# Meditation at the United Nations

United Nations:



the Heart-Home of the World-Body

Monthly Bulletin of Sri Chinmoy Meditation at the United Nations

> Vol. VIII, No. 4 27 April 1980

## MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF SRI CHINMOY MEDITATION AT THE UNITED NATIONS

Since January, 1978, 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.

Editor: Gail Silver

Assistant: Merri Weisbrot

For information please write:
Sri Chinmoy Meditation at the United Nations
GPO 20 — Room 1931
United Nations, New York 10017

Copyright © 1980 by Sri Chinmoy

Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents.

This information is presented as a service and does not necessarily represent the official views of the United Nations or its Agencies.

#### 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.



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.

#### TABLE OF CONTENTS

Introductory Note1
Tribute to The Bahamas2
Panama Motto Performed9
Meeting with the Foreign Minister of India 11
The Federal Republic of Germany Honoured 14
The Philippines Celebrates Thirty-fourth U.N. Anniversary
Spain Honoured
United Nations Honoured in Washington 23
Sri Lanka Day 32
The Spirit of Greece at the United Nations
Questions and Answers on Nationalism, Internationalism and the United Nations 41

#### INTRODUCTORY NOTE

For the past few years Sri Chinmoy Meditation at the United Nations has been hosting a series of programmes honouring individual nations on the anniversaries of their acceptance as Member States of the United Nations or on their national days. These programmes are designed to provide an opportunity for United Nations delegates and staff to become better acquainted with the unique national character of each Member State. In an inspirational and cultural atmosphere Ambassadors and Representatives offer brief remarks about their countries and the meaning for them of membership in the United Nations. Usually held in the Dag Hammarskjold Auditorium, the celebrations are often enhanced with music and entertaining and educational film or slide presentations, and close with the singing of the national anthem.

This issue of our Bulletin contains excerpts from several recent programmes at the United Nations honouring Member States. It also documents some of our related meetings and activities which, by focussing on individual countries, have hopefully helped to further international understanding and friendship.

At the back of the magazine are questions and answers relating to the United Nations and meditation philosophy, which are a regular feature of the bulletin. In this issue the questions and answers concern nationalism, internationalism and the United Nations.

#### TRIBUTE TO THE BAHAMAS

On 11 September 1979 H.E. Davidson L. Hepburn, Permanent Representative of The Bahamas to the United Nations, addressed delegates and staff about his country and its relationship to the United Nations, and then entertained the audience with a colourful slide presentation he had prepared especially for the occasion. The programme, celebrating The Bahamas' entry into the United Nations on 18 September 1973, was videotaped and later shown on Bahamian television. Following are excerpts from Ambassador Hepburn's talk, as well as a song dedicated to The Bahamas by Sri Chinmoy and performed by members of the Meditation Group.



H.E. Davidson L. Hepburn, Permanent Representative of The Bahamas to the United Nations:

Excellencies, distinguished guests, Fellow Bahamians, ladies and gentlemen, this auspicious occasion affords me the honour to represent the Bahamas in extending thanks to Sri Chinmoy Meditation at the United Nations for paying such an unselfish tribute to my country.

As we are all aware of the dedication and devotion to peace, justice and the preservation of human dignity by Sri Chinmoy and everyone connected with the association, it would be superfluous for me to elaborate further. However, I cannot resist the temptation to quote a sentence from what seems to be a motto of the group because it captures more adequately than any words I may use the real essence of devotion and selflessness. "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."

Secondly, I would like to thank all of you who have left your busy schedules to share this solemn time with us. Your presence adds to the spirit of solidarity for regional, cultural and social progress within the international community. It is especially gratifying to note that this tribute comes at a time when The Bahamas is celebrating the 250th anniversary of its parliamentary judicial system. In fact it was on 29 September 1729, that the first session was held, and during the week-long festivities later this month dignitaries from many nations will join in a gala event in Nassau.

Rather than trying your patience with an historical chronological account of this important feat, suffice it to say that our archives hold data which show that when the first English colonies were established in the West Indies and North

America, it was taken for granted that the settlers took with them "all the rights of Englishmen as established by common law and other legislation then in force in England."

It is fair to say that even today The Bahamas' entire judiciary system has its roots in the parliamentary form of government which has formed its base since the mid-sixteenth century. In 1729 when the first meeting of the House of Assembly took place, there were some 1,378 people living in The Bahamas. Of this number 1,042 lived in New Providence and 336 in Eleuthera and Harbour Island. There were 925 whites and 453 coloured, as they were then known. In 1831 the Negro population outnumbered that of the white by three to one and of the more than 12,000 inhabitants only 2,991 were considered free despite the abolition of British slave trade in 1807. But by 1834 four black men had won seats in the House of Assembly and since that time there has been an unbroken stream of "men of colour" sitting in the legislative hall of The Bahamas Parliament.

Today there are over 250,000 persons living in The Bahamas; perhaps not a significant growth over the centuries. But what is interesting is that there has been a shift and the ratio of black to white inhabitants is 90 to 10 percent. This tid-bit is mentioned merely to show the changes that have occurred not only in terms of semantic usage of words but also in the composition of the ethnic character of the population.

The people of The Bahamas, even during the 1800's, were referred to as "amiable, courteous and hospitable." They still display that easy-going nature of a people nurtured by the resources of land

and sea even though technological advancement continues to flourish all around them.

The Bahamian people are very artistic and religious. Examples of the former can be seen in the handiwork here on the stage and as far as the latter is concerned there are numerous denominations to accommodate the form of worship the individual seeks.

Finally, it is no exaggeration to state that with each year The Bahamas seems to build on its image in the international community. Besides being a member of several international organizations it has ratified international treaties not least among which is the Treaty of Tlatlelolco, which deals with the Prohibition of Arms in the Latin American region. The Bahamas Government not only believes in the theory of the brotherhood of man and sovereignty and territorial integrity for peoples under domination, but is determined to promote measures geared to the implementation of universal justice and equality.

Without a doubt The Bahamas membership in the U.N. Body gives it a better opportunity to help to effect necessary changes.

As young Bahamians are more interested in and more knowledgeable about the international community, many of them are steering their studies toward a career in international affairs. While it is true that all small, developing countries like The Bahamas need all the expertise they can get from their nationals, it is our hope that in the very near future trained, qualified Bahamians would have a fair representation in the Secretariat based on the need for experience and equitable geographical distribution.



Ambassador Fiepburn again joined the Meditation Group during its 21 November 1979 meeting in the Dag Hammarskjold Auditorium for a meditation and the performance of The Bahamas motto, recently set to music by Sri Chinmoy.

#### FORWARD, UPWARD, ONWARD, TOGETHER





#### Permanent Mission of The Bahamas to the United Nations

Ref. No. BM/300/12

13 September, 1979

Dear Mr. Keefe:

#### Tribute to The Bahamas

As we have transacted, in person or by telephone, almost all of the negotiations regarding the contents of your letter of August 30, 1979. I hope that you will forgive my delay in replying.

In any event, the purpose of this letter is to express on behalf of the Bahamas Government and people profound gratitude and appreciation for the unselfish tribute extended by the Sri Chinmoy Meditation at the United Nations. Our Foreign Ministry has been apprised of your kindness.

We received very good reports about the entire programme and I am sure that the event has helped to establish understanding among nations and strengthen existing links of friendship and unity.

Please accept my sincere wishes for continued success in a most worthwhile endeavour.

Yours sincerely,

Davidson L Hepburn PERMANENT DEPRESENTATIVE

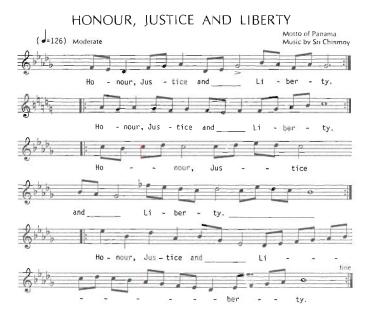
Mr. A. Kevin Keefe Programme Coordinator Brl Chinmoy Meditation at the United Nations United Mations, Room A-6242

#### PANAMA MOTTO PERFORMED

Members of the Meditation Group joined with H.E. Jorge Illueca, Permanent Representative of the Republic of Panama to the United Nations, in his office to celebrate his birthday on 17 September 1979. The Group performed a newly composed song by Sri Chinmoy to the words of the motto of Panama. The Ambassador was then moved to present to the Group several works of art, made by Indian tribes in Panama.



At the end of the visit Ambassador Illueca remarked: "There is something that I feel very deeply in my heart. You have really overwhelmed me with your kindness and feelings. I feel so pleased and so happy with your visit that, really, I have no words."

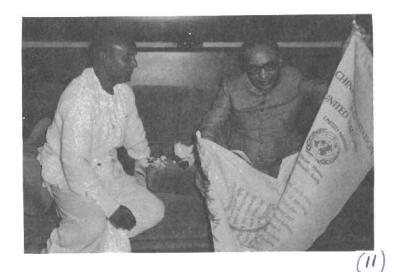


#### MEETING WITH THE FOREIGN MINISTER OF INDIA

On 11 October 1979 Sri Chinmoy and members of the Meditation Group met privately with Indian Foreign Minister, Mr. S. N. Mishra, during his visit to the United Nations. Following are a few excerpts from their conversation.

Sri Chinmoy: We are extremely grateful to you for granting us the opportunity to be in your blessingful presence.

Foreign Minister Mishra: In fact, I should be grateful to you all. You have been good enough to come and give me such bliss inside.



Foreign Minister Mishra: Is your form of meditation similar to that of transcendental meditation?

Sri Chinmoy: Ours is love, devotion and surrender.

Foreign Minister Mishra: So the meditation system is different.

Sri Chinmoy: Totally different. Here at the United Nations we pray and meditate. We try to bring to the fore our divine love, divine devotion and divine surrender. These inner qualities we try to bring forward by prayer and meditation.

Foreign Minister Mishra: How long does the process last?

Sri Chinmoy: About half an hour.

Foreign Minister Mishra: Is the meditation preceded by exercises?

Sri Chinmoy: No, it is only meditation. Sometimes we have special programmes where we invite the delegates and diplomats of different countries to speak about the good qualities and capacities of their respective countries. We also have programmes honouring individuals who have contributed greatly to international understanding.

Foreign Minister Mishra: So far as those who come under your care, you ask them to meditate for half an hour. It is not accompanied by any asanas. Meditation is sufficient for them.

Sri Chinmoy: It is the old Indian traditional way—to make the mind calm and quiet and let the inner flow of spiritual energy come forward.

Foreign Minister Mishra: How long has your Centre been operating?

Sri Chinmoy: I have been living here for the last fifteen years and I have been holding meditations for U. N. delegates and staff for about ten years.

Foreign Minister Mishra: How many have benefited from your meditation?

Sri Chinmoy: Hundreds of people all over the world. We have quite a few Centres here in the New York area as well as quite a few in the States and also in Europe, Australia and other places. Altogether we have about sixty Centres. Ours is not a religion. It is just a path. We try to walk along a spiritual path with our heart's love. The main thing is to devotedly serve others as much as we can.

Foreign Minister Mishra: It is indeed very kind of you to have taken the trouble of coming here. I would also have benefited from your meditation, learned something from you, had I known about it a little earlier. I am going to be leaving tomorrow, so unfortunately, I cannot attend a meditation.

Sri Chinmoy: Again we wish to thank you most devotedly from the very depth of our heart for inviting us.

Foreign Minister Mishra: It is I who thank you for coming.

## THE FEDERAL REPUBLIC OF GERMANY HONOURED

On 16 October 1979 the Federal Republic of Germany celebrated the anniversary of its entrance into the United Nations. Following are excerpts from the remarks of Dr. Frank Stollberg, international lecturer and Second Secretary of the Federal Republic of Germany to the United Nations, as well as a song dedicated to Germany by Sri Chinmoy that was performed during the programme.



Dr. Frank Stollberg, Second Secretary, Federal Republic of Germany to the United Nations: Ladies and gentlemen, the Federal Republic of Germany as a State is part of a nation that can look back on many ups and downs in its history. It is part of a nation which, in the course of its history, produced a great number of eminent personalities, both in the humanities and in politics. In the awareness of the German past, good and bad, the Federal Republic of Germany constituted itself as a State thirty years ago. On the basis of the Constitution, the essential principles are in full agreement with those of the Charter of the United Nations: maintenance and protection of world peace, recognition and realization of human rights, and the development of peaceful and friendly relations with all nations.

For the Federal Republic, cooperation in the United Nations is an essential premise of its foreign policy. As the one and only universal organization of nations, the United Nations is a world forum for the many States. Nowhere else does it become more apparent that the nations of the earth—be they industrial or developing countries, be members of certain alliances or non-aligned-are growing more and more interdependent. This interdependence, or mutual dependence, is particularly conspicuous in the North-South dialogue and the disarmament question, for less armament means more material aid to the developing countries. If there is a further increase in arms expenditure, and this applies likewise to industrial countries and to developing countries, it will perforce keep the funds urgently required for the developing countries at a lower level.

In our view, the growing interdependence of States calls for recasting of foreign policy concepts and doctrines. The traditional logic of power politics in which one State's gain is another State's loss cannot and must not determine our future thinking. The principle of universality, which is one of the cornerstones of this world organisation, and the awareness of the mounting interdependence of all States must be increasingly made the yardstick of the political action of States, in particular here in New York. My country feels committed to these principles which, once translated into political action, might well lead to a new world order instilled with a spirit of true interdependence. Thank you very much, ladies and gentlemen.

#### **GERMANY**

Germany, Germany! The world's top-brains company, Drunk deep India's Upanishad lore. Max Müller, all-where, Placed its nectar-core.



Composed 22 December 1978.

### THE PHILIPPINES CELEBRATES THIRTY-FOURTH U.N. ANNIVERSARY

The Philippines celebrated its thirty-fourth anniversary of joining the United Nations on 23 October 1979. Guest speaker for the programme was H.E. Mr. Alejandro D. Yango, Permanent Representative of the Philippines to the United Nations. Excerpts from his talk follow.



H.E. Mr. Alejandro D. Yango, Permanent Representative of the Philippines to the United Nations: The early international dedication of the

Philippines can be seen from some twenty-one amendments submitted by the Philippine delegation to the Dunbarton Oaks Proposals on United Nations structure. These were on cultural affairs. security matters and the welfare of colonial peoples. We believed then, as we believe now, that the increased contact among peoples greatly fosters world understanding. We therefore attach great importance to cultural affairs and groups such as this one, and propose that such matters be included in the list of concerns for the Economic and Social Council, of which we are a founding member. In addition, we worked for the creation of an educational and cultural commission, of which we are also a founding member. In matters of security, the trauma of being caught in the middle of a war which was not of our making impressed upon us the need to make the great powers more aware of the point of view of the small nations. We therefore recognized the sovereign equality of all law abiding states. We accepted the jurisdiction of the International Court of Justice. We attempted, although unsuccessfully, to dilute the powers of the Security Council so that voices of the weaker nations could be better heard. Finally, as the first Asian government with colonial status to anticipate independence on an assured date after centuries of colonial experience, we felt it our duty to participate in the United Nations councils on behalf of dependent and non-self-governing peoples. Such was our apprenticeship in the United Nations.

From the viewpoint of the early years, to our present outlook, which is one of speedy support tempered by experience and maturity, we continue to give to the United Nations the best that we have to offer. We have sent our ablest ministers and statesmen, not only from our foreign service but from the other branches of our government as well, in the hope that the meeting of great minds would somehow add to the common pool of universal wisdom. We have been playing our role in the world of the United Nations and the Specialized Agencies, whether it be in emergency problems affecting the entire world or regions thereof or in the humdrum daily operations of the Secretariat and the various other institutions in the United Nations system. We continue our responsibilities in the ablest manner we are capable of. No task is too small, no sacrifice too great when it comes to the United Nations and its fields.

#### SPAIN HONOURED

On 28 October 1979, Sr. Don Jose Xifra, Deputy Permanent Representative of Spain to the United Nations, entertained members of the Mission and Secretariat with a brilliant and fascinating account of Spanish history and culture. The programme, commemorating the anniversary of the entrance of Spain into the United Nations, also included music and a superb slide presentation.

Ambassador Xifra's talk touched on the many conquests of Spain which over the centuries have contributed to the richness of Spanish culture and thought. In his commentary to the slide show, he went into greater detail about his country's architecture and religion. At the end of the programme Ambassador Xifra made the following remarks:



Sr. Don Jose Xifra, Deputy Permanent Representative of Spain to the United Nations: When we

went to America, we created the third component of Spain: the Latin American Spain. Spain is both a European and a Latin country. Please do not forget that when you see our action in this building and in the various conferences. For us, the Latin American component is as fundamental as the European.

Again I thank Sri Chinmoy and the Meditation Group for gathering us here to commemorate the anniversary of the entrance of my country into the United Nations. For us, our entrance into the United Nations has meant the possibility of incorporating into a common universal action these components of the Spanish people.

#### UNITED NATIONS HONOURED IN WASHINGTON

On 13 November 1979 the Meditation Group joined with Congressmen Larry Winn and Ben Rosenthal, who were currently serving on the United States delegation to the United Nations, in hosting a reception in the U.S. Capitol building to honour Senators and Congressmen who have served on the U.S. delegation. Following are excerpts from the opening remarks by Mrs. Herschelle Chellenor, Director of the Washington, D.C. UNESCO Office, as well as statements by members of the Senate and the House in support of the United Nations and its goals.



Mrs. Herschelle Chellenor, Director, UNESCO Office, Washington, D.C.: Thank you very much.

After the World War, one of the difficulties that the United States faced was trying to relate to the rest of the world. Today, the facilitation of this relationship is one of the many ways the United Nations fulfils its role. And the United Nations as it presently exists is the one that the United States helped create, not only through the work of Woodrow Wilson but also through the part our nation played in having the Charter adopted after World War II. I would like to quote a statement made by Woodrow Wilson during the League of Nations assembly: "The real underlying conception of the assembly . . . is that it is the forum of opinion.... It is the body where the thought of the little nation along with the thought of the big nation is brought to bear upon . . . those matters which affect the good understanding between nations upon which the peace of the world depends; where the stifled voice of humanity is at last to be heard, where nations that have borne the unspeakable sufferings of the ages that must have seemed to them like aeons will find voice and expression, where the moral judgement of mankind can sway the opinion of the world. The assembly was created in order that anybody that purposed anything wrong should be subjected to the awkward circumstance that everybody could talk about it."

×

In many respects the United Nations is an international parliamentary democracy and as we stand in these hallowed halls of the U.S. parliament I think it's very appropriate that two members of the House or Senate each year form part of the United States delegation to the United Nations. It was my great privilege to serve on the same delegation as Larry Winn and Ben

Rosenthal, and I think they offered the best that this nation and this institution represents.

#### Statement by Congressman Larry Winn of Kansas

This year the United Nations marks its 34th anniversary. I am honoured to have the opportunity to serve on the U.S. Delegation to the 34th U.N. General Assembly this fall and to learn about the working of this Organization. My experience so far as a U.S. delegate leads me to believe that the U.N. helps serve U.S. political, security, economic and social interests.

Yet, we can't have any illusions about the U.N. It's important to keep in mind that what the U.N. does or does not do is the result of the political will of its member governments. Today's U.N. is very different from the organisation it was in 1945. We have not eliminated war and conflict, and the assumption of great power cooperation on which the U.N. was founded is only rarely achieved. There are three times as many countries now, most of them young and poor, that are trying to come to terms with the realities of governing themselves, with many of the same economic dilemmas we ourselves have. I know many people in the U.S. are also angered by criticism levelled at the U.S. But we don't have to agree with our critics. In fact, we would be doing them as well as ourselves a disservice if we did not point out that there are no panaceas. At the same time, we need to understand our differences rather than simply rejecting outright what they propose for solving the world's problems when they don't happen to agree with our own views. We will not resolve those differences by trying to "stop the world and get off." We would do well to listen and understand why it is that our country, a fairly young country, built on the principles of the Declaration of Independence, is so widely perceived as acting against those ideals that spark the hopes of mankind.

I applaud the Sri Chinmoy Meditation at the United Nations for the important work it is doing by bringing together delegations, N.G.O.s and Secretariat staff in an atmosphere which can further international understanding.

#### Statement by Senator Jacob Javits of New York

From its inception 34 years ago, I have always been a firm supporter and believer in the concept and goals of the United Nations. In over three decades, the United Nations has proven the invaluable role it plays in our world through its varied activities in mediating peace, caring for the hungry, the sick, the homeless, disseminating technological and scientific advances, and generally uniting the countries of the world in working to resolve common problems. As our world becomes more interdependent and complex, the United Nations has always and will continue to provide its good offices to facilitate the problems and benefits that inevitably come with that interdependence and complexity. Difficult years are ahead for all countries of the world. The United Nations, as it has done for 34 years, will be functioning to ensure that those difficulties are eased and that the nations of the world, with all their differences, can sit together, learn from each other and work in harmony to make it a better world for all.

#### Statement by Senator Charles H. Percy of Illinois

I have long had a special interest in the United Nations. My work on the Senate Foreign Relations Committee has brought me in close touch with the United Nations and I also had the honour of serving as a member of the U.S. delegation to the 29th session of the U.N. General Assembly in 1974.

In its short 34-year history, the United Nations has come to be an important institution in world affairs. The United Nations serves as a forum for discussion and communication among more than 150 nations representing the some four billion people who inhabit our planet. Though nations' attitudes and viewpoints often differ-and discussion is often acrimonious-nations do agree on basic international principles. Every U.N. member state has subscribed to the goals outlined in the United Nations Charter: to "save succeeding generations from the scourge of war," to "reaffirm faith in fundamental human rights," to "establish conditions under which justice and respect for treaties and obligations is maintained" and to "promote social progress."

Mankind's hopes and problems transcend national borders. As the one institution harboring representatives for nearly every man, woman and child on this planet, the United Nations can contribute to the fulfillment of our hopes and the resolution of our problems. It deserves our support.

## Statement by Congressman Don Bonker of Washington

When the United Nations was formed 34 years ago, the world community was tired from a brutal war and had great hopes that this institution would prevent the suffering of another such war. While there have been localized wars throughout the last 34 years, there has not been a repeat of the global conflict. The U.N. is a great part of the world peace we now enjoy.

The United Nations has continually evolved. 34 years ago there were only 51 Member States; today there are 152. The last bastions of colonial society are disappearing and the cause of human rights and freedoms is growing in many parts of the world. The U.N. has helped the world community focus on several pressing global problems through special sessions and conferences dealing with everything from disarmament to the plight of the Indochinese refugees. The U.N. also is becoming a forum where the small nations of the world can sit as equals with the great and powerful countries.

The world is much more interdependent than it was 34 years ago. It will be even more interdependent 34 years from now. Isolationism as a national policy no longer makes sense in these times of widespread global pollution, a dangerous worldwide arms race, and pervasive hunger. These problems cannot be tackled by just a few nations, they must be arbitrated in a global forum—they must and they are being tackled within the U.N.

The successes of the United Nations far outweigh its failures. The recent eradication of the killer smallpox from the face of the earth is but one example. The United Nations is not perfect. But it is the only institution whose mandate is the protection of one small blue planet—our Earth—our home, and we celebrate its 34th anniversary.

# Statement by Congressman Silvio O. Conte of Massachusetts

Nations today are confronted with the challenges and opportunities of an increasingly interdependent world. Burgeoning populations, arms proliferation, diminishing resources and environmental deterioration tax each nation's capacity to discover solutions appropriate not merely to their needs but also to those of all mankind. Cooperative efforts have become the key to solving many of these problems. This cooperation has been the fundamental objective of the United Nations.

Accommodation to the demands of an increasingly diverse and vocal membership through an agenda reflecting the priorities of the day, has been the hallmark of the United Nations. It has also been the source of its continuing legitimacy. The U.N. has met the challenges of its members, shifting its focus, mitigating parochial demands, exemplifying a rare vision and courage in its quest for the ultimate goal of peace and prosperity for its member states.

I am proud to have played some small part in assuring the continued viability of this remarkable institution. And I trust that the challenges of the eighties will be met with no less enthusiasm and success in the United Nations than those challenges of the previous 34 years. Mankind's future rests, in no small measure, on the achievement of this goal.

### Statement by Senator Abe Ribicoff of Connecticut

The inspiration of the United Nations as an institution of peace and collective security is significant to anyone who remembers why the U.N. was created and how the world looked in the 1940s. The General Assembly forum, the Security Council peacekeeping and security functions and the work of the specialised agencies have constructively helped mankind share this planet during the U.N.'s 34 years. Americans have understandably been frustrated and skeptical of the flourishes of rhetoric and overlapping U.N. programmes which have accompanied the growth of the U.N. But member nations and supporters of the U.N. system are obliged to keep the primacy of peace the first order of business at the U.N. and to strengthen management of its technical and development programmes. The inspiration of the United Nations deserves rekindled dedication.

## Statement by Congressman Clement J. Zablocki of Wisconsin

As Chairman of the Committee on Foreign Affairs of the House and as a former delegate to the United Nations General Assembly, I appreciate this opportunity provided by the Sri Chinmoy Meditation Group at the United Nations to make a few remarks. I understand that the Group has brought together people from the U.N. secretariat staff and Missions to the U.N. from various countries and cultures. Through their activities, these young people have a chance to develop a better understanding and respect for each other's point of view.

34 years after the United Nations was created, we have perhaps an even greater need for mutual respect and understanding among the peoples of the world. The U.N. today is very different from what it was in 1945. Its membership has virtually tripled. Thus a significantly greater number of varied cultures have been brought into contact with each other and political and economic differences have sharpened.

Yet the U.N. and the agencies still represent the major global institutions where 152 states of the world can get together on a regular basis to discuss important, common problems. It is encouraging to me that as U.N. members seek solutions to these problems, the Sri Chinmoy meditation provides those dedicated to the high ideals of the U.N. a personal opportunity to fulfil those goals.

#### SRI LANKA DAY

On 4 February 1979, the thirty-second anniversary of Sri Lanka's independence, H.E. Mr. Nadarajah Balasubramaniam, Deputy Permanent Representative of the Democratic Socialist Republic of Sri Lanka to the United Nations, spoke about his country's history and its role in the United Nations. He then treated the audience to an extremely beautiful and sensitive film produced by the Government of Sri Lanka, giving insights into the life of a Buddhist renunciate. Following are some excerpts from Ambassador Balasubramaniam's talk, as well as a song dedicated to Sri Lanka by Sri Chinmoy that was performed during the celebration.



(32)

H.E. Mr. Nadarajah Balasubramaniam, Deputy
Permanent Representative of Sri Lanka to the

United Nations: At the outset I should thank you for inviting me to participate in this function which you have organised to commemorate the 32nd anniversary of our independence. Sri Lanka, as some of you will know, is a small island situated in the Indian Ocean. We are an old people but a new nation. Our recorded history goes back nearly 2,500 years. We came under foreign occupation around the 16th century and after a lapse of something like four or five centuries and three colonial powers (Portuguese, Dutch and British) we became independent on 4 February 1948.

We are a country where many cultures have found a place. We have all the major religions of the world flourishing on the island. Sixty-five per cent of our people are Buddhists; about fifteen per cent are Hindus; eight per cent are Christians; and seven to eight per cent are Muslims. I perhaps should tell you that we have a sacred mountain in our country called Adam's Peak, which is known by different names by the different religions. The Christians and the Muslims call this peak Adam's Peak because they believe that the footprint at the top of this peak is that of Adam, the first man. The Buddhists believe it is the footprint of the Buddha, Hindus believe that it is Shiva's footprint. So here Adam's Peak is a symbol of the universality of mankind. And incidentally, the film we have selected to show today deals with a pilgrimage to this peak.

Your Chairman wanted me to tell something about Sri Lanka's role at the United Nations. This year is important to us because it marks the Silver Jubilee of Sri Lanka's admission to the United Nations. Sri Lanka believes in the principles of the United Nations Charter and has a total commitment to these principles. During these last 25 years

she has tried hard to make her contribution towards the achievement of the aims and objectives of the United Nations.

Now, it is very difficult to measure the contribution of a country to the United Nations. Perhaps one way of doing it is to identify areas where we have been elected to office, which would indicate a measure of international confidence in us. In that sense, for a small country like Sri Lanka, I believe our record is not too bad. We have held the post of President of the General Assembly once; we have been Vice-President of the General Assembly twice; we have served one term in the Security Council; one term in ECOSOC; and as you may know, we were Chairman of the Non-Aligned Movement for three years from 1976-1979, and during this period, Sri Lanka acted as spokesman for the ninety-odd non-aligned countries in the different United Nations bodies. Today, we hold the office of the Chairman of the Ad Hoc Committee on the Indian Ocean, Incidentally, Sri Lanka took the initiative seven years ago to introduce a resolution calling for the declaration of the Indian Ocean as a Zone of Peace. We are also currently Chairman of the Ad Hoc Committee on the World Disarmament Conference, and we were elected as Vice-Chairman of the Committee of the Whole, which is charged with the responsibility of making preparations for the special session to be held late this year to conduct global negotiations to set up the new international economic order. We are also members of the UNDP Governing Council.

For a small country, the United Nations is very important. We don't have the strength to protect and defend ourselves against aggression, and the United Nations is the first and last bastion of defense from our point of view.

Perhaps I should just say a few words on the film you are going to see. This film is entitled "Meditation," which we thought was appropriate to show to an assembly like yours which is also dedicated to meditation. It deals with the Buddhist ideal of renunciation. When I saw this film for the first time, I was speechless at the end. It doesn't have the same feeling as a touristic film. It makes you think about, shall I say, meditation.

Thank you very much.

## SRI LANKA

Sri Lanka, Sri Lanka, Sri Lanka!
You are mahanandam danka.
Lord Buddha's august Grace,
Vivekananda's victory-face,
You love and treasure beyond measure.
O ancient simhal dvip,
Your body-soul, beauty deep



# THE SPIRIT OF GREECE AT THE UNITED NATIONS

On 24 March 1980 H.E. Mr. Nicolas Katapodis, Permanent Representative of Greece to the United Nations, highlighted the classical spirit of Greek history and culture in a lecture and film presentation celebrating the Independence Day of Greece, in honour of its thirty-fifth year as a member of the United Nations community. Below are brief excerpts from his talk, as well as "The Mountains Look on Marath m" and "Marathon Runner"—two songs performed at the programme that were written by Sri Chinmoy, who has run the famous Phidippides marathon in Athens.



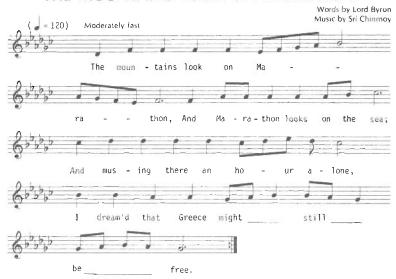
H.E. Mr. Nicolas Katapodis, Permanent Representative of Greece to the United Nations: The present form of Western civilisation owes much to

the ancient Greek spirit. This classical Greek spirit has carried over into the Greece of today, and we have continued to contribute to European civilisation in many fields. I need not remind you that two of our poets were awarded the Nobel Prize in the last fifteen years. There are other poets who are also considered major poets in the European community, and there are painters, sculptors, composers, and many other outstanding Greeks whose international careers are very well known. So as we were able to contribute something to Western civilisation, our hope and our wish is to go on doing this and to become contributors to Western civilisation as it is known today and to peace in our part of the world, and so in the world in general.

Greece is, as you may know, a founding member of the United Nations. The principles of the United Nations Charter are the cornerstone of our foreign policy. We collaborate with the United Nations in a number of fields. We have been a member of the Security Council once, and we have been a member of the Economic and Social Council several times. We participate also in other groups and committees and there are a number of our compatriots who work in the Secretariat. There are two or three agencies which have permanent offices in Greece as well.

The United Nations, as you well know, is not an abstract concept. It is the 152 countries which are its Member States. When we say that we work closely with the United Nations, we mean that we do so by being part of the United Nations. In our cooperation with the United Nations, we feel that in the last analysis the United Nations is Greece and Greece is the United Nations. We believe in the United Nations and we try to be a useful and stabilizing factor in our part of the world.

## THE MOUNTAINS LOOK ON MARATHON



The mountains look on Marathon,
And Marathon looks on the sea;
And musing there an hour alone,
I dream'd that Greece might still be free.
—George Gordon, Lord Byron

### O MARATHON RUNNER



O marathon runner, God the Smiler-Winner! Bondage-body's supreme victory challenged life's summit glory. You claim today for everyday In the Captain's cosmic Oneness-Play.

(40)

## QUESTIONS AND ANSWERS ON NATIONALISM, INTERNATIONALISM AND THE UNITED NATIONS

Following are questions on nationalism and internationalism answered by Sri Chinmoy during meetings of the Meditation Group at the United Nations.

Question: How can we be patriotic without separating ourselves from other countries?

Sri Chinmoy: I shall live in my own country, in my own home, and you will live in your own home. I will keep my house clean, and if you want to come, I shall welcome you as a divine guest and invite you to stay as long as you want to. I also will expect you to keep your house clean and welcome me when I want to come to visit you.

According to my experience and my capacity, I have built a house. According to your capacity, your talent, your aspiration and your determination, you have also built a house. Now our aspiration, capacity and ability have become one. We will come together, but your home will remain your home and my home will remain my home. While staying in my own home and loving my own home, I shall not criticise or belittle yours. I won't say that my home is far superior to yours. I will feel that

mine is good for me and yours is good for you. When the time comes, you will visit my house and see what it looks like and I will visit yours. This means we shall accept each other and derive benefit from each other's experience.

When I love my country first, then my real power of love never becomes stagnant; it always runs, runs toward the Source, which is all-pervading. It is like a river flowing toward the sea. If I really love my country, then I will be able to love other countries, because by loving my own country I will learn to know what a country is to its children.

If I really love one thing, then I have the capacity to love something else. If I really love my body, I will some day have the capacity to love my soul or to love my vital or to love some other part of my being. But If I do not have love for myself, then I won't be able to love anybody. I won't even love God. Patriotism is a kind of expanding capacity. Today I love my mother, tomorrow I love my father, the day after tomorrow I love my brothers and sisters. Then, when I go to school, I love my teachers. Gradually I learn to love my town, then my province, then my country, then the whole world. But I start by loving one thing which is very close to me. From there my vision increases. From my mother I go to my father, then to my brothers and sisters and so on. But if I don't love my own country, how will I be able to love somebody else's country? If I really love my country, then gradually, gradually I will be able to expand my consciousness until finally I love the whole world.

Divine love, true love expands and expands. It has the power of constant expansion. If I really love my country divinely, then I will have a cosmopoli-

tan view; I will love other countries as well. But if I constantly and deliberately try to find fault with my country, then gradually I will try to find fault with my city and with the members of my family, with myself and everything I have. I will find that my nose is not beautiful, my eyes are not beautiful, my hands are not beautiful and so on.

We start by loving something small and gradually we learn to love the whole universe. For a child, his mother is the whole universe. Then, as he grows older, gradually his vision expands. That doesn't mean that he loves his mother less, but inside his mother he learns to see the whole world, little by little. Similarly, inside your country you can see the existence of all other countries. Then, if you love your country, naturally you will also love all the other countries that exist inside the heart of your own country. Inside the divine qualities of your own country you are bound to see the existence of other countries; for anything that is good is vast, anything that is divine is all-pervasive. And since patriotism is good and divine, it is vast, it is infinite, it is all-pervasive.

Question: Is not patriotism restrictive even at its highest level?

Sri Chinmoy: If the patriotism is based upon the physical consciousness or the vital consciousness or the mental consciousness, then it restricts, because that patriotism does not want to go beyond the boundary of the physical, the vital or the mind. But if the patriotism comes from the soul's oneness with the universe or from the feeling that the soul is a divine instrument, a perfect instrument of the

Supreme and for the Supreme on earth, then it will not restrict. Then the physical in us, the vital in us, the mind in us will want to become part and parcel of the soul's light and the soul's acceptance of light here on earth. That kind of patriotism is not a hindrance at all. It is a real benefit.

Some people have tremendous feeling for their country, but it is all on the physical level or on the vital level or on the mental level; it is not on the psychic level. In the psychic there is always oneness, constant oneness, and it is the nature of oneness to expand. If I love my country, I have become one with my country. Then, if I feel the inner urge to expand my oneness, to embrace other countries, I will find no inner restriction in my patriotism. But if I keep my love and oneness only for my country, naturally I will be restricted. This kind of patriotism will not allow me to go to the Highest, the Absolute, the Universal.

We have to know that oneness is not enough. From oneness we have to grow into vastness. I can have oneness with one finger, but I want to have oneness with all my fingers. If I love my eyes, I can establish oneness only with my eyes. But my poor nose, my poor ears—what will they do? I have to establish my oneness with them too. The moment I establish oneness with everything within me and around me, I enter into universality. There God is omnipresent. While I am for all, I am also in all. At that time I am in God, I am with God and I am for God. The real reality in me is the omnipresence of God—inside me, inside you, inside everything. If I consider the omnipresence of God as the only reality, then patriotism is a true blessing.

So our patriotism has to be based in our psychic consciousness. If it is in our psychic consciousness,

it is constantly expanding its oneness and entering into the Infinite. This kind of patriotism will never limit our God-realisation. On the contrary, it will teach us the process of growing from the one to the many. As I expand my consciousness, gradually, gradually the whole world becomes mine. If we accept our country for the fulfilment of the real reality in us, and not for the pleasure of our physical or the fulfilment of our vital or mind, then patriotism is a gift, a real gift, the highest gift from above which will illumine and liberate the human in us.

Otherwise, patriotism can become a curse. When it becomes narrow-minded, then I am only for my village or my country, and against yours. Narrowness comes when patriotism is in the physical, the vital or the mind, which are limited. But in the psychic, in the soul, there is no boundary. The soul's feelings are based on oneness inside vastness. That kind of patriotism is all God-embodiment, God-revelation and God-perfection on earth. This is what God wants from patriotism.

Question: Some nations accept the United Nations as their own. Other nations would even deny the United Nations. What are the differences in the soul-growth of the nations that have not yet become one with the United Nations?

Sri Chinmoy: In spite of knowing that the United Nations is not all-powerful, in spite of knowing that the United Nations on very rare occasions may do things which may not satisfy the world at large, if the nations accept the United Nations as their own, very own, it means that they

feel their oneness with the body-reality and the soul-reality of the United Nations. It means that they have accepted the United Nations as the United Nations because they have true love for the United Nations, and they would have accepted the United Nations even if it were not, let us say, as meaningful or as fruitful. So, I wish to appreciate and admire those nations that feel that the United Nations is an integral part of their own existencereality. Their souls are undoubtedly fully awakened. The nations that have consciously accepted the United Nations as their own are undoubtedly the nations that are awakened. And the nations that have wholeheartedly accepted the United Nations as their own, the nations that feel part and parcel of the United Nations existence-reality, are fully awakened.

Unfortunately, there are some nations that find it difficult to accept the United Nations, that even go to the length of denying the United Nations. I wish to say, from my own experience and point of view, that these nations are not awakened. Either they are not awakened, or they have consciously and deliberately taken the side of ignorance-reality. Just like an individual human being, each nation has a physical personality or reality, a vital personality, a mental personality and so on. At times it is very difficult to say whether a nation is not accepting the United Nations existence because its soul is unawakened, or whether it is because the physicalreality, vital-reality or mental-reality of that particular nation is not sufficiently awakened. If those are not awakened, then the nation as such will not want to help or serve the United Nations or be illumined or guided by the United Nations. In most of the cases, I can see that it is the undisciplined vital,

the uncontrolled mind and the unaspiring physicalreality that do not allow the nations to see the reality, the divinity, the sincere willingness of the United Nations to be of service to mankind.

Again, there are some nations which neither deny nor accept the United Nations. They do something else; they try to remain neutral. From the inner point of view, neutrality is not good. Let us say that two persons are at daggars drawn, two persons have different opinions, and one is right and one is wrong. If we know who is right and who is wrong, and in spite of knowing, if we remain silent, that means that some weakness on our part is preventing us from taking the side of the light. We don't say that one side is all ignorance and the other side is all wisdom-light. No, only there is lesser light and higher light, lesser truth and higher truth. One side can have an iota more of light than the other side. If we remain silent, automatically we weaken the possibilities and potentialities of the side that has more light. The one that embodies more light should be encouraged and inspired so that he reaches the destination-goal. There he will be flooded with the light of the goal, and then he can come back to the unillumined who are still struggling, still wallowing in ignorance. So, it is always good to take the side which has greater light, abundant light. It is very easy to deny the sun. At night we can deny it, but in a few hours' time the sun comes out. Even while facing the sun we can deny its existence, but the sun does exist. What in us denies it? It is the ignorance in us that denies. But our inner sun immediately responds to the outer sun. Similarly, we can deny our oneness with the supreme Reality, but it does exist.

I am sure that most of you have read India's Bible, the Bhagavad Gita. There was a conflict between darkness and light, or we can say between lesser light and greater light, which eventually ended in the battle of Kurukshetra. Lord Krishna said outwardly, "I am not taking any side," because he represented God, and for God everybody is equal. But in the very depths of his heart, he did take the side of the righteous Pandavas. To the other side, the Kaurava's, he gave his own army, and he was only a charioteer for the Pandava side. But twice there were occasions when he came out of the chariot to fight against the unaspiring forces. Again, there were one or two among the unaspiring forces who were really aspiring. They knew who Sri Krishna was, but they were morally-bound to fight on the Kaurava side. They were brought up by the undivine forces; they were fed and nourished by the undivine forces, like Vishma. That is why they did not surrender fully to the light of Lord Krishna.

So here also, if some nations are in touch with undivine nations, if they get some help financially or otherwise, then they are caught. They do not want to voice forth their sincere opinions with regard to the United Nations. But we feel that it is always better to take the side of the nation that has more light and that is willing to reach its destination. We should not try to discourage the other nations in any way. But if we feel that the nations that are not aspiring so sincerely or deeply will be sad if we take sides, and if we stop encouraging the one that is promising, illumining and fulfilling, then we are standing in the way of world perfection in general and of our own aspiration. So, being seekers we should always try to take the side of

those nations that are trying to unite other nations and that are crying and aspiring for more illumination and perfection here on earth. And we should always try to convince the nations to take the side of the nations that represent or embody more illumining and fulfilling light. All those who deny the truth, all those who do not want to see the truth should be given a chance to see and realise the truth in their own time. Right now only those who want the truth and need the truth desperately should be given the first and foremost chance to come to the fore and be inundated with truth, light and delight. Let us not remain neutral; let us be all for those who desperately cry for and need light, truth, beauty and delight.

It is very difficult to determine the soul-growth of the nations which have not yet become one with the United Nations. In their case, the soul has not come to the fore. Right now the physical part, the vital part, the mental part of these nations are not allowing the soul to come to the fore. When the soul is covered by layer after layer of the vitalreality, the mental-reality or the physical-reality, then it is not possible to determine the growth because the soul remains in seed form. Only when the soul comes to the fore, only when the soul germinates like a seed germinating into a tiny plant, a sapling and finally a huge banyan tree, only then does it radiate an iota of light all around. If the soul does not have the capacity or the opportunity to come to the fore and radiate even an infinitesimal amount of light, then it is impossible to determine the soul-growth. But we can safely say that there shall come a time when the soul will be able to come to the fore, for creation is meant for perfection. Nothing on earth, nothing in God's creation, will remain imperfect. Eventually, everything has to see the face of perfection, for that is what God wants from us and that is what God eternally is. Therefore, the soul will come to the fore and at that time it will be quite possible to determine the growth of the nations that are not yet one with the United Nations.

Here we are all seekers of the Absolute Truth. We should soulfully pray and meditate for the nations that are still wanting in light so that they can also see the all-loving beauty and all-fulfilling duty that the United Nations has. Again, we have to know that the goal that we have been seeing in the United Nations is not the ultimate goal. Right now we are only thinking of union, of a world filled with union-reality. But union is not the ultimate thing. There should be something else: oneness. The United Nations is dealing with unity right now. We are trying to establish unity on the physical plane. But then we have to go one step ahead to oneness. Oneness-reality we have to achieve by virtue of our sincere prayer and our sincere dedication to the body-reality and the soul-reality of the United Nations.

What we are aiming at is something great and good, but that is not the ultimate goal. The ultimate goal is oneness-reality, which the United Nations will offer to all nations, to all the world, to all aspiring human beings that are here on earth. So the ultimate goal of the United Nations right now we will not be able to place before the comity of nations. But a day will come when we shall have to offer that ultimate goal. Right now, the goal that we have placed before the United Nations and before the world at large is union-song. A day will come when we will have to seek and become the

oneness-dance. And for that we shall have to prepare ourselves slowly, steadily and unerringly.

Question: Do you think it is possible to change the United Nations organisation without changing the Member States? If so, of what use would be the existence of such a close circuit?

Sri Chinmoy: It is not necessary to change the Member States in order to change the United Nations organisation. One may call the Member States a closed circuit and, from a particular point of view, one may be justified in doing so. But from a different angle if we see the situation, then we can say that when there is a large body or organisation, within the large body there has to be a smaller body to organise the thing. If all the countries were equal, and everybody held the same status, then there would be no organisation. When there is a school, there is one teacher and many students. It is not a hierarchy in an authoritarian sense; only it is a necessity. If we build a house, then we need an engineer and an architect, and also a few workers. If everybody does the job of the architect, then there will be no workers to build the house.

In such a big organisation as the United Nations, some countries have to shoulder more responsibility than other countries, so naturally they will have more voice. If everybody became the king, then there would be no subjects. Here I am not saying that some Member States are kings; only some should come forward to show light to others. If everybody had light, then everyone would be in Heaven. At that time earth would be Heaven itself.

But this is not the case. Again, all the countries should be more sympathetic and develop greater oneness. Then it would be an ideal situation.

Question: When a Member State assumes an "anti-United Nations attitude," the cause would probably be frustration or fear that the U.N. has taken or may take some action against it. Does such an attitude weaken the U.N. system?

Sri Chinmoy: When a Member State assumes an "anti-United Nations attitude," it undoubtedly weakens the United Nations system. First of all, it violently and shamelessly goes against the United Nations system. When a Member State goes against the United Nations system, on the outer plane it definitely weakens the system; but on the inner plane the strength of the United Nations system is extremely solid and sound. As long as the inner aspiration of the United Nations is sincere and strong, we do not have to worry if a Member State or even if all the Member States assume an "anti-United Nations attitude." For it is not the Member States alone that can and will bring about world harmony. It is the united force of all the nations, big and small, that can and will bring about a oneness-world family.

There can be many reasons why a Member State wants to stand against the United Nations policy. But just by standing against the United Nations policy, a State will not be able to solve an iota of the world's problems. If one sees that the United Nations is doing something wrong, that is no reason why one should want to stand against the United Nations. One has to love the United Nations more in order to bring to the fore its sin-

cere aspirations which can and will change the face of the entire world.

To err is human, to forgive divine. To forget past blunders of others, as well as one's own, is to make friends with satisfaction-peace and perfection-bliss. Further, this is the only way to accelerate humanity's oneness-vision and oneness-goal. If you see the world's imperfections, you should not discard the world; you should not consider it a filthy object or speak ill of it in season and out of season. No! The wise thing is to accept and embrace the world—the well-meaning U.N. world—as a humble and trying instrument of an all-embracing and all-fulfilling Reality.

Question: Is there a special need to promote cooperation between the newer and often poorer countries in the General Assembly and the older and, in most cases, more established, wealthier countries? Should the latter not take the lead in fostering good relations?

Sri Chinmoy: We all believe in progress. Progress is nothing but true satisfaction. If one country is more established and more financially secure than another country, that doesn't mean that this particular country is the happiest and the most perfect country. If one country wants to remain always at the vanguard of all the other countries, or if it wants to exercise supremacy over the other countries, then it may be able to do so. But true satisfaction, for which there is a common and universal cry, will never come. Supremacy will never be transformed into either an individual or collective smile.

Everything is relative. One country may be poorer than another country in one particular aspect of human life, but it can easily be richer in some other aspect of life. Outer wealth it may lack, but inner wealth it may have in profuse measure. Again, if one country is wanting in the outer wealth as well as the inner wealth, then it will be an act not only of kindness but also of wisdom if the superior country opens both its inner door and outer door to help, guide and illumine the unillumined, inferior one. At that time the illumined one is only increasing its reality-existence. The heart of love knows only how to expand, and another name for this expansion is satisfaction. Satisfaction-reality is the fruit of satisfaction-tree, which comes from the perfection-seed.

(---