity to lift itself further along the path to its own fulfilment. And so he manifested, in the truest sense, the qualities of Sonship.

I should also like to pay homage and give due credit to Aye Aye and Tyn Myint in their own humble trusteeship of the U Thant legacy by shepherding and seeing to a conclusion the preparation and publication of his memoirs. Now, as is most proper and as our dear friend Robert Muller mentioned, they are carrying that legacy forward into their own lives and putting it into practice in their work in the United Nations family.

As we remember this man, we can remember that we have had the privilege of seeing an exemplary representative of true Sonship.

Thank you very much.

## LEONARD BERNSTEIN AND SRI CHINMOY

*On 21 March 1979 the master composer and conductor Leonard Bernstein invited Sri Chinmoy and members of the Meditation Group Choir to his apartment in New York City for an exchange of philosophy and music. The Choir performed a song Sri Chinmoy had written in Leonard Bernstein's honour arranged and conducted by French composer Olivier Greif, one of Sri Chinmoy's students visiting from Paris. A portion of the afternoon's enlightening and inspiring conversation as well as Sri Chinmoy's song appear below.*

*Also printed here is a song composed after the meeting by Mr. Bernstein as a gracious "Thank You" to Sri Chinmoy.*

*Leonard Bernstein:* Oh, dear man, how wonderful of you to come! (*Sri Chinmoy offers Leonard Bernstein a bouquet of flowers.*) Thank you so much for the gift.

*Sri Chinmoy:* It is so kind of you to invite me.

*Leonard Bernstein:* I am sorry to keep you waiting. You are an important man. Are you all alone?

*Sri Chinmoy:* I am here alone, but my students are downstairs.

*Leonard Bernstein:* Your students? How many?

*Sri Chinmoy:* There are about twenty or so. I have composed a song in honour of you and I would be grateful if you would kindly allow us to sing the song.

*Leonard Bernstein:* But of course. Do you want to bring them up?

*Sri Chinmoy:* Here we could have a few minutes of silence, and then we could call them.





*Leonard Bernstein:* How wonderful!

*Sri Chinmoy:* May I pray and meditate with you for a few minutes or a couple of seconds?

*Leonard Bernstein:* That's wonderful; it's exactly what I would like.

*Sri Chinmoy:* A tiny drop of a musician has come to the ocean of the music-world. Please feel that the drop is most eagerly waiting to enter and merge into the ocean itself. You are the Himalayan musician and the supreme lover of music. I have read so much about you. I have heard so much about you. More than that, since I am a seeker I can also feel your heart. In the Almighty we are all one; we are sailing in the same boat. That is why I can easily identify myself with your heart and soul. So you are not someone unknown to me; you are more than known.

*Leonard Bernstein:* How should I address you?

*Sri Chinmoy:* In any way you wish. You are the master-musician; I am the beginner.

*Leonard Bernstein:* I am so moved.

*Sri Chinmoy:* In the capacity of two seekers we are serving the Supreme; we are sailing in the same boat. I must not dare to say a word to you about music, which is the universal language. Now we are praying and meditating. It is through our prayer and meditation that we please our Beloved Supreme. You are the ocean of music, and inside your music-world the world of aspiration and dedication is constantly growing.

*(Sri Chinmoy and Leonard Bernstein meditate together.)*

*(Sri Chinmoy's comment: He was so deeply moved; he couldn't speak for a couple of minutes. Afterwards he grabbed my hands.)*

*Leonard Bernstein: I haven't done that in so long. I was taught transcendental meditation about four years ago. I did it as strictly as I could for seven weeks. But I couldn't continue it, so I lost it. Every once in a while I would come back to it. My mantra was always with me. But I haven't done it for a very long time, and you brought that back.*

*Sri Chinmoy: We are one. We are sailing in the same boat. Our Beloved Father Supreme is manifesting Himself in and through us. You have offered to the world at large something unique, and the outer world knows who you are because of the magnificence of your unique contribution. The inner world, which is your heart's cry and your implicit faith in your Beloved Supreme, offers you constant oneness with the Will of the Supreme. For that the outer world does not yet know you. But the golden day will dawn when the supreme message which you embody in the inner world will come to the fore. At that time the world will see you as the supreme seeker who is also the supreme composer and conductor. God the Lover-aspect, which you embody in boundless measure, has yet to come to the fore. In your writings and in your compositions the world gets an iota of what you truly are inwardly. But I know how much the message of the inner world, which you embody, will come to the fore. Along with your music, it will inundate the world of aspiration and dedication.*

*Leonard Bernstein:* I don't know how many years more I have to do that. That worries me, because I do have a lot to do. You're right. I've only begun, but I am sixty years old.

*Sri Chinmoy:* In the Heart of our Beloved Supreme, sixty years is nothing. It is a fleeting second. Again, in a fleeting second you can inundate your entire being with infinite Peace, Light and Bliss. The promise that your soul has made to the Supreme you are bound to fulfil. Your soul will not be satisfied unless and until you have offered to the world at large everything that you are supposed to offer and everything that you are.

*Leonard Bernstein:* That's what I try to do. But there is so little time. Maybe I love people too much. I have so many friends and people I love.

*Sri Chinmoy:* You are loving them because you see in them the living embodiment of your Beloved Supreme. Sri Ramakrishna was a great spiritual Master. His dearest disciple, Swami Vivekananda, once asked his Master, "Why do you always think of me? Why do you speak to me so much and why do you always show me so much affection?" Sri Ramakrishna replied, "I see God Himself in you. If I see an ordinary, unaspiring person, then I won't look at him." You have so many friends, admirers and adorers. But you do not see them as ordinary human beings who are full of ignorance. You see them as God's representatives, as God's own creation. When you look at them and talk to them, you see in them the living Presence of your Beloved Supreme. So what you have been doing is most



important. The Supreme has chosen you to be His supreme instrument in the music-world and in the spiritual world.

*Leonard Bernstein:* How do you know that?

*Sri Chinmoy:* A God-seeker knows everything; a God-lover knows everything.

*Leonard Bernstein:* There are many wonderful musicians in the world who are much greater than I.

*Sri Chinmoy:* Not at all! That is again your humility speaking. The Supreme, out of His infinite Bounty, has given you some capacity. On the strength of my oneness with my Inner Pilot, I know who you are. To be very frank with you, you do not know who you are. I know more than you do, infinitely more than you do, about yourself in the inner world. About your outer life, you know. But you don't know your real inner self.

*Leonard Bernstein:* I feel it, though.

*Sri Chinmoy:* Inside you is a roaring lion, but that roaring lion is encaged. It is roaring there, but it is unable to come out. As soon as it comes out, then only it will be able to roar properly and manifest what it has within.

*Leonard Bernstein:* Why is it encaged?

*Sri Chinmoy:* Why is it encaged? I have to be very frank with you. If you could devote a little more time to the inner world . . .

*Leonard Bernstein:* I thought you'd say that.

*Sri Chinmoy:* Forgive me.

*Leonard Bernstein:* I'm so happy you said that. I spend so much time with the outer world.

*Sri Chinmoy:* You have the key, but right now you are not using the key. The door is right in front of you.

*Leonard Bernstein:* There are so many aspects of the outer world that are spiritual, that are golden. My children are part of the outer world. I spend a great deal of time with my children, for example.

*Sri Chinmoy:* In your case, which you have so clearly expressed, beauty is truth and truth, beauty. Keats said, "A thing of beauty is a joy forever." In your writings I see that beauty and truth are inseparable. That is what you are manifesting all the time. In your case, I see that it is all beauty and truth, and they are interlinked. It is like Walt Whitman's theory in *Leaves of Grass*. There is no difference between body and soul. In your case, you have realised the inseparable oneness between spirit and matter, between the Creator and the creation. That is what you have realised.

*Leonard Bernstein:* Now you see, that takes a great deal of time.

*Sri Chinmoy:* But you have done it. Only you have done it in the inner world; in the outer world it takes time. In the inner world you know that you are the supreme musician.

*Leonard Bernstein:* That is so hard to accept. I can't take that responsibility.

*Sri Chinmoy:* That is good.

*Leonard Bernstein:* Would it offend you if I smoke?

*Sri Chinmoy:* No, it would not offend me at all. If that is your nature, then why should it offend me?

*Leonard Bernstein:* You don't smoke, I am sure.

*Sri Chinmoy:* On the strength of my oneness with you, how am I going to say that it is something wrong if it pleases you?

*Leonard Bernstein:* The doctors told me yesterday that I have to stop or I will die. I don't want to die. I would disappoint you if I died . . .

*Sri Chinmoy:* Certainly! No question.

*Leonard Bernstein:* . . . before I did my work.

*Sri Chinmoy:* No question!

*Leonard Bernstein:* But this is very bad for me.

*Sri Chinmoy:* Oh, I have a present for you.

*Leonard Bernstein:* Another present?

*Sri Chinmoy:* Let me present this to you. (*Sri Chinmoy gives Leonard Bernstein a framed copy of his "Leonard Bernstein" poem, written in calligraphy.*)



*Leonard Bernstein:* I love those things.

*Sri Chinmoy:* Oh, excellent.

*Leonard Bernstein:* They are so beautiful. How I wish to get a painting of yours! I have seen so many prints, but I have not seen an original painting.

*Sri Chinmoy:* I shall definitely give you a painting of mine.

*Leonard Bernstein:* Wonderful!

*Sri Chinmoy:* This is what I feel about you. You are Eternity's singing bird. This is the song I composed a few days ago about you.

*Leonard Bernstein:* You have music to this?

*Sri Chinmoy:* I have music also. My students would be so grateful if they could sing this to you.

*Leonard Bernstein.* You play instruments also. You play forty-six instruments or something.

*Sri Chinmoy:* Jack of all trades, master of none, none, none! So, this particular song, if you could kindly allow my students to sing for you . . .

*Leonard Bernstein:* Of course! How many are there? How many students did you bring?

*Sri Chinmoy:* You have to forgive me. I think there are seventeen or eighteen. One of my students

has come from France. He is the conductor. He is the greatest admirer of yours. His name is Olivier.

*Leonard Bernstein:* He is the boy I know from Tanglewood. He studied with me last time. He is young.

*Sri Chinmoy:* He is a young man, a very young conductor. And he has been shining in France, of late. So this is the song. First they will sing the melody which I have composed, and then they will sing in rounds.

*Leonard Bernstein:* An arrangement?

*Sri Chinmoy:* Yes, they have made some kind of arrangement. Mine is only the melody.

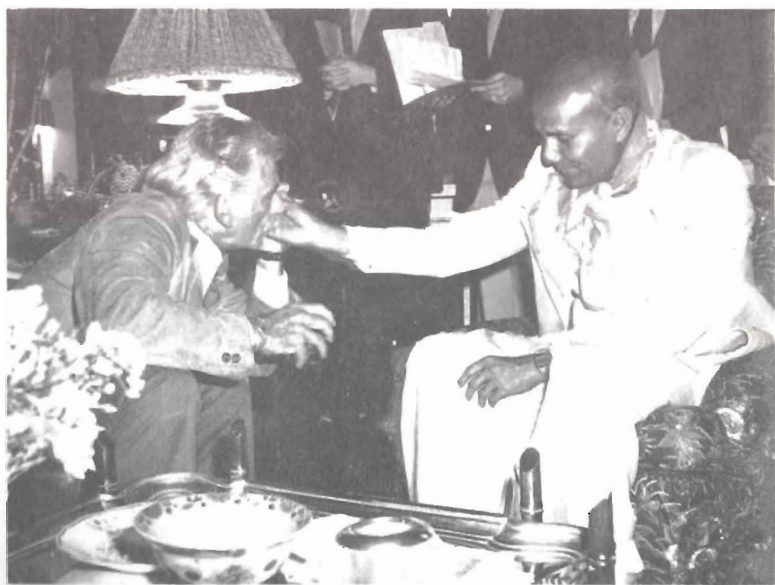
*Leonard Bernstein:* How wonderful! Where are they? Please let them come up.

*Sri Chinmoy:* Please feel my most sincere gratitude. It is most kind of you.

*Leonard Bernstein:* How can you think that? It has to be the other way. You are the boundless energy and stillness all at the same time. How can you say that? I am the drop.

*Sri Chinmoy:* No, you are the ocean and I am the drop. Would it be possible for my students to have one or two pictures with you?

*Leonard Bernstein:* Of course!



*Sri Chinmoy:* Or is it forbidden by the secretary? They say that you don't want any photographers to come and take pictures.

*Leonard Bernstein:* Oh, of course you can! Am I allowed to drink alcohol? Am I?

*Sri Chinmoy:* You can do anything you like.

*Leonard Bernstein:* I didn't expect that.

*Sri Chinmoy:* My oneness with you will never permit me to interfere with you in this way.

*Leonard Bernstein:* But maybe it will be a bad influence on your students.

*Sri Chinmoy:* That may be, but nothing will bother me.

*Leonard Bernstein:* I'm ashamed when I have to have a drink. I love your face.

*Sri Chinmoy:* I love your soul and I love your entire existence on earth and in Heaven. You love my face. I love your soul, heart, mind, vital and body. I love your oneness with Mother Earth and your oneness with Father Heaven.

*Leonard Bernstein:* The flowers you got me must be put in water. They are so beautiful. How I wish my wife were here. She would be so moved. She died a few months ago. She was the most beautiful woman in the world, unique.

*Sri Chinmoy:* How old was she?

*Leonard Bernstein:* Forty-one. But she looked much younger and she was much younger inside. She was really a creature of God. I have this. I want to give it to you. It's a scarf I bought in India. I like it very much. I want you to have it. It is blue. (*First Sri Chinmoy tied the scarf around his neck in what he later described as a "funny, crazy way."* *Leonard Bernstein did not say anything, but untied and rearranged the scarf, then embraced Sri Chinmoy.*)

*Sri Chinmoy:* Blue is spirituality. This colour blue represents spirituality and Infinity.

*Leonard Bernstein:* Would you wear this?

*Sri Chinmoy:* Certainly!

*Leonard Bernstein (as Sri Chinmoy's students enter):* Hello, come in! Oh, such beautiful people! I just found a scarf from India which I thought he might wear, because it had the same colour blue that he is wearing now.

*Sri Chinmoy:* Thank you. So this is the group that will sing for you. Oh, I am a liar! I said seventeen or eighteen. They will be standing.

*Sri Chinmoy (introducing Leonard Bernstein to Haridas (Olivier Greif)):* This is the young man I was talking about. He is the conductor.

*Leonard Bernstein:* But of course! And we met where? Now it comes back. What have you been doing since then?

(*Leonard Bernstein and Olivier Greif converse in French.*)



*Sri Chinmoy*: Will you kindly be seated here?

*Leonard Bernstein*: You mean I am to sit here in royal splendour?

*Sri Chinmoy*: Please be seated. This is the place where we meditated together.

*Leonard Bernstein*: Yes, this is our place. This is where we sat. I don't believe this series of presents! He gave me the flowers and I thought, "This is too much!" The flowers are just too beautiful; they smell so beautiful. Then came that poem, the song which you are going to sing. And now what, my Lord! (*Sri Chinmoy presents Leonard Bernstein with a plaque containing the words and music to his "Leonard Bernstein" song, and Leonard Bernstein starts humming the song.*) I can't wait to hear it! What's all this? Incredible! I don't know what to say. I won't say anything.

*Sri Chinmoy*: In oneness there is nothing to be said. Oneness we only feel and manifest. Nothing fulfils us but to feel and become and remain always one.

*Leonard Bernstein*: Who are you all?

*Sri Chinmoy*: These are my students.

*Leonard Bernstein*: You do various things? You're not all connected with the UN?

*Sri Chinmoy*: Most of them work at the United Nations.







(Singers sing "Leonard Bernstein" song.)

*Leonard Bernstein:* What music I hear! Beautiful! When did you learn that?

*Sri Chinmoy:* Just last night.

*Leonard Bernstein:* When?

*Sri Chinmoy:* Last night.

*Leonard Bernstein:* Last night? Oh, come on!

*Sri Chinmoy:* The whole night.

*Student:* We studied all last night and finished at six this morning.

*Leonard Bernstein:* How incredible! You all look so fresh. You all went to your jobs this morning perfectly healthy and breathing and not falling asleep? What power, my God, what power this man gives you! That's incredible. Did anybody have a tape machine going?

*Sri Chinmoy:* If you do not mind, they will be more than willing to sing it once again. We don't want to intrude on your valuable time.

*Leonard Bernstein:* Can you stand there and then sing it again?

*Sri Chinmoy:* They can, easily.

*Leonard Bernstein:* Oh, it's just incredible! He said there was going to be some kind of 'round'. I

didn't know what a 'round' exactly was; I was waiting for the tune in a round. I waited. I had no idea!

*Peter (Leonard Bernstein's assistant):* Can you wait a second?

*Leonard Bernstein:* I am waiting, infinitely patient.

*(Leonard Bernstein speaks with Haridas again in French.)*

*Haridas:* Mr. Bernstein just said that Guru writes in divine counterpoint.

*Leonard Bernstein:* He has no idea he is writing counterpoint. *(To Sri Chinmoy)* If I say 'counterpoint' to you, you will ask what that is. *(To the group)* But he has written a counterpoint like Bach. Every phrase goes with every other phrase, so that no matter what you do, you can't miss. That doesn't mean he *(Haridas)* hasn't worked very hard to make the right things go with the right things. I'm so impressed, I can't say! My ego is not impressed at all, but my musical spirit is very, very deeply impressed.

It's incredible the way you sing. And not one embarrassed face! That's what I was looking for. Usually when people come to sing for me, they blush, they look embarrassed, they kick their shins, they worry if they sing a wrong note. But you're all just so incredibly relaxed and full of breath! You're very lucky people; you know that, of course. I am very lucky now, too.

*Sri Chinmoy:* I am also lucky to have them.

*Leonard Bernstein:* Of course. How many more of them are there?

*Sri Chinmoy:* Many. I have about seven hundred students.

*Leonard Bernstein:* Seven hundred! He works only in astronomical numbers! How many paintings? It was one hundred thousand last year.

*Student:* One hundred thirty thousand.

*Leonard Bernstein:* You mean he's painted thirty thousand pictures since that celebration of one hundred thousand! I wish I could have attended that night, but I couldn't. Our meeting had to be put off until today. What a perfect day it is today! It's the first day of spring. It's been so many years since the first day of spring has looked like the first day of spring. I can't remember how long—at least ten years since we've had a perfect March 21. And it was Bach's birthday last night and it's my mother's birthday tomorrow. So Bach and you and my mother and all these beautiful kids, and spring: God, that's too much!

Where are you going to sit? Sit down on the floor somewhere. Please rest yourselves for a minute. I can't bear you all standing so. That's better. While we're waiting for Peter to set up, let's be silent together.

*(Leonard Bernstein meditates with Sri Chinmoy again.)*

*Leonard Bernstein:* God, how beautiful! How beautiful you all are, like this day.



*Sri Chinmoy*: I would like to offer you another present.

*Leonard Bernstein*: Oh, no! (*Sri Chinmoy presents Leonard Bernstein with the banner of the Meditation Group that he leads at the United Nations.*)

*Sri Chinmoy*: This is what we do at the United Nations.

*Leonard Bernstein*: I am very happy to have this. This I have read. (*Introducing his daughter*) This is Olivier Greif, who is conducting them and made an arrangement of Sri Chinmoy's song. How can I explain it? Oh, I'm so happy! Wouldn't you like some drinks? How about some ginger ale? How about some soft drinks? All right, all soft drinks!

(*The singers perform the song once more.*)

*Leonard Bernstein*: This should be the greatest ego trip anybody had. But it's not the way I feel at all. I'm not even that impressed by the lyrics, but I'm so impressed by you all. You've turned my heart over! You all read music? You're incredible! You sound like an absolutely A-1 professional choir. I don't know if this is the result of meditating or the result of practice. I guess it is a combination of both. Incredible! I don't know how you do it. I am baffled. Very good!

*Sri Chinmoy (while leaving)*: We wish to invite you to the United Nations to our Meditation Group. Whenever you are free, I will be so deeply

honoured if you could come to our Meditation Group.

*Leonard Bernstein:* I would love to. Have somebody tell me, and we will make a time.

*Sri Chinmoy:* When is your birthday?

*Leonard Bernstein:* August 25th. I will be in Europe then.

*Sri Chinmoy:* When will you be back?

*Leonard Bernstein:* Not until October.

*Sri Chinmoy:* Before your birthday?

*Leonard Bernstein:* In July I am in Tanglewood. I am teaching and conducting the Boston Symphony and I am teaching students.

*Sri Chinmoy:* Will the first week of August be possible?

*Leonard Bernstein:* The first week I think I will be here.

*Sri Chinmoy:* Before your birthday we would like to observe your birthday. If you will be in New York at that time, our Meditation Group can observe it at the United Nations.

*Leonard Bernstein:* That would be wonderful. Thank you.

\* \* \*





# LEONARD BERNSTEIN

Leonard Bernstein, Leonard!  
 Eternity's singing bird!  
 Beauty-truth, truth-beauty,  
 Nectar-oneness your divinity—  
 Perfection-cry, perfection-soul,  
 perfection-smile, perfection-Goal.  
 Composer-prince, conductor-king,  
 World-server-emperor in the cosmos ring.

Words and music  
 by Sri Chinmoy

(♩ = 144) Moderately fast

Leo - nard Bern - stein, Leo - - - nard!

E - ter - ni - ty's sing - ing - bird! Beau - ty - truth,

truth - beau - ty, Nec - tar one - ness your

di - vi - ni - ty, Leo - nard Bern - stein,

Leo - - - nard! E - ter - ni - ty's sing - ing - bird!

Per - fec - tion - cry, per - fec - tion - soul, per - fec - tion - smile,

per - fec - tion - Goal. Goal. Goal.

per - fec - tion - Goal.

*a tempo*

Leo - nard Bern - stein, Leo - - nard!

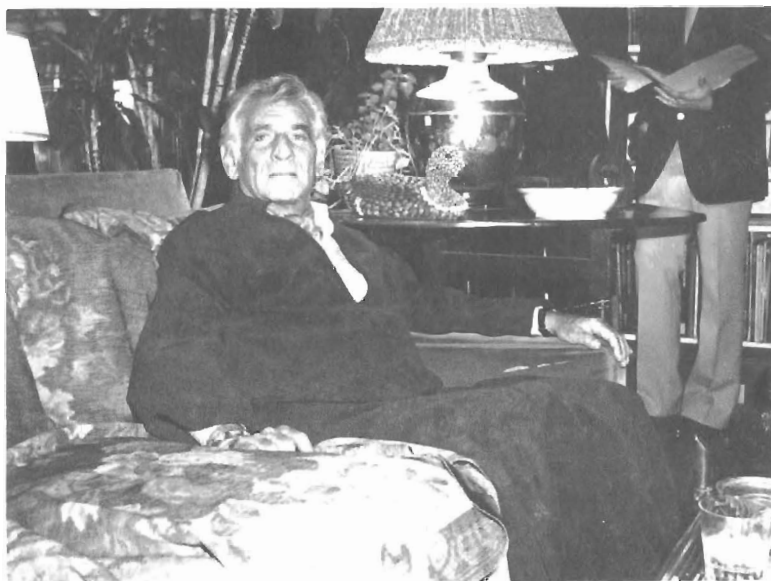
E - ter - ni - ty's sing - ing... bird! Com - po - ser -

- prince, con - duc - tor - king,

World - ser - ver - em - - - pe - ror in the

cos - mos ring. Leo - nard Bern stein, Leo - nard Bern stein,

Leo - nard Bern stein, Leo - - nard! *D.C. al fine with repeat*



Profound Thanks  
to  
SRI CHINMOY  
and his forty angel-voices  
(Olivier, Archangel)  
from  
Leonard Bernstein  
28 March 1979

*In gratitude, Leonard Bernstein wrote a song about Sri Chinmoy—a musical piece for sitar, flute, tabla, bass and drone, which said:*

*Sri Chinmoy, Sri Chin-joy, Sri Chinmoy,  
Free in joy!  
Thank you, thank you, Sri Chinmoy;  
You brought Leonard Bernstein joy.*



Much slower (1-to)

Sitar Flute Flute only Thank you, THANK YOU, SA! CHH-moy -

Tabla *p* gliss. *etc. ad lib*

Drum *Tacet until Da Capo*

Sitar Flute you BROUGHT Leo - HAO BERN - STEIN JOY. Fl. + Sit. UNISON

Tabla *ad lib* *mp cresc.*

Sitar Flute Flute alone

Tabla *ad lib* *mf*

Flute *Cresc.* *mp*

Sitar *(Solo)* *mp*

Tabla *ad lib*

Flute *Acc. MOLTO* *(ad lib)*

Sitar *mp* *(Solo)* *f*

Tabla *ad lib* *usc - - molto - -*

*Da Capo and Fine*

*Finis*  
 New York City, 28 March 1979

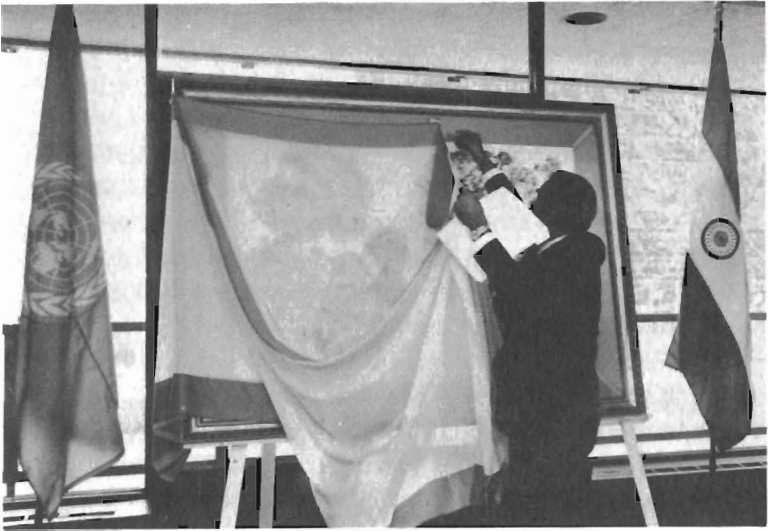
## IN INDIA'S HEART THE UNIVERSAL CHILD

*On 27 March 1979, as an expression of the Government of India's oneness with the cause of the International Year of the Child, H. E. Dr. Rikhi Jaipal, Permanent Representative to the United Nations, presented to Assistant Secretary-General Dr. Estefania Aldaba-Lim, Special Representative for IYC, a painting selected from the works of Sri Chinmoy.*

*Also featured at the reception-luncheon held at the United Nations in honour of the occasion, was the premiere of a song dedicated to IYC by Sri Chinmoy. This song was used as a sound-track for a fine arts film produced especially for IYC that was shown at the luncheon.*



*H. E. Dr. Rikhi Jaipal, Permanent Representative of India to the United Nations, greets Assistant Secretary-General Dr. Estefania Aldaba-Lim, Special Representative for IYC, before the programme.*



*Ambassador Jaipal unveils the painting for IYC and presents it to Dr. Lim on behalf of the Indian Government, as the artist Sri Chinmoy looks on.*





*H.E. Dr. Rikhi Jaipal, Permanent Representative of India to the United Nations:* Sri Chinmoy, Dr. Lim, Ladies and Gentlemen, I was wondering what I should say on this occasion, but it seems to me that the only appropriate thing to say here is that there can be no higher religion than our common allegiance to humanity, which is inherent in the Charter of the United Nations, and which indeed, if I may say so, is the message that is implicit in the teachings of Sri Chinmoy.

The Charter says that we are all equal to one another, but among human beings there is one particular class which is more equal than the rest of us, and that is the privileged class of children. As you know, Dr. Lim is in charge of the International Year of the Child, which has been specially designated to draw attention to children and their problems, and our own responsibilities towards them. I consider it a great honour to be asked to present to Dr. Lim this beautiful painting by Sri Chinmoy, which seems to have a childlike quality about it, and is therefore a most appropriate gift.

*Assistant Secretary-General Dr. Estefania Aldaba-Lim, Special Representative for the International Year of the Child:* Mr. Master of Ceremonies, Sri Chinmoy, your Excellency Ambassador Jaipal, friends of the International Year of the Child, Ladies and Gentlemen, on behalf of all my colleagues in the International Year of the Child Secretariat—who are all present here today—and myself, allow me to extend our deepest and warmest appreciation for this gift in commemoration of the International Year of the Child. Our very special thanks to his Excellency, who has

presented this painting on behalf of the Government of India, and to Sri Chinmoy, our Guru and artist who was inspired to do this for the Year.

While the United Nations tries to focus during the International Year of the Child on the immense and unmet needs of children all over the world, especially in the developing world—Asia, Latin America and Africa—very often we forget one very important thing. We seem to be concerned about the sufferings, the poverty, the infant mortality, the lack of water, the denial of basic rights to children in the Third World. We seem to forget one very important dimension: the beauty, truth and joy of childhood. I believe this important occasion under the sponsorship of the Meditation Group, to which we are deeply grateful, is a reminder for all of us, and we feel very privileged to be here. For in the very objectives of your Group you bring to the hearts of all of us who serve the cause of the United Nations, that particular dimension of spirituality: the caring, the commitment to spread love and understanding.

We hope the Year of the Child will be instrumental in this. And we hope we will remember it as this gift to the International Year of the Child Secretariat, which I represent, travels around inspiring people to think of the beauty and joy of childhood. As this painting travels, it will bring about the greater consciousness which we in the Secretariat are clearly committed to.

Finally, in thanking you again, we wish you continued success in your "magnificent obsession" to spread love, caring and commitment, to spread an important peace which we all desire in the United Nations. Thank you very, very much.

*Ambassador Jaipal, Dr. Lim and Sri Chinmoy speak after the programme.*

*Sri Chinmoy:* We are deeply grateful and honoured that you have come.

*Dr. Lim:* The honour belongs to us. We are so thrilled that you are having this function. We didn't have to ask you. You responded because you cared.

*Sri Chinmoy:* I am so grateful to you. I wish to offer you my soulful gratitude.

*Ambassador Jaipal:* You are doing so much for America; this is the least I can do for you.

*Sri Chinmoy:* What I have done is so insignificant. . . . I pray to the soul of Mother India to grant you her choice blessing and supreme joy.

# THIS IS MY YEAR

Words and music  
by Sri Chinmoy

(♩ = 70) Fast *f*

The musical score is written on eight staves of music. It begins with a treble clef, a key signature of two flats (B-flat and E-flat), and a 4/4 time signature. The tempo is marked 'Fast' with a metronome marking of 70 quarter notes per minute. The score includes lyrics under each staff, with some words connected by lines. The piece concludes with a double bar line and the instruction 'D.C. al fine'.

This is my year, this is my year! \_\_\_\_\_

I am the world-child, God — prize — dear. \_\_\_\_\_

My — dreams — are — my — pa — rents' \_\_\_\_\_

pride — — — — — su — — — — — preme. \_\_\_\_\_

In me they are the — — — — — ful — filled scheme. \_\_\_\_\_

Hea — ven's joy, earth's peace I give. \_\_\_\_\_

for — — — — — c — ver, e — v'ry — where — — — — — \_\_\_\_\_

I — — — — — live. \_\_\_\_\_ *D.C. al fine*

This is my year, this is my year!  
I am the world-child, God-prize dear.  
My dreams are my parents' pride supreme.  
In me they are the fulfilled scheme.  
Heaven's joy, earth's peace I give.  
Forever, everywhere I live.

## QUESTIONS AND ANSWERS



*Question:* How can we forget our past?

*Sri Chinmoy:* How can you forget the past? Before you can answer that question, first you have to know something about peace, light and power. "What is peace?" A child is peaceful when you give him a toy. He plays with the toy for about ten or fifteen minutes and while he is playing he is making noise. The very noise that he is making is giving him a sense of peace. He is making noise and disturbing us, but that noise is his perfect

peace. That is the understanding which a child has. But your sense of peace is different. You are a sincere seeker, so your peace does not come from playing games. No, your peace does not come from outside; it comes from inside you. It is already there, only you have to bring it to the fore through aspiration.

Then think of light. For a blind man, the real light is the sun. When you stand in front of a blind man and say "light," immediately the man will cry for the sun. It is the conception of a blind man that the sun is the only light because he is always in outer darkness. But when you say "light" to a spiritual seeker, immediately the seeker will go deep within and there see the real light. You have two eyes and they are functioning well. But according to great spiritual Masters, you are no better than a blind man. Your eyes are not seeing the real light which can change your consciousness. Every human being, irrespective of his age and profession, whether he is a moral person or an immoral person, is getting sunlight. But the inner light is only for those who are crying for God and who want to serve God.

Now comes power. Physical power, vital power and mental power you see all the time. With physical power you can beat someone. With vital power you can torture someone. With mental power you can gain supremacy over someone. But there are two other kinds of power: psychic power and soul power. With psychic power you do not show your supremacy; you only make others feel your oneness with them. Soul power you use only to illumine yourself. While you are being illumined, you feel the existence of others in your heart. When you pray and meditate, when you aspire, your

psychic power and soul power is released and you feel your illumining oneness with the entire world. This oneness with the world comes from your conscious oneness with God. Unless and until you have become one with God, you can never become one with humanity. If someone says, "Let me become one with humanity first, and then I will become one with God," I will say, "No, it is not possible. If you really want to establish your oneness with the tree of humanity, then establish your oneness first with God, who is the root."

Human power is very often used aggressively, for destruction. Very rarely do individuals use this human power to create a dynamic awareness or a dynamic movement in their lives. But soul power is all peace and, at the same time, all dynamism. When you want to see power in its perfect form of peace and equanimity, you have to look within to the soul. When you want to see the dynamic power which awakens and illumines the slumbering consciousness, again you have to look within. It is the soul power that you use to illumine your consciousness. It is the soul power that you use to realise the Highest. It is the soul power that you use to bring the Infinite into the finite and to lift the finite into the Infinite.

Do you have the qualities that I have mentioned? Do you have peace, light and power? The immediate answer is in the negative. Are you satisfied with what you have and what you are? Again, the immediate answer is no. So, the past has played its role. The things that you really want, the past has not given you, so in one sense you are a failure. But you have to know that failure is one of the pillars of success. Yesterday you failed; but

that does not mean that you will fail again. Yesterday you did not aspire, whereas today you are trying consciously to achieve the highest; today you are crying for the things that you really need and want. If you really want real divine peace, divine light and divine power, if these things are the things that you are crying for, then you will get them. When will you get them? Right this moment or in the moment that is fast dawning in your life. Only the present or the future can give you what you want.

When you use the term 'future' or 'Eternity', you don't have to feel that you must wait forever. This is a wrong conception. For the sincere seeker, Eternity is here in the immediacy of today. If Eternity meant that you had to wait for billions and trillions of years before you could achieve the Infinite, then life would be hopeless; you would always be waiting. Eternity is where you came from; Eternity is the reality in which you grow and develop. So, the future you will find here on earth, at this very moment, through your own growing aspiration and dawning illumination.

The future and the present are the obverse and reverse of the same coin. It is the present, along with the future, that forms reality. A coin has two sides. If you see a coin with only one side, whereas on the other side there is nothing, then the coin will be rejected. When you see the present and the future, only then are you seeing both sides of reality. Otherwise, if you see only one side, reality is incomplete and imperfect. Your present and your future must go together. Then you will see that you are transforming your life into a golden coin made by God Himself. At that time, you will live in God's treasure-house, where there is only



divine peace, light and power. Here there is no frustration, no fear, no anxiety, no doubt, no sense of abnegation, no self-torture, but only self-awareness, illumination and fulfilment.