

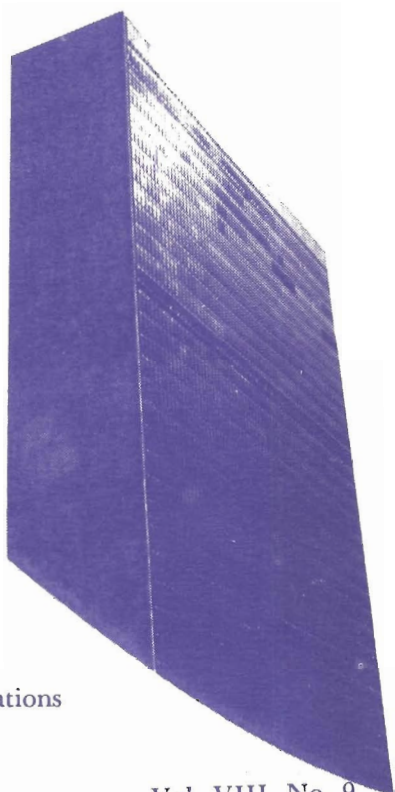
Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations



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INSIDE FRONT COVER - BACK

MEDITATION
AT THE
UNITED NATIONS

MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

Since January, 1973, Sri Chinmoy Meditation at the United Nations has published the monthly bulletin, *Meditation at the United Nations*. This publication offers a basic introduction to meditation techniques and spirituality through questions and answers and lectures, and also reviews the Group's activities. Profits from the sale of this bulletin are donated to UNICEF.

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SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

United Nations:



the Heart-Home
of the World-Body

WE BELIEVE and we hold that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity.

EDITOR'S NOTE

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

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

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

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INNER PEACE AND WORLD PEACE

Sri Chinmoy was invited to give the following talk at the University of Stuttgart, Germany, on 20 June 1980.

I wish to give a short talk on peace—inner peace and world peace. Aum, Aum, Aum, Shanti, Shanti, Shanti.

What is peace? Peace is satisfaction. This satisfaction can be achieved in the body, in the vital, in the mind and in the heart. Again, the satisfaction that the body will have may not or need not satisfy the vital. The body gets satisfaction when it sleeps or rests, whereas the vital gets satisfaction only when it is active or dynamic. The mind gets satisfaction when it can house a thought—a progressive or illumining or fulfilling thought, a thought that embodies vastness. The heart gets satisfaction when it feels closeness with an inner reality or a higher reality. So we see that each member of our family gets satisfaction only when it achieves something of its own, and this satisfaction is nothing other than peace. Or we can say that peace is satisfaction itself.

In the ordinary human life, we feel that if we can multiply our earthly riches, then we can have satisfaction. But when we multiply our possessions, we see that multiplication is not the answer. Then we try to achieve satisfaction with addition. We try

to add a few things to our lives. We feel that this is the way we will be able to achieve satisfaction, which is peace, fulfilling peace. Then, when addition fails, we try to see what division can do. So we divide peace; we divide our realities here, there and elsewhere. When division fails to give us satisfaction, which is abiding peace, then we try subtraction. But there also we fail.

Multiplication does not help, addition does not help, division does not help, subtraction does not help. No. In order to get peace, we think that either possession or renunciation are needed. By possessing, if we are sincere in our inner life, we will see that we can never be happy. From one car we will go to two cars, from one house we will go to two houses. Even if we are satisfied with the house that we live in, if we possess it and claim it as ours, still we are lost. For the moment we claim a thing, we are possessed by that thing. While possessing, we are possessed; and satisfaction is nowhere to be found.

Again, by renouncing we can never be happy either. Today we renounce material wealth; tomorrow we shall renounce our mental faculties, vital faculties or physical faculties. We can renounce even the entire body. But then how are we going to get satisfaction? Satisfaction is delight and delight is God. If we say that the body is not aspiring, that the vital is not aspiring, that the mind is not aspiring, that even the heart is not aspiring, we can renounce them one by one. But will this give us peace, lasting peace? Will this give us satisfaction? No. So renunciation is not the answer either.

Possession is not the answer. Renunciation is not the answer. Addition, multiplication, division, subtraction--these are not the answers either.

Then how can we have the satisfaction that we call peace? We can have peace only by accepting God's Will. All the time we are praying fervently for God's Peace, Light and Bliss. But right after our prayer, instead of getting Peace, Light and Bliss, let us say, that we are more agitated, more frustrated, more angry, more disappointed. Let us say that all the hostile forces have attacked us, and we have become perfect victims to wrong forces. At this point, we may want to give up. We want peace from mankind, but we don't get peace. We pray to God for peace, but instead of peace, we get all wrong forces, destructive forces and so forth. But if we are true seekers, we shall not give up. Only the results that we get we shall place cheerfully at the Feet of God. If we can place all the wrong forces that have attacked us cheerfully at the Feet of the Supreme and not find fault with Him, then only we will get peace.

Otherwise, at every moment we are acting like beggars. We are begging for something, and whoever is in the position to give us what we want may or may not give it to us. Or, he may give us something, but not in the quantity that we want. If it is a material thing, an earthly thing that we are praying for, then there will never be any happiness. If we ask for spiritual things and we are not surrendered to God's Will, then again we may not be satisfied. But if we are sincere seekers, then whatever we get from God—even if it is just an iota of Peace—we feel is more than enough. For we know that this iota of Peace God Himself has given to us. We also know that He is watching us to see if we are using it soulfully, devotedly, cheerfully and unreservedly for a special cause, or whether we are just misusing it. If we can have this kind of surrendered attitude, then satisfaction will be ours.

If our surrender to God's Will is complete, and if we can make ourselves feel that God thinks of us infinitely more than we can ever think of ourselves, then whatever God gives us will bring us satisfaction. For we know that the higher oneness, the deeper oneness, the more illumining oneness are all His responsibility. So we will leave it up to Him.

There is also another way to have satisfaction or peace, and that is to have the faith of a child. A child, knowing that his father is a multi-millionaire, can ask his father for a million dollars. For his father to give him a million dollars is nothing, since the father is a multi-millionaire. But the father knows that the child is not in a position to spend the money properly. He knows that if he gives the child more than ten dollars, the child will just misuse it. So the father does not give the child more than he knows how to handle properly. It is not that the father is insecure; it is not that he thinks, "Oh, if I give him all my money, then he will be in a position to challenge me." No, it is the father's wisdom that is operating here. Just because the father has inner wisdom, he does not give his son more than ten dollars. The son is not sad that his father is not giving him a million dollars. He knows that what the father is doing is for his own good, and he knows that one day his father *will* give him all his wealth. So, he is satisfied to wait.

In the spiritual life also, many times it happens that a seeker asks for infinite Peace, but his inner vessel, his receptivity, is not big enough to hold this infinite Peace. Also, the seeker does not even know what he is asking for. "Infinite" is a vague term. The mind is saying "infinite," but what do we know about Infinity and Eternity? It is all a vague con-

ception in our mind. But if we can feel that we are children, and that God, our eternal Father and Mother, is watching over us, then all our problems are solved. If a little child cries a few times during the day, what does the mother do? The entire day the mother looks after the child. Here also, from time immemorial God has been looking after earth. He is taking care of us in His inimitable way, with His infinite Compassion, Love, Light and Bliss.

If we can have this kind of faith, then we are satisfied with whatever God gives us, for we know He is preparing us to receive His Infinity and Eternity. We may pray for years and not get an iota of Peace, or we may get an iota of Peace, but feel that that is not enough. We want Peace in abundant measure, if not in boundless measure. But if we have receptivity, then God will give us His infinite wealth. God our eternal Father will give us abundant Peace and abundant Light when we have the receptivity to receive it.

God and man must have mutual faith and confidence in one another. The seeker in us must have confidence that God, at His choice Hour, will grant us without fail infinite Peace. Our role is only to pray and meditate soulfully, devotedly and unconditionally. God has taken it as His bounden Duty to help His seeker-children to guide them, mould them and shape them into His very Image. But He has His own choice Hour, which unfortunately does not tally with our hour. If we have faith in God, that He will do everything for us, and if God has faith in us that we can be His perfect emissaries, His perfect representatives and instruments on earth, then perfection is bound to dawn. And only in perfection does satisfaction abide. Again satisfaction is nothing short of peace. So peace is satisfaction; satisfaction is perfection.

When we think of perfection, we have to know that perfection does not have a fixed standard. We can never say that this is the final product, that there can not be anything better or more illumining than this. No. Today's conception of perfection will not and cannot be tomorrow's conception of perfection. Since perfection is satisfaction, perfection has to be transcendence. Today's satisfaction is to get a high school diploma, and if we get it, that is our satisfaction and perfection. Tomorrow, we will think of a university degree and that will be our sense of satisfaction and perfection. Then, after getting our university degree, we will see that we are still not satisfied, because we know that infinite wisdom abides in God's universe. At that time, when we look at ourselves or dive deep within, we will see how helpless and hopeless we are in terms of infinite wisdom. Then, we will try to cultivate more wisdom so that we can achieve real satisfaction. So there is no end to the inner knowledge and inner peace that we can achieve, and there is no end to the satisfaction that we can get. Each moment, Infinity is transcending its own infinite Reality. Each time we achieve something new, that is our satisfaction and perfection. But at the same time, a new hunger elevates us to a higher reality. This hunger is an inner hunger to receive more Peace, more Light, more Bliss from above so that we can be better instruments of higher realities.

In the ordinary human life, when we ask for things, we feel that these things will give us satisfaction, which is peace. But in the spiritual life, when we pray for Peace, Light and Bliss, we are asking for these things not for our own satisfaction, but for the satisfaction of our Inner Pilot. We shall ask, and while asking we shall say:

"If it is Your Will, God, grant me Peace, Light and Bliss in infinite measure, so that I can be Your perfect instrument." But in the ordinary, unambitious life, when we ask for something we shall never say, "If it is Your Will, then give me two buildings or give me millions of dollars." No. When we ask for something from the desire-world, we will never say, "If it is Your Will." We will only die for the things that we need and want. But when we ask for something from the aspiration-world, and when we are living in the aspiration-world, we will always say, "If it is Your Will, please give me Peace, Light and Bliss. We do not know what is good for us or what is bad for us. If such is Your Will, then give us what we need so that we can serve You more efficiently, more devotedly, more soulfully." Here the prayer is totally different, and God listens to our soulful prayer with a loving heart.

Here we are all seekers. At every moment we shall ask our Beloved Supreme for things divine and supreme. When we pray to God unconditionally for three boons—God-realisation, God-manifestation and God-satisfaction—then we are bound to be blessed by our Beloved Supreme. But while praying, while meditating, we have to keep or bring to the fore one sublime wish, you can call it, or one illumining goal: Him to please in His own Way. We are praying for peace, inner peace, at His choice Hour. Once we have this inner peace, world peace can be achieved in the twinkling of an eye. Inside, if we feel a good thought, an illumining and fulfilling thought, then that very thought we will express and offer to our friends and dear ones. Our illumining, soulful, fulfilling thoughts will enter into our dear ones and then they, too, will have peace. So when we have inner peace, automatically it expresses itself. It spreads

its qualities or capacities throughout the length and breadth of the world. So if we can prepare ourselves for God-realisation, God-manifestation and God-satisfaction, in God's own Way, then at every moment we will be inundated with inner peace. And this inner peace will spontaneously inundate the outer world. At that time, what we have within is bound to come out and become part and parcel of our outer life.

A seeker is he who dives deep within in order to bring to the fore the reality that he has within. While bringing it to the fore, he discovers that his aspiration and his realisation are not two different things, but the same thing. He is bringing to the fore his infinite Peace from within, and while bringing it forward he discovers, to his utter surprise, that he is Peace itself; eternally he is Peace. Peace is nothing other than his own inner existence.

One can talk for hours on peace. The curious mind may get some satisfaction, but the crying heart cannot get any help from talks. The crying heart is the real reality within us, and that crying heart gets inner peace, ever-lasting peace, only through prayerful silence and soulful meditation. Only prayerful meditation and soulful prayer can bring about peace. If at every moment we can think that we are growing into a prayerful meditation and a soulful prayer, then Peace eternal will be ours.

THE INNER ROLE OF THE UNITED NATIONS

Sri Chinmoy gave the following talk at United Nations Headquarters in Geneva on 16 June 1980.

You have just observed me pray and meditate. Prayer and meditation are of supreme importance if we are to execute the inner role of the United Nations. Perhaps some of you know that twice a week we pray and meditate at the United Nations. And from time to time I give spiritual talks, soulful talks, which are perfectly in tune with our prayer and meditation.

The inner role of the United Nations is a shadowless dream. The inner role of the United Nations is a relentless determination. The inner role of the United Nations is a breathless promise. The inner role of the United Nations is a sleepless struggle. The inner role of the United Nations is a faultless progress. The inner role of the United Nations is a deathless satisfaction.

All that I have said about the inner role of the United Nations shows that it is a divine route. From the human point of view, there is also a new discovery: The inner role of the United Nations is a cry and a smile—an inner cry and an outer smile—and this inner cry and outer smile have to be improved. The inner cry has to be genuine and

the outer smile has to be soulful. The inner cry has to climb up to reach the highest pinnacle, and the outer smile has to be illumined and fulfilled at the same time and it has to reach the length and the breadth of the world.

The inner role of the United Nations is the link with the immortal power of infinite Peace that spans the universe. This is the power that builds, not breaks. This is the power of peace that inundates our inner beings and, at the same time, our outer lives. This peace is also delight; it evolves slowly, steadily and unerringly to the great and ultimate Destination.

The inner role of the United Nations tells us that duty and responsibility have to be seen in a different light. Each member of the United Nations has a significant duty and responsibility. Here, by virtue of our prayer and meditation, we have come to realise that duty is nothing other than opportunity, and that responsibility is another name for privilege. Therefore, to serve the United Nations unique capacity is to be blessed with a golden opportunity and fruitful privilege.

The inner role of the United Nations tells us success is fleeting, whereas progress is everlasting. It tells us that success on the physical plane, vital plane or mental plane cannot lead us to the final Goal; it is only progress that slowly and unmistakably leads us to our ultimate Goal. Again, while we are in the ultimate Goal, we get the message to go farther; for the ultimate Goal is not a fixed place: it is always in the process of transcending its own reality.

The inner role of the United Nations helps us discover a unique prayer which is the prayer of prayers. At each moment, we have to pray not to conquer but to serve and, while serving, to free the

oneness-reality in and around the world. We have to pray not to lead and, again, not to only follow, but to become inseparably one with the comity of nations. Together, all the nations will dive the deepest, fly the highest and march the farthest.

Just last week I was invited to give a talk at the U.S. State Department on the inner role of the United Nations and I wish to read out significant portions from my talk, which will be of service to those who love the United Nations and who have genuine appreciation for the role of the United Nations in the world today:

“The inner role of the United Nations amuses the intelligentsia, inspires the world peace-lovers and nourishes the world oneness-servers. God has showered His choicest Blessings upon the inner role of the United Nations. When we contemplate on the idea of ‘role,’ we immediately think of either responsibility or challenge. But when it is a matter of inner role, there is no such thing as responsibility or challenge; there is only one self-giving Divinity which is breathlessly growing into a self-becoming reality.

“The United Nations is often misunderstood. Perhaps its fate will always remain the same. But is there anybody who is not misunderstood, including poor God? Misunderstanding is the order of the day. But that does not and cannot prevent the United Nations from making its soulful self-offering in the creation of a Oneness-Home for all.

“The outer role of the United Nations is greatness remarkable. The inner role of the United Nations is goodness admirable. The supreme role of the United Nations is fulness adorable.

“Greatness our mind desperately needs. Goodness our heart sleeplessly needs. Fulness our life breathlessly needs.

“Greatness surprises the curious world. Goodness inspires the aspiring world. Fulness fulfils the serving world.

“Greatness is blessed with an outer challenge. Goodness is blessed with an inner promise. Fulness is blessed with an integral perfection. Challenge awakens, promise expedites and perfection immortalises our varied capacities.

“Greatness is sound-amplification. Goodness is silence-enlightenment. Fulness is God-Satisfaction.

“The pillars of the United States, its Presidents, call upon us to dedicate ourselves to the most significant cause that the United Nations embodies. Needless to say, the world organisation is God’s gracious experiment and precious experience. Such being the case, we must feel an inner obligation to participate in this aspect of God’s cosmic Drama. The late President John F. Kennedy spoke not only to his fellow Americans but to all his fellow beings when he proclaimed: ‘My fellow inhabitants of this planet, let us take our stand here in this assembly of nations. And let us see if we, in our own time, can move the world towards a just and lasting peace.

“The outer role of the United Nations is a colossal hope. The inner role of the United Nations is a generous assurance. The supreme role of the United Nations is a prosperous satisfaction.

“Hope is a growing plant. Assurance is a blossoming tree. Satisfaction is a delicious fruit.

“At the present stage, the United Nations is a growing plant which is only thirty-five years old. Is it not absurd for us to expect the United Nations to solve the overwhelming problems of centuries? Let

the child-plant grow and glow, smile and cry. Then there shall come a time when this tiny plant will grow into a huge tree, with countless leaves, sleepless flowers and spotless fruits – sheltering, inspiring and nourishing all those who desperately need its protection-shelter, rejuvenation-inspiration and satisfaction-nourishment.”

MEETINGS IN GENEVA

During a European lecture and concert tour last spring, Sri Chinmoy met privately with several world figures. An account of his meeting in the Vatican with Pope John Paul II appeared in the July 1980 bulletin. Sri Chinmoy also met with several dignitaries while in Geneva on 16 June. Following are brief excerpts from his discussions on world peace and religion with Mr. Luigi Cottafavi, Director-General of the United Nations in Geneva; His Excellency Mr. Gurbachan Singh, Indian Ambassador to Switzerland; and Mr. Pestalozzi, Vice-President of the International Red Cross Committee.

Sri Chinmoy's visit to Rome, 18 June, included a lecture at the Food and Agriculture Organization of the United Nations, on "The Inner Hunger."

Meeting with the Director-General of the United Nations

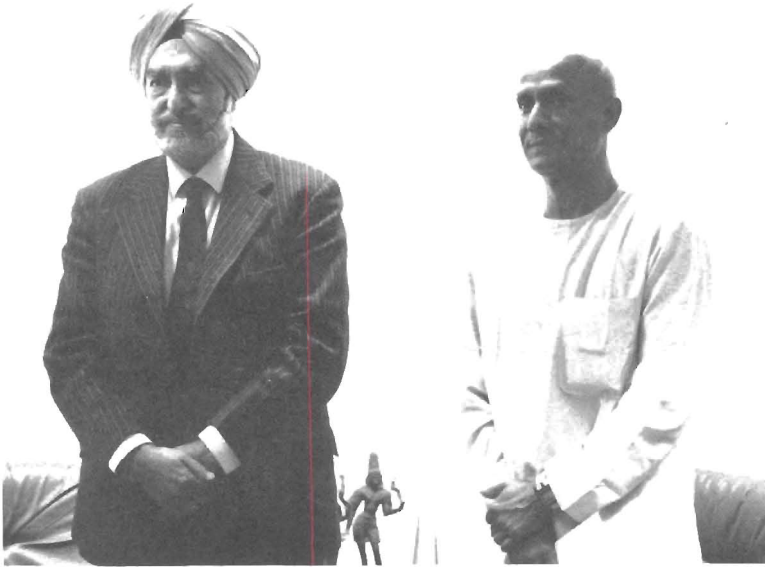
Sri Chinmoy: It has been a great honour for me to meet you and to learn so much about your experiences with different religions. Being a seeker, I have tremendous love for all religions. I find that all religions are essentially the same; only we are calling each one by a different name. God, being

One, is omnipresent and omniscient. But, as human beings, we are like children of the same family who are fighting among each other. Each of us will say, "I am the dearest; he is my father and not yours." But everybody knows that the children all have the same father.



Mr. Luigi Cottafavi; Director-General of the United Nations: Exactly. At the United Nations Headquarters in Geneva, we are devoting ourselves to a task which is almost a religious one. Our wide scope of activities seeks to create better conditions in the world, which will allow our Charter to be enforced. We have, for example, economic development programmes in areas which are in need. But we also study the way in which we are trying to help, because, as you know, the growth of advanced technology itself can be a kind of illness. So we must consider both the medicine and the ailing body. If the medicine is too strong, it can kill the body.

*Meeting with the Ambassador of India
to Switzerland*



Sri Chinmoy: Our philosophy is a way of life. It is not just a set philosophy or a religion, but a full and proper acceptance of life. We do not try to negate life but rather to see the real truth and divinity in life.

His Excellency Mr. Gurbachan Singh, Ambassador of India to Switzerland: Yes, that is what our religion teaches—that there is divinity in every human being. Unfortunately, the attachment to illusion, *maya*, suppresses the divinity in man. Then he becomes attached to transient things. The true worth of a man comes forward if he permits and helps divinity to build up. If one discards attachment, then only is he truly happy.

*Meeting with the Vice-President of the
International Red Cross Committee*



Mr. Pestalozzi, Vice-President, International Red Cross Committee: We thank you for your moral support Everybody needs spiritual support.

Sri Chinmoy: I support the Red Cross wholeheartedly. It is a unique contribution—man's unique contribution to God. In life, nothing is as important as selfless service.

(Reprinted here is the song dedicated to the Red Cross by Sri Chinmoy and performed by his students during the meeting.)

RED CROSS

Words and music
by Sri Chinmoy

(♩ = 152) Fast

Red Cross, Red Cross, Red Cross! Cross! Red Cross, Red Cross,
 1. fine 2.
 Red Cross! Cross! To save the hu - man
 soul - - - - - From - - - - - sor - - - - - row -
 fail - - - - - ure - - - - - loss - - - - -
 Yours is the self - - - - - giv - - - - - ing
 (♩ = 69)
 role - - - - - Com - - - - - pas - - - - - sion
 A tempo
 one - - - - - ness - - - - - cry - - - - - ! Hea - - - - - ven
 glo - - - - - ries in - - - - - you fly - - - - -
 D.C.

Red Cross, Red Cross, Red Cross!
 To save the human soul
 From sorrow-failure-loss
 Yours is the self-giving role.
 Compassion, oneness-cry!
 Heaven-glories in you fly.

INAUGURATION OF FIRST
PAN AMERICAN MASTERS
TRACK AND FIELD CHAMPIONSHIPS

This summer Sri Chinmoy was invited to offer the inaugural benediction at the opening ceremonies of the First Pan American Track and Field Masters Championships held in San Juan, Puerto Rico, from 30 August to 1 September 1980. After a few moments of silent meditation, Sri Chinmoy dedicated to the Games the following song, which was performed by his students.

RUN AND BECOME

Words and music
by Sachin Mehta

$\text{♩} = 280$ 1st

The musical score consists of ten staves of music in a 7/8 time signature. The melody is written in a treble clef with a key signature of two flats (B-flat and E-flat). The lyrics are: Run run run run run, and be - come, be - come, be - come and run, run to suc - - - - -ceed in the out - - - - - world. Be - - come to pro - - ceed in the out - - - - - world.

Run run run run run

Run run run run run

and be - come.

be - come.

be - come and run.

run to suc - - - - -ceed

in the out - - - - - world.

Be - - come to pro - - ceed

in the out - - - - - world.

Run and become
Become and run.
Run to succeed in the outer world
Become to proceed in the inner world



1ST PAN AMERICAN TRACK AND FIELD MASTERS CHAMPIONSHIPS
SAN JUAN, PUERTO RICO - 1980

August 14, 1980

COMITÉ ORGANIZADOR

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Patrono de los Juegos

Prof. José C. Barbués
Sec. Depto. Deportes y Recreación

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Ramiro Ortiz
Jaime Castañes
Humberto Gintón
George Johnson

Dear Sri Chinmoy:

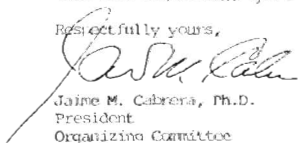
In the name of the Honorable Mayor of San Juan, Mr. Hernán Padilla, M.D., Patron of the First Pan American Masters Track and Field Championships to be held in San Juan, Puerto Rico from the 30th of August to the 1st of September, 1980, I wish to extend this formal invitation to you to participate in the official Pre-Inaugural Ceremonies to be held on the opening day of this major Hemispheric Sport Event.

In your capacity as Director of Meditation at the United Nations and as an outstanding spiritual leader working for World Peace and Brotherhood, you are invited to offer a meditation-benediction for the Games accompanied, if you wish, by some of your students who may sing one selection of your songs dedicated to athletics.

The Organizing Committee and all the participants of the Pan American Masters competitions would be most honored by your presence.

Please advise me at your earliest convenience regarding your position toward our formal request. I am well-acquainted with your spiritual work around the world, as well as, your personal athletic achievements, and I look forward to having you with us during this most significant sport event.

Respectfully yours,



Jaime M. Cabrera, Ph.D.
President
Organizing Committee

JMC/aj

TRIBUTE CONCERT TO THE BAHAMAS

Ambassador Davidson L. Hepburn, Permanent Representative of The Bahamas, treated diplomats and staff to a singing performance on 5 September 1980 in the Dag Hammarskjold Auditorium. Accompanying the Ambassador was acclaimed French concert pianist Olivier Greif, who also performed solo. The occasion was a meditation group tribute to the Bahamas, which celebrates its seventh anniversary of joining the United Nations on 18th September.

Before the performance, Ambassador Hepburn explained that he does not consider himself a professional singer: "Sri Chinmoy, distinguished guests, ladies and gentlemen, when your programme coordinator, Mr. Keefe, some months ago talked to me about this programme and asked me to say a few words on this occasion, I hastily said, "I prefer to sing." Today that is why I am here, because he interpreted that literally. I thought I should be here to fulfil my promise."

Ambassador Hepburn's first concert at the United Nations, which included "Let There Be Peace on Earth" as well as two spirituals, "Balm in Gilead" and "When I Feel the Spirit," was very warmly received as a unique effort towards greater understanding and world peace.

At the end of the programme the meditation group choir performed a new song that Sri Chinmoy had dedicated to the Bahamas.



Ambassador Hepburn, accompanied by Mr. Olivier Greif.

O GRAND BAHAMA

O grand Bahama, Bahama grand!
Great multiplicity in good oneness-land.
Here we swim and sail,
No Nature's bondage-jail
Bahama, Bahama, Bahama, Bahama,
O sleepless, O breathless panorama!

O GRAND BAHAMA

Words and music
by Sri Chinmoy

(♩ = 72) Fast

The musical score is written on ten staves of music. The key signature has three flats (B-flat, E-flat, A-flat) and the time signature is 4/4. The tempo is marked 'Fast' with a quarter note equal to 72 beats per minute. The lyrics are: 'O grand Ba - ha - ma, Ba - ha - ma, Ba - ha - ma grand! Great mul - ti - pli - ci - ty in good one - ness - land. Here we swim and sail, No Na - ture's bon - dage - jail. Ba - ha - ma, Ba - ha - ma, Ba - ha - ma, Ba - ha - ma, Ba - ha - ma, Ba - ha - ma, Ba - ha - ma, O sleep - less, O breath - less pa - no - ra - ma!' There are repeat signs at the end of the first line, after the second line, after the fourth line, after the sixth line, and at the end of the tenth line. A 'line' marking is above the second line. A 'D.C. at line with repeat' marking is at the end of the tenth line.

O grand Ba - ha - ma, Ba - ha - ma,
Ba - ha - ma grand!
Great mul - ti - pli - ci - ty in
good one - ness - land.
Here we swim and sail,
No Na - ture's bon - dage - jail. Ba - ha - ma,
Ba - ha - ma, Ba - ha - ma, Ba - ha - ma,
Ba - ha - ma, Ba - ha - ma, Ba - ha - ma,
O sleep - less, O breath - less pa - no - ra - ma!

line

D.C. at line with repeat

(24)



*Permanent Mission of The Bahamas
to the United Nations*

Ref. No. BM/300/3

17 September, 1980

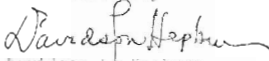
Dear Mr. Keefe:

I have the honour to acknowledge your letter of September which I read very carefully.

Despite the fact that I was apprehensive about my participation, I am happy that I had the opportunity to represent The Bahamas through songs. I could have stayed for another hour and listened to the excellent renditions by the pianist.

Thank you for the photos and please extend my gratitude and appreciation to the members of the Group, particularly the Meditation singers.

Yours sincerely


Davidson L. Hepburn
PERMANENT REPRESENTATIVE

Mr. Kevin A. Keefe
Programme Co-ordinator
3rd Chinmoy Meditation at the United Nations

A BIRTHDAY SURPRISE FOR AMBASSADOR ILLUECA

Members of the meditation group joined Panama Mission staff and members of Ambassador Illueca's family for an impromptu and surprise birthday celebration in the Ambassador's office on 17 September 1980. In gratitude for Ambassador Illueca's kind encouragement, support and guidance, the group presented him with flowers and a cake, and sang "Birthday Is the Vision-Day," composed by Sri Chinmoy. The Ambassador in turn thanked the group for its friendship and spiritual good will.



Members of the meditation group and Mission staff with His Excellency Dr. Jorge Illueca, Permanent Representative of the Republic of Panama to the United Nations (centre) and the Ambassador's wife, son and daughter.

WORLD GRATITUDE DAY

World Gratitude Day was celebrated by the meditation group 22 September 1980 in the Dag Hammar skjold Auditorium. World Gratitude Day is an international day of thanksgiving, falling on the autumnal equinox, and celebrated in several Member States. Guest speaker for the occasion was Sister Janet Richardson, who offered remarks on behalf of the Holy See Mission (Sister Janet Richardson expressed the regrets of Archbishop Cheli, who had wished to join with the group, but had been called out of the country). Following are excerpts from the programme, which also included a prayer and expressions of gratitude by Sri Chinmoy on behalf of the meditation group.

PRAYER FOR GRATITUDE DAY

My Lord Supreme, this is a special day, Gratitude Day. Alas, I do not have even an iota of gratitude to offer You. Since I have no gratitude, please tell me what I can offer You instead.

My child, then give Me a soulful promise.

My Lord Supreme, I do not know what a soulful promise is. I always break my promise. I promise in season and out of season. But never do I fulfil my promises. Such being the case, my Lord Supreme, please tell me what I can offer You instead of a soulful promise.

My child, then tell Me that you love Me divinely.

My Lord Supreme, I do not know what divine Love is. How can I offer You divine Love when I do not know what divine Love feels like?

My child, then give Me a fruitful cry. Cry for Me once, only once in your life.

Alas, my Lord Supreme, I do not cry even for myself. How do You expect me to cry for You?

My child, let Me tell you one thing. Both of us deserve two special names. Each of us will have a new name. Your new name will be a secret and clever unwillingness. And My new name will be an unreservedly open and compassionately stupid Forgiveness.

Sri Chinmoy: On behalf of the meditation group, I wish to offer gratitude to the Soul of the United Nations for having granted us the opportunity to serve its vision and mission unparalleled over the last ten years.

We wish to offer our gratitude, sincere and soulful, to the divinely great soul of U Thant who inspired us, encouraged us and helped us to start a meditation group at the United Nations.

I personally wish to offer gratitude from the inmost recesses of my heart to the Holy Father, Pope Paul, who, out of his infinite bounty, granted me an audience three times and blessed our dedicated service at the United Nations. Also, I wish to offer gratitude from the very, very depths of my heart to the present Holy Father who also, quite recently, encouraged and blessed our meditation group here at the United Nations.

I wish to offer most soulfully my loving and devoted gratitude to our present Secretary-General, for he has been extremely kind to us in every way. There was a time when we went through inclement weather. His kindness-heart helped us pass through the dark clouds. Therefore, all members of the meditation group are extremely grateful to him.

We are also grateful to our Ambassador Rossides who has always been extremely kind, loving and guiding, and to the Ambassador from Panama, our revered brother-friend Illueca, who has been kindness in the purest sense of the term. Since he has been with us, he has been helping and encouraging us far beyond our imagination.

We wish to offer our gratitude to all the delegates and diplomats who have come and encouraged and inspired us. We thank them most soulfully.

Gratitude Day. The Almighty Father, our Beloved Lord Supreme, at every moment showers His choicest Blessings upon our devoted heads and surrendered hearts. He blesses us with His infinite Compassion-Light and, in return, if we can offer Him an iota of gratitude from the very depths of our crying hearts, then this iota of gratitude will undoubtedly be our most hallowed and most precious gift to Him.

Let us all, for a brief second, offer our most precious and most sacred gift to our Beloved Supreme.



Sister Janet Richardson, Permanent Observer Mission of the Holy See to the United Nations: Mr. Keefe asked me to express a few words of our particular gratitude on this day. The first thing that came to my mind and my heart on the way here was our gratitude to the Secretary-General, to the

Secretariat, to people in the agencies and to the delegates who continue the difficult, challenging and painful task of keeping peace, of encouraging peace, of reducing violence and resolving conflicts. I think the second thing that came to my mind and my heart was my gratitude and the gratitude of all of us at the Holy See Mission for the enormous number of people who have responded to Pope John Paul and his call for love of Christ and for a response to the Spirit. I think the third thing for which I would like to express gratitude is for the Spirit's touching the hearts of so many young people all over the world urging them and their spiritual leaders to take upon themselves the discipline that meditation requires—a discipline of the total person, and the fruit of that discipline, in the growth of the total person.

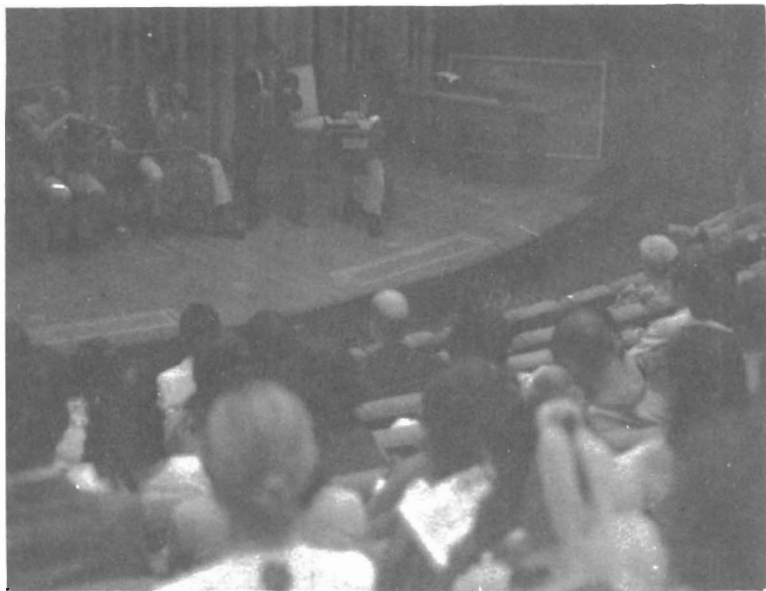
Gratitude is very much a part of my tradition. Eucharist is a liturgical celebration that we enjoy every day, and the word "eucharist" comes from the Greek word meaning gratitude. So we join with you today, and every day, in expressing our gratitude for the many blessings that we are conscious of, as well as the many blessings that we sometimes remember and reflect on long after they have taken place. We also thank God in anticipation of the great gifts that we know will be showered upon us in His mercy and His kindness.

CONCERT FOR TEN YEARS

Ms. France Vacher of the United Nations Department of Technical Co-operation for Development celebrated her ten years of membership in the meditation group with a concert and luncheon for her friends and colleagues, held in the Dag Hammarskjold Auditorium on 11 July 1980. Ms. Vacher, who has faithfully served the United Nations for thirty-four years, is one of the original members of the group and also directs the meditation group choir.

At the end of the concert she thanked members of the group and her other friends and colleagues, saying, "I should like to take this opportunity to express my gratitude to Sri Chinmoy, who has been giving us so much over the years, and to all of you for coming and for allowing me to share some of this all-flowing joy with my colleagues and friends."

Included in the programme of instrumental and vocal music was the performance of the following song in Bengali, which Sri Chinmoy composed especially for the occasion. The title of the song, "Pramoda," means inner and outer joy.



Above: Friends and colleagues of Ms. Vacher enjoy a concert of spiritual music. Below: Sri Chinmoy thanks Ms. Vacher for her dedication and support.



PRAMODA

Words and music
by Sri Chinmoy

(♩ = 96) Moderate *fine*

Pra-mo-da sa-rā-da a-na-di ni-ya-tā
Ja-gi-ya-che mor pra-ne a - - - ji
Ta-i to a-mi-je bhi tā-re ba-lu-re
na - - - - - ehi
U-sha ba-la sa-the a-lo di-la mo-re joy
A-mi ha-bo e - bar a - nan - tā
a - - - - kkhoi

*D.C. al fine
with repeat*

PRAYER AND MEDITATION

Sri Chinmoy gave the following short inspirational talk at the 1 August 1980 meeting of the meditation group, held in the Dag Hammarskjold Auditorium.

Prayer and meditation. Prayer is man's soulful cry for God. Meditation is man's fruitful smile in God.

Prayer is personal; also, universal. Meditation is impersonal; also, transcendental.

Prayer is petition; also, adoration. Meditation is absorption; also, perfection.

Prayer needs God's Compassion-Shower. Meditation needs God's Illumination-Tower.

I pray for Immortality. I meditate on Infinity and Eternity.

Prayer is night crying for light. Meditation is light searching for delight.

Prayer reminds us of our hidden sins. Meditation reminds us of our forgotten sun.

To prayer, God says: "My child, I am waiting for you. Come and see Me." To meditation, God says: "My son, wait for Me. I am coming to see you."

Prayer is the purity that counts. Meditation is the luminosity that mounts.

My prayer-teacher showed me the beauty of soulfulness. My meditation-teacher blessed me with the duty of oneness.

Prayer soulfully reveals man's faith in God. Meditation smilingly reveals God's faith in man.

God; who, you? No!

God; who, me? No!

God; who, I? No!

Who then is God? God is my prayer-purity's guest. God is my meditation-divinity's nest.

My God is mad because nowadays I do not pray either in the morning or in the evening. My God is sad because nowadays I do not meditate sleeplessly and unconditionally.