

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.

(iii)

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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INTRODUCTORY NOTE

Over the years the meditation group has sponsored a number of tribute programmes as part of its series of conferences and symposia in which world-minded individuals can share and reinforce their spiritual vision for the United Nations. Collected here are highlights from several such programmes held in the last year. At the back of the issue are talks and questions and answers on meditation and spiritual philosophy, which are a regular feature of the bulletin.

U.N. CHARTER DAY OBSERVED

Diplomats and U.N. staff joined members of Sri Chinmoy Meditation at the United Nations in a celebration of U.N. Charter Day on 27 June 1979, in the Dag Hammarskjold Auditorium. H.E. Dr. Jorge E. Illueca, Permanent Representative of Panama, and Mr. Donald Keys, President of Planetary Citizens, offered some brief remarks, followed by readings about the Charter. As a "thank you" to Ambassador Illueca for his illuminating talk and for his continued support of the Meditation Group, the choir performed a new song, "Panama," composed by Sri Chinmoy, praising the beauty and inner qualities of the country. Below is a transcript of the programme.



H.E. Dr. Jorge E. Illueca, Permanent Representative of Panama to the United Nations: Revered Sri Chinmoy, ladies and gentlemen, there is

nothing more rewarding to our spirits than to join Sri Chinmoy Meditation at the United Nations to commemorate, in an atmosphere of peace, love and oneness, the 34th anniversary of the signing of the U.N. Charter in San Francisco on June 26, 1945. The United Nations was conceived as a peace-loving family of nations, dedicated to saving succeeding generations from the scourge of war. That goal can only be achieved by creating the conditions of respect for fundamental human rights and promoting social progress and better standards of life in larger freedom.

Sri Chinmoy, with his deep sense of universality, believes 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. We realise through his teachings that, as stated by Ambassador Rikhi Jaipal of India, "The most important human right is the right to be human." On this anniversary of the founding of the United Nations, we must reaffirm our faith in the principles and purposes of the Charter. The collective power of the United Nations as the best hope of mankind should be used to stop the armaments race and instead promote peace based on social and economic development of the human race.

To Sri Chinmoy, the United Nations Day signifies "a day of universal hope, a day of universal promise, a day of universal peace and a day of universal oneness." We see the United Nations through his eyes as a church of mankind, dedicated to worshipping the aspirations of men, women and children of all races, nationalities and political and religious beliefs, for a better life. The United Nations appears to us as a divine tool to fight hunger, poverty, oppression and injustice, so that every

human being may have the chance to have full wealth, freedom and justice on this earth. As such, the United Nations should become a sanctuary of moral and spiritual values as a better foundation of peace.

Thank you.



Mr. Donald Keys, President, Planetary Citizens: Ambassador Illueca, Sri Chinmoy, friends, a fullness-cry and oneness-sky is what the Charter of the United Nations is. The League of Nations was a half-cry, and in the Charter we have the first fullness-cry. The Charter, as we know, opens with the words, "We the peoples of the United Nations . . .," giving recognition both to the precious uniqueness of the individual and the divine meaning of the oneness of the United Nations, giving recognition to the values which permeate the Charter, but which may not be so explicit in it.

The Charter is a document of planetary dimensions, seeking a new stage in human growth and unfoldment. It is also a document which is far from fulfilled in its implementation. Many aspects of it are still in early stages of development and elaboration. Some of the aspects have found elaboration in such universal documents of vast spiritual magnitude as the Universal Declaration of Human Rights or the Declaration on Friendly Relations among States. New elaborations of the Charter will be forthcoming from the Law of the Sea Conference. The embryonic notations in the Charter about the economic and social responsibilities of the United Nations have been fulfilled far beyond anything that was glimpsed at its founding. The more difficult aspects of the Charter, having to do with the maintenance of international peace and security, with peace-making and peace-keeping, being the most difficult, have still to find their full measure of implementation in our world.

It is not by chance that we have had two lights of great spiritual magnitude as Secretaries-General of the United Nations. Dag Hammarskjöld was the first, as we learn from his memoirs, *Markings*. It was not by chance that he brought to focus here a major symbol of planetary unity in the meditation room of the United Nations. It was not by chance that a humble Buddhist, U Thant, served us so loyally also, until his death. Nor is it by any means by chance that we have with us a spiritual mentor and teacher now at the United Nations, Sri Chinmoy.

The United Nations is the hope of the world. The Charter is its guiding document. It is the focus for the oneness and therefore, for the eventual spiritualisation of our human odyssey.

PANAMA

Panama, Panama, Panama!
O heart-feeding panorama!
The world's sleepless attention,
Your Panama-beauty's perfection.
Small in body, large in heart,
To smash the pride of ignorance-dart.
For all, your Panama Canal-soul.
All long for its possession-goal.

Words and music
by Sri Chinmoy

(16)

Musical score for "Panama" by Sri Chinmoy. The score is written in G major (one sharp) and 4/4 time. It consists of ten staves of music with lyrics underneath. The tempo is marked "Moderate" with a quarter note equal to 116 beats per minute. The score includes first and second endings for several phrases. The final phrase "All long for its possession-goal." is marked "D.C. al fine with repeat".

Pa - na - ma, Pa - na - ma, Pa - na - ma! - ma!

O heart - feed - ing pa - no - ra - ma!

The world's sleep - less at - ten - tion,

Your Pa - na - ma - beau - ty's

per - fec - tion. - tion. Small in bo - dy,

large in heart, heart, To smash

the pride of ig - no - rance - dart.

For all, your Pa - na - ma Ca - nal - soul. - soul.

All long for

its pos - ses - sion - goal. D.C. al fine with repeat

INTERNATIONAL WOMEN'S DAY RECEPTION

Gillian Martin Sorensen and Allison Richard addressed members of the United Nations community on Monday, 10 March 1980, at a reception honouring International Women's Day.

Ms. Sorensen, who is New York City Commissioner for the United Nations and Consular Corps, focussed her remarks on the function of the Commission. The Commission acts as a liaison between the diplomatic community and New York City, and deals with problems such as education, housing, language, law and social adjustment of the 30,000-member diplomatic corps, their staffs and families. Ms. Sorensen noted that she was very pleased with her work as it required her to draw upon many of her interests, skills and experiences.

Ms. Richard, a Consultant for the World Conference for Women, noted that the mid-term World Conference of the U.N. Decade for Women will take place 14-30 July 1980 in Copenhagen. This Conference will assess the progress made at this, the mid-point, in the Women's Decade (1975-1985) and will focus on future plans. Particular attention will be paid to the sub-fields of employment, education and health.

Excerpts follow.



Mrs. Gillian Martin Sorensen, Commissioner of the New York City Commission for the United Nations: Thank you for that kind introduction. Sri Chinmoy, it is an honour to meet you. I have heard about you for many years. Ladies and friends, I am happy to be here with a number of familiar faces whom I know and others whom I do not know but who work in the same family, in the United Nations family, and especially with Allison Richard, who has been part of this family for a long time.

I find myself most often speaking to New Yorkers, not foreigners, and when I do I am called upon to explain and defend the United Nations, to correct misunderstandings and misperceptions about the United Nations. For that reason, I am especially happy to have this opportunity to speak within the family and to talk a little about New York and about the job that I hold as New York City Commissioner for the United Nations and what it means to both of us.

I think everyone in the room is here because we all believe in a kind of service, whether it be service to your country, to your community, to a cause or to an ideal. This particular job has given me special satisfactions because it not only seems to fill a need but it also realises some basic convictions of my own that perhaps you will share. One of those is that public service is an honourable profession. Another is that the United Nations is of immense importance to New York in many ways. Another is that while peace at large across the world may be elusive, we can deal with peace in small ways close to home that can make a difference—ways that can ease tension, ways that can enlarge the area's confidence between groups, ways that can resolve problems before they become crises, and ways that support the original Charter of the United Nations. It is my conviction that the work you are doing in the U.N. deserves the support of this community and deserves the assistance of New York in any way that we can offer it.

Now lest you think I sound naive or overly optimistic, I assure you that I am aware that within this community there is both collective foolishness and collective wisdom. But that is the case in the world at large and perhaps we should not expect it to be too different here. Indeed, I know very well that there are some brilliant minds and there are also some mean minds, but very few; that there are some thoughtful people and there are a few arrogant ones; that there are some, in fact many, very responsible people and there are also a few irresponsible ones. We deal with all of them. Nonetheless, I will admit at the outset my bias and that is that in these two years I have come to love the United Nations. Now that may seem strange

because the United Nations can be difficult to love. But that is the case. And I find myself having the unique opportunity to serve both the city I love and another community that I care about very deeply too.

The New York City Commission for the U.N. was founded in 1962 in response to the City Government's recognition that there were special problems in this community; problems that needed attention by people who understood the rather unusual background that brought these problems about, that appreciated the cultural differences that might have had some cause in them, that spoke other languages, that was knowledgeable about privileges and immunities, that was also knowledgeable about the city government and the way this metropolis works. The Commission was founded as a very small office—a tiny, tiny portion of the \$13 billion budget. It has grown a little since then but not a great deal. We now have a staff of about twelve in office and we work also with the extraordinary assistance of a volunteer corps trained, dedicated, some of them with us for many years, a volunteer corps of about 45. It is with their help that we are able to make individual visits to every newly arrived diplomat and spouse of that diplomat.

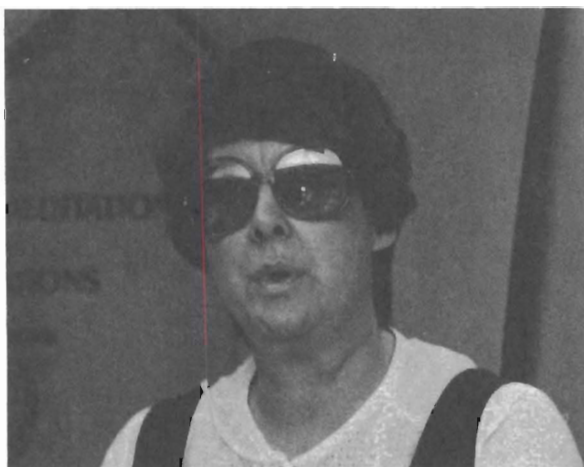
We are, in a word, primarily a service agency for the diplomatic community. And it is a service that seems to be needed because we handle 5,000 cases a year. Some of you call us, some of you stop by, sometimes it is by word of mouth, sometimes it comes through the initial visits we make with members of all missions, all consulates. There are many ways that our reputation has spread. I think that we have developed a relationship of mutual

confidence, cooperation and respect that has served us well involving a great variety of problems.

Now you may ask why we make this effort. I think that is probably clear. Part of it is simple human concern. New York, as Mayor Koch said in his inaugural address, is unique in the history of human kindness, not just to refugees but to foreigners of all lands who come to visit here or to live here. So the Commission, I think, is a living extension of that attitude. We are concerned about your well-being here not just because you stimulate the economy, although you do; not just because you add to our diversity, although you do; not just because you enhance our reputation as a head-quarter city, although you do, but basically and primarily because we, as you in this room, are committed to the Charter of the United Nations and to the belief that peace is worth working for. We are also committed to the premise of dealing with each person as a human being, as an individual of merit, of worth, of value, and we try to conduct our own work in that way. We believe, finally, that the New York experience of these diplomats stays with them a long time and we want to do what we can to see that it is a positive memory that they carry with them.

I would close by saying that it seems to me that the United Nations is not comprised of either heroes or saints, but of human beings who are trying to achieve a goal and a dream. There are many of us who feel as John F. Kennedy did when he spoke at the United Nations in September of 1963 and said: "The value of this body's work is not dependent on the existence of emergencies, nor can the winning of peace consist only of dramatic victories. Peace is a daily, a weekly, a monthly

process gradually changing opinions, slowly eroding old barriers, quietly building new structures; and however undramatic the pursuit of peace, the pursuit must continue." In our own front yard, in small ways close to home, I and the staff of the New York City Commission are trying to pursue in our way that vision of peace. Thank you.



Miss Allison Richard, Consultant, World Conference on the United Nations Decade for Women: First of all, the Secretary-General of the World Conference of the United Nations Decade for Women, Dr. Lucille Mair, has asked me to express to you her regrets that she was not able to accept your invitation to speak to you today. I am sure you will appreciate that her schedule is becoming increasingly crowded as the Conference draws nearer. But she does, again, ask me to express her sincere thanks for your support and your interest in the work of the Conference.

The World Conference of the United Nations Decade for Women will be taking place in Copenhagen from 14 to 30 July this year. It is the conference of the mid-term of the decade and it is designed, first, to enable us to review what has been achieved in the first half of the decade and then, in the light of that review, to consider an amended plan of action for the second half of the decade.

Within the context of the overall aims of the decade, in Copenhagen we will pay particular attention to certain sub-fields: employment, education, health—all of them crucial to women in both the developed and the developing countries. As all of us know, the aims of the decade as established in Mexico City in 1975 are equality, development and peace. When we begin to analyse those three concepts, I certainly find that of the three, equality becomes the most difficult to define and is probably the most difficult to achieve. If we take the world system as it is today, we find all too often that, faithfully reflecting the usually unspoken attitudes of policy-makers and planners in virtually every country of the world, the system in general remains convinced that certain so-called “women’s issues” are somehow separate from the real issues which confront our world. And this is the point which is overlooked: it is our world, too. For good or for ill, women are affected by the decisions and policies not only on subjects such as maternity services, primary education and the other suitable, safe women’s subjects, but also on peace and war, the allocation of national and global resources, energy sources and the environment. All of these bear directly on our lives. And because in most societies women are still economi-

cally and socially inferior, indeed, these decisions can have a disproportionate affect on our lives when they go wrong.

I don't pretend to have all the answers, but I do know that a process has begun which, like every historical process of education, is irreversible. History teaches us that the key to this process is learning to know ourselves. We, women, have to learn to know and value ourselves as human beings. When we can truly say we have achieved this, then I think we will realise that the Women's Decade is about the same things as the whole of the United Nations. It is about the need for all of us irrespective of race, creed or sex to learn to know and value ourselves and therefore each other as human beings. And this, in essence, is what the Decade is about. It is what the World Conference is about and it is, I believe, what the United Nations is about.

Thank you for permitting me to speak to you today and please continue to give us your support.

Thank you.

WOMEN WORKING IN INTERNATIONAL AFFAIRS HONOURED

Representatives from thirty-seven Missions joined Secretariat staff at a programme honouring women working in international affairs during the thirty-fourth General Assembly, held on 19 October 1979 in the Dag Hammarskjold Auditorium. Mrs. Esther Coopersmith, United States Representative to the United Nations, spoke of the recent meeting she arranged between Mrs. Begin and Mrs. Sadat, and expressed interest in creating more interaction between women in the international community. After opening the floor to questions and comments, she received several offers of assistance from those present.

The Meditation Group Choir performed several songs dedicated to the United Nations, including "O Diplomat, O Delegate," written by Sri Chinmoy especially for the occasion.

The programme was followed by a delicious luncheon.



Mrs. Esther Coopersmith, United States Representative to the United Nations, speaks to members of the Missions and the Secretariat.

O DIPLOMAT, O DELEGATE

O Diplomat, O delegate,
You change your country's fate.
Sorrows and joys in fulness
You bring to the U.N. oneness.
Long live your country's height.
Long live its pure delight.

Words and music
by Sri Chinmoy

(♩=120) Moderate

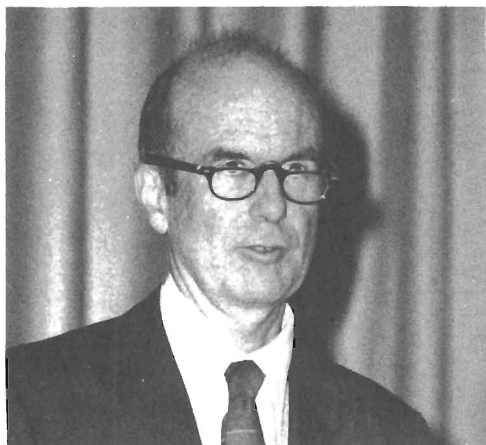
O _____ dip - lo - mat, O _____ de - le - gate,
You change your coun - try's fate.
Sor - rows and joys in ful - ness, You _____
bring _____ to _____ the U. _____ N. - one - - - ness.
Long live your coun - try's _____ height, Long live its _____
pure _____ de - - - light.

fine

The musical score is written on six staves in a single system. It begins with a treble clef, a key signature of two flats (B-flat and E-flat), and a 2/2 time signature. The tempo is marked 'Moderate' with a quarter note equal to 120 beats per minute. The melody is simple and lyrical, with lyrics written below the notes. The piece concludes with a double bar line and the word 'fine' written above it.

MEMORIAL FOR ALLARD LOWENSTEIN AT U.N. HEADQUARTERS

A memorial service for Allard Lowenstein, former Ambassador from the U.S. to the United Nations and Congressman from New York, was held Friday, 21 March 1980, for U.N. staff and the diplomatic community. Mr. Lowenstein, who was tragically struck down in his office 14 March, is well remembered for his active and organising role in the human and civil rights movement. A moving tribute to Mr. Lowenstein was made by Donald Keys, President of Planetary Citizens and Mr. Lowenstein's close collaborator and personal friend for many years. Sri Chinmoy offered his gratitude to Mr. Lowenstein for his great efforts on behalf of all humanity and for his kind support of and participation in the meditation group's activities. (For Mr. Lowenstein's talks in programmes dedicated to Martin Luther King, Jr., Oneness-Earth, the Peace Corps and Eleanor Roosevelt, see the December 1977, March 1978 and December 1978 issues of the bulletin.) The meditation group choir sang a song of farewell and Sri Chinmoy closed the programme with a short talk. Excerpts follow.



Mr. Donald Keys, President, Planetary Citizens:

In speaking of Allard K. Lowenstein, his life, his times, his death, his contribution, I don't feel that I'm making a personal statement because my life is only one of many of thousands that was touched by Al Lowenstein.

I was struck by the words of one of the songs that we just heard: "Yours is the role to change the cosmos dole"—Al Lowenstein heard that charge. He responded to that charge and he acted on it unremittingly without any thought for himself, in ways that most people are unwilling to commit themselves to do.

I heard of Al's prodigy role as president of the U.S. National Association of Students, of his role in the Civil Rights Movement in the South, but my own knowledge of Al was in connection with the efforts to halt radioactive fallout and in the efforts to end the Viet Nam War. We used to meet at his father's restaurant—Al; myself, as Director of SANE: National Committee for a Sane Nuclear Policy; and my Washington Political Action Director, Sanford Gottlieb, who is now heading

New Directions Organisation in Washington—and we would discuss how to proceed. Al was a brilliant tactician. He recognized that what we did must be pertinent to the political process and not just a personal or cathartic action as many of that period were. Our efforts benefited very greatly from Al Lowenstein's participation. It was Al, together with Kurt Gans, who led a major effort to prevent the re-election of an American President most responsible for a horrible war, and we felt that it was a rather quixotic undertaking. But we and many others underestimated Al's energy, persistence and unflagging dedication, and he succeeded.

I saw little of Al during the subsequent years of his political life as congressman and in his efforts to regain a seat, but was delighted to see him re-emerge at the United Nations as a spokesman for human rights. His close relationship with Andrew Young, our then Permanent Representative, led to Al's post I'm sure. It was fitting that he carried his burning desire for human justice to the world level at the United Nations.

Al was in himself a burning aspiration-flame for human justice, fairness and equity—a flame clothed not only in brilliance but also in humility and compassion and with a human touch. Like all such flames, once kindled they never die, either in the soul of the persons themselves, or in the lives of the people they reach. And so the flame of Al Lowenstein's becoming burns as one more bright increment in the progress of human freedom and destiny.

FAREWELL

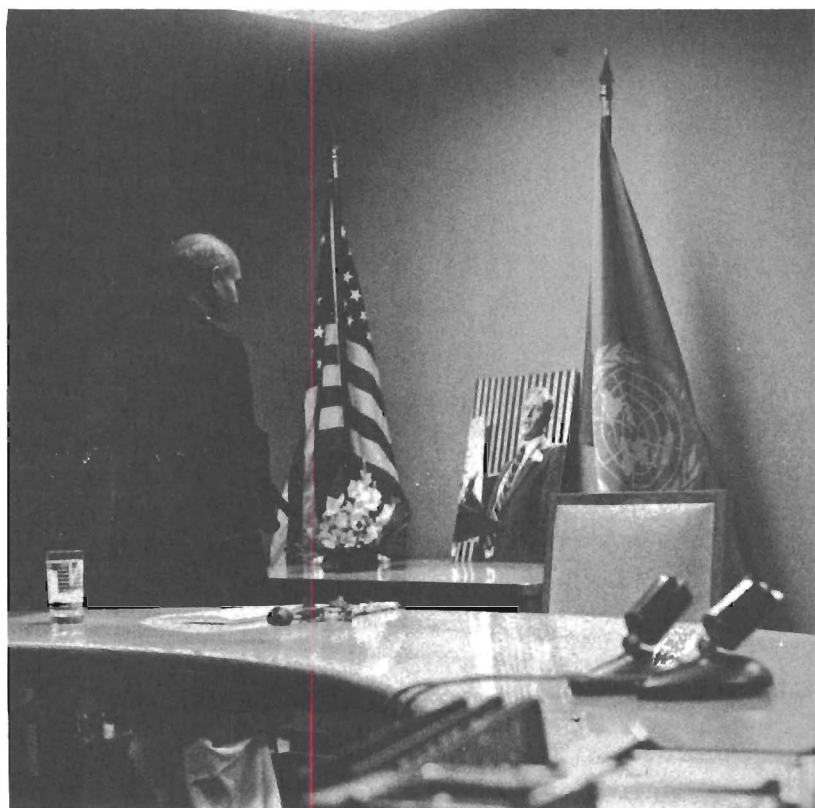
Words and music
by Sri Chinmoy

(♩ = 108) Moderate

Part--ing, part--ing, in-- deed! No--
no-- fare--well. *fine* Our close-ness, sweet--
ness- hearts-- in-- one-- ness
dw-- ell dw--
ell. No time, no clime, no-- moon,
no-- sun, we-- know-- Shall
dare-- chal-- lenge chal--
l--enge our death--less fond--ness-- flow--

*Sing once again without repeats,
then D.C. al fine without repeat.*

After the song of "Farewell," Sri Chinmoy closed the programme with the following short poetic talk dedicated to Mr. Lowenstein, who fought so tirelessly with "a sleepless cry and a deathless smile" for humanity's oneness.



BECAUSE I NEED

Because I need God's Love,
God's Compassion saves me.

Because I need God's Compassion,
God's Forgiveness illumines me.

Because I need God's Forgiveness,
God's Satisfaction inspires me.

Because I need God's Satisfaction,
God's Oneness liberates me.

Because I need God's Oneness,
God gives me His Eternity's Boat,
His Infinity's Sea
and
His Immortality's Shore.

Because I need God's Boat, God's Sea
and God's Shore,
God gives me two things that He loves most
in His entire Creation:
A sleepless cry and a deathless smile.

INTERNATIONAL LITERACY DAY

International Literacy Day, as proclaimed by UNESCO on 8 September, was marked by the meditation group with a programme held on 4 September 1979 at United Nations Headquarters. Ms. Sue Criscitiello of World Education explained the goals and techniques of the private, non-profit organisation which helps educationally disadvantaged adults and young people in Asia, Africa, Latin America and the United States. A primary goal of the organisation is to foster a sense of confidence among the learners and the belief that they do have the power to change their lives and surroundings for the better. Acquiring functional literacy is seen as only a part of the larger goal, although the drop-out rate in World Education's literacy programmes is quite low in comparison to other programmes which are more formal.

Below is a brief excerpt from Ms. Criscitiello's talk.

Ms. Sue Criscitiello, World Education: Greetings to you from World Education. We are honoured by your invitation to speak to you in tribute to the cause of literacy. It is one that is very close to our organisational heart. As you have seen from our slide show, World Education has worked in the

field of education for adults for the past twenty-eight years. Our first efforts were in India, where our founder Welthy Fisher's dream to establish a "Village" where non-readers could come to learn was realised. Literacy House has been growing and flourishing since 1951. We have come a long way since those days, and our programmes and methods have changed quite a bit. However, one thing that remains constant is our focus on learners: on their needs, their day-by-day concerns and their hopes for a better life. Because our focus has been on the learner, we have discovered over the years that there are limits to the power of literacy.

Literacy is an educational need that goes hand-in-hand with other development needs. It has little meaning when offered as a pure benefit to people's lives. It must be a part of education about better health, nutrition, agriculture, sanitation and so on. And it must offer some promise of reward to the learner. So we have to ask, as we plan a programme, if it will help people to get jobs, to care for their children and to improve their lives.

Another caution I would like to mention is that we must stop thinking of illiteracy as a problem in developing countries alone. In our recently published report to the Ford Foundation, *Adult Illiteracy in the United States* by Carmen Hunter and David Harman, we have documented the extent of illiteracy in our own society.

UNESCO's annual recognition of literacy work on September 8 gives us an opportunity to pay tribute to the work that is being done in the field of literacy. But it also gives us an opportunity to put literacy into perspective, to recognise what it means, its value and its limitations.

I would like to show you another slide show about our project in Bangladesh with the Bangladesh Rural Advancement Committee (BRAC). This is one of our most successful projects, because we are no longer there and BRAC is not only carrying on the work that we helped to start, but is itself serving as a training centre in these kinds of educational approaches for other institutions in that country. This slide show again stresses that only as people take responsibility for their own actions, only as they realise the potential that lies within them, do we have a chance to make the world better for all of us.

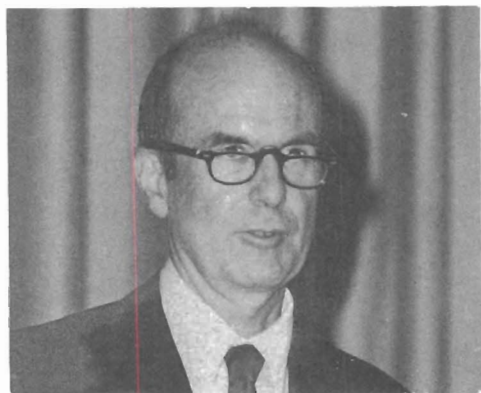
CONGRATULATIONS, AMBASSADOR ROSSIDES

On 31 May 1979, just before Ambassador Zenon Rossides of Cyprus left for Geneva to chair the United Nations Disarmament Conference, the meditation group congratulated the Ambassador on his new appointment as head of the conference, and for his appointment to the Secretary-General's group of experts on international security and disarmament. Mr. Donald Keys, President of Planetary Citizens, spoke about Ambassador Rossides and the meditation group choir performed the song "Congratulation" composed by Sri Chinmoy. Excerpts follow.

Sri Chinmoy: Ambassador Rossides, Heaven's brother, earth's friend: Great greatness is your name, good goodness is your life, one oneness is your heart, full fulness is your soul.

Cyprus offered you to the United Nations as a climbing, radiating and fast-growing tree. The United Nations has offered you to the world at large as a huge, fully blossomed all-concern-tree. We, the members of the Meditation Group at the United Nations have discovered in you the source of Himalayan concern, compassion and protection. If gratitude is more than a mere word, if it really

exists as a living reality here on earth in aspiring human hearts, then we the members of the Meditation Group are the living gratitude-reality— all gratitude to you and to your kindness-heart and oneness-soul.



Mr. Donald Keys, President, Planetary Citizens:

It is always a pleasure for me to have the opportunity to say something about my friend, our friend and a great friend of humanity, Ambassador Rossides, because we so much need his example— an example of honesty and integrity and courage. For great men, greatness is nothing special. For Ambassador Rossides heroism is the norm. This afternoon he said, "Well, I just had a big uphill fight in such and such a commission about such and such a matter. They were going to let it go by, but I insisted and because I insisted they put it in." By the fact of his being here on this day, one more little incremental step was taken in humanity's forward march.

Together with Archbishop Makarios, Ambassador Rossides was one of the chief architects of the freedom and independence of Cyprus. He was offered the post of Secretary for Foreign Affairs, which he declined and instead accepted the ambassadorship to the United Nations. He was the Ambassador from the day of Cyprus' entrance into the United Nations until now. He will be leaving at the week's end to take part in a group of experts, which is one more effort which he himself originated to try to get the members of the United Nations, the community of Nations, to think in larger terms, to think beyond narrow interests, to think about the conditions under which the community of nations can survive and succeed and thrive. His example for us is something from which we shall benefit and do benefit continuously. He reminds us of our own humanhood and of how no battle is lost unless you give up, which Ambassador Rossides never does. Thank you.



His Excellency Mr. Zenon Rossides, Ambassador of Cyprus to the United Nations: Dear brother Chinmoy, dear friend and brother, Donald Keys,

and collective friends, thank you for your kind words. The ideal of obtaining a certain amount of international security through the United Nations so that we can stop the arms race, is again a matter of struggling, struggling hard with trepidation and with faith. I always feel that if you believe in something, then you will struggle with faith and with determination that arises from that faith. But in this case, the task is tremendous and time is running short.

Scientists, by using their intellect, not their spirit, have come to a point where they realise there is something beyond the intellect, beyond science. We may call it God or whatever we like, but that "beyond" is our link with the universe. Sri Chinmoy is cultivating that link. He is, himself, in direct contact with the universe. That is where he gets his inspiration, and that is why his inspiration is always right. We are trying to save humanity's physical existence, but to do that, we must get to the spirit of man. Man cannot save himself now, at this stage, without the spirit coming into play. And that is why I believe what Sri Chinmoy is doing at the United Nations is far more significant than all the discussions in the Disarmament Committee and everywhere else. The discussions are only in words. But if we can invoke the spirit in man, then there is hope for salvation. That is why I say I am not worthy of any congratulations, even for trying hard, if we do not reach the point where man will change radically in his approach to life, putting aside his self gain. My humble work in the United Nations is for a good purpose, but we have not achieved anything in terms of man's radical change. There is more hope to achieve these things through Sri Chinmoy and all those who think

through the spirit, who are carried by the moral flow of the universe, which is a scientific and a spiritual truth. I am grateful to you for the inspirational blessing of meditation. Thank you.

TRIBUTE PROGRAMMES

In late summer of 1979 the meditation group held several tribute programmes where delegates and staff met at Headquarters for discussions and viewing of films.

On 31 July the meditation group observed Dag Hammarskjold's birthday (29 July 1900) with a tribute offered by Mr. Donald Keys, President of Planetary Citizens, and the showing of the film "Portrait of Dag Hammarskjold," which is an interview with the late Secretary-General by premier British journalist Alistair Cooke. The programme also included readings from Hammarskjold's writings in both English and Swedish, as well as two songs dedicated to him by Sri Chinmoy.

On 7 September a "Salute to World Labour" included the viewing of an excellent film provided by the International Labor Organization and readings and discussion about the role of the international civil servant at the United Nations.

On 17 September issues facing the 34th General Assembly were discussed, and an excellent publication by UNA-USA, Issues before the 34th General Assembly of the United Nations, was available for purchase by staff at a discount price.

MEDITATION AND SPIRITUAL PHILOSOPHY

Following are some inspirational talks as well as answers to questions on meditation and spiritual philosophy that Sri Chinmoy has read out at recent meetings of the meditation group.

Sri Chinmoy gave the following two short talks at the 3 June 1980 meeting of the Meditation Group, held in the Dag Hammarskjold Auditorium.

MY BODY WANTS TO SLEEP

My body wants to sleep. My vital wants to run. My mind wants to know. My heart wants to grow. My soul wants to glow. My Lord Supreme wants to flow.

My body cries. My vital sighs. My mind fears. My heart hesitates. My soul wanders. My Lord Supreme wonders.

My body likes to sleep. My vital likes to conquer. My mind likes to prosper. My heart likes to surrender. My soul likes to discover. My Lord Supreme likes to remember.

My body will see. My vital will feel. My mind will believe. My heart will realise. My soul will smile. My Lord Supreme will rest.

MAN'S INNER INSPIRATION

Man's inner inspiration is his outer success. Man's inner aspiration is his outer progress.

Man's inner dedication is his outer manifestation. Man's inner realisation is his outer perfection.

Man's divine hunger is his deepest depth. Man's divine duty is his brightest beauty.

Man's divine love is his highest height. Man's divine oneness is his purest satisfaction.

The man in God is the birthless Knower. The God in man is the deathless Doer.

Man the God discovers within. God the man uncovers without.

PHILOSOPHY, RELIGION AND YOGA

Sri Chinmoy gave the following talk on 10 June 1980 in the Dag Hammarskjold Auditorium.

Philosophy, religion and yoga.

Philosophy is man's close association with God. Religion is man's conscious and close union with God. Yoga is man's conscious, close and constant oneness with God.

Philosophy sees the wisdom *in* truth. Religion realises the code of life *with* truth. Yoga becomes the delight *for* truth.

Philosophy is often the mind-capacity. Religion is often the heart-capacity. Yoga is always the God-Capacity.

Philosophy ascends from the searching mind. Religion ascends from the crying heart. Yoga ascends and descends: ascends for the discovery of the silence-world and descends for the mastery of the sound-world.

Philosophy unmistakably tells the world about its stupendous victory. Religion unreservedly tells the world about its momentous mission. Yoga unconditionally tells the world about its auspicious perfection.

Philosophy is brave. It tries to understand the higher world. Religion is wise. It tries to acknowledge the outer world. Yoga is pure. It tries to accept the higher, the outer and the inner world.

Philosophy inspires us to become great. Religion inspires us to become good. Yoga inspires us to become perfect.

Philosophy teaches and teaches. Religion preaches and then practises. Yoga practises and practises.

Philosophy gets untold joy in guiding the world. Religion gets boundless joy in conquering the world. Yoga gets spontaneous joy in serving the world.

The United Nations' philosophy is to sincerely please all the countries. The United Nations' religion is to generously help all the countries that are abiding by the truth-principles. The United Nations' yoga is to sleeplessly turn the entire world into a peaceful and soulful oneness-home.

QUESTIONS AND ANSWERS

Sri Chinmoy read out the following answers to spiritual questions at the 15 July 1980 meeting of the meditation group, held in Conference Room 9.

Question: What should be our attitude towards expectation?

Sri Chinmoy: When we give in the spiritual life, there should be very little expectation. The Supreme is really kind, affectionate and compassionate. Naturally He will contact you. You don't have to cry for appreciation. Ordinary people cry with expectation because they know that in the outer world if they give a dollar then they will get the equivalent of that dollar. But in the spiritual life we are all clever people. God is the only fool. He gives us much more than we give Him. For that reason depression should not come. If it does come, then you can throw it out of yourself. If it comes for one, two or three minutes, then think of it as something dirty like ink. Then you throw it away. But if you do it this way, by thinking that it is filthy and throwing it out of yourself, you won't be able to conquer it. Depression will come back again and again. For two months or three months or two days you will be free, but again it will come back unless and until it is illumined. The best way is to bring light forward and then illumine your depression.

Question: How can I kill expectation?

Sri Chinmoy: Let us start with hope. Hope is power. You may think that hope is nothing but imagination, but inside hope there is power. There are many people who don't hope. Either they don't know how to hope or they don't want to hope. But this is the wrong attitude. Hope is not delusion. Hope is not mental hallucination. We hope to do something good or to become something good, so hope is good. Now expectation is also a power. We should expect something from our life. We can't ruin our lives like ordinary people. We can't waste our time like ordinary people. We expect something good, something divine from ourselves. We must not say, "Oh, we do not want to become good."

But eventually we have to give up our expectation. We will do our best, but we won't expect anything. First we shall start with hope. Then we shall expect to become good and then we must say, "I will do the right thing. I feel that it is my duty to do the right thing, to pray and meditate, and it is God's duty to give me what He wants me to have. At the same time I must not fix it in my mind that God will give me something just because I am praying." We shall not fix a date. We shall not say, "On such-and-such a date if I can't become perfect, then I am giving up the spiritual life; I don't need God." That kind of idea we must not cherish.

Some people are of the opinion that if we please God once in His own way, then naturally He will please us also in our own way. But this is a very tricky way of dealing with God. God's bargain is not like that. Whenever I say that if you please

God, then God will also please you, I do not mean that if you please God in your aspiration-life, then God will fulfil you in your desire-life.

When we are able to please God, we shall not ask Him for human things but for divine things. God Himself is more than eager and anxious to give us those very things. At that time our will and His Will automatically become one. So the best thing is to do your best every day and leave it up to God to select the hour to fulfil you.

Question: How can we avoid compromising in the ordinary human life?

Sri Chinmoy: In the human life compromise is a good thing. But in the spiritual life, compromise is a bad thing. Compromise is fifty per cent darkness and fifty per cent light, half ignorance, half wisdom-light. You can avoid compromise just by feeling that you cannot live without spirituality. What is spirituality? It is conscious self-giving to the Supreme, constant growing into the supreme Reality.