

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. 10
27 October 1980

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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
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United Nations:



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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.

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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 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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MEETING WITH INDIAN
FOREIGN MINISTER NARASIMHA RAO

On 3 October 1980, India's Foreign Minister Mr. Narasimha Rao addressed the General Assembly on the subject of world peace. Immediately afterwards, the Foreign Minister left the General Assembly and went to the Dag Hammarskjold Auditorium, where Sri Chinmoy was conducting a meditation group meeting. It was here, Mr. Rao said, that he found real peace. A transcript of his remarks and those of Sri Chinmoy follow.

Sri Chinmoy: Most revered Brother Rao, I wish to offer you my gratitude-heart in my prayerful silence and through my soulful meditation for your continuous success in your outer life of dedication and in your inner life of aspiration. In you our beloved Mother India is universally beautiful. Through you our beloved Mother India is transcendently fruitful. We, the members of the meditation group at the United Nations, are extremely grateful to you for the colossal contribution you have made not only to the awakening of Indian souls, but also to the comity of all peace-loving nations.

Mr. Narasimha Rao, Foreign Minister of India: Revered Swamiji, brothers and sisters, I had not realised that somewhere tucked away in this very large building of the United Nations, there is a small corner where real peace dwells. Day in and day out we talk of peace, we talk of the efforts to bring about world peace. But here I find an atmosphere totally different from what is just a few floors away. I find myself very fortunate for having been given this opportunity to visit this particular spot of peace, and I shall always cherish it.

I am particularly happy to have met Swamiji, to have made his acquaintance for the first time. I have been thinking of meeting him; I have made several appointments. But it so happened that the right time was today, and so it could not be earlier. I am very grateful to him for the good words which he has addressed to me and the encouragement which he has given me. I am sure that along with the large number of Ambassadors, members of the diplomatic corps and others who are representing

India here, Swamiji is also doing some work which is even more important, because people like him are our cultural and spiritual Ambassadors.

In that field the unity of mankind is already established. The concept has been there for several millenia. In India we always consider the human family as one. We have not recognised any distinctions in the Indian family. We have said: "The whole world is one family." It is not merely a platitude, but India's thinking has been based on this basic concept. Today we are following a modern version of this basic concept in our own ways. In many respects the work which I am doing and the work which Swamiji is doing—these two are supplementary and complementary.

I once again wish you greater and greater triumph in this very sacred task which you are doing. I am sure I shall have occasions to meet you again and again whenever it is convenient to you and to me.

I see a gathering, a very familiar gathering, of brothers and sisters here. I feel transformed because just a few floors away is a different gathering. The difference is so real that I feel overwhelmed by it. I am grateful to you, my brothers and sisters, for the kindness you have showered on me.

Sri Chinmoy: I am so grateful to you for your most illumining message. I shall eternally cherish it. I know how busy you are. In spite of that, you have been so kind to come, and we do hope that soon you will come again.



(Above) The meditation group choir performs "Mother India's Soulful Son," a song by Sri Chinmoy dedicated to the Foreign Minister. (Below) Sri Chinmoy presents Mr. Rao with a trophy.



MOTHER INDIA'S SOULFUL SON

Words and music
by Sri Chinmoy

(♩ = 120) Moderate-Fast

Bro - ther Na - ra - sim - ha Rao!

To your blue heights
we bow.

Mo - the, In - di - a's soul - ful son,
One - ness - life you have won.

Bro - ther Na - ra - sim - ha Rao!

Li - ter - a - ture cul - ture in bound less mea - sure,
Po - li - ties, po - e - try, a
fruit - ful tree. We sound the gi - ant
gong Of your sky - vast
vic - t'ry - song.

*D.C. al fine
with repeat*

(5)

UNITED NATIONS DAY CELEBRATION

This year the meditation group celebrated United Nations Day with a programme in the Dag Hammarskjold Auditorium on 24 October. Guest speakers were Ambassador Piero Vinci, Ambassador Zenon Rossides and Sister Janet Richardson. Excerpts from their talks are reprinted here, as well as a statement written for the occasion by Ambassador Davidson Hepburn.



His Excellency Ambassador Piero Vinci, Member of the Board of Trustees of UNITAR, (former Permanent Representative of Italy): I consider it always a rare opportunity and a blessing to be able to share one whole hour with Sri Chinmoy Meditation at the United Nations. I come away from this hour with the feeling of having accomplished a good act and having been spiritually replenished.

I assume that the other speakers and I have asked ourselves the same question: "How can we best celebrate United Nations Day, marking the thirty-fifth anniversary of the world organisation, in speaking about the inner role of the United Nations?" For my part, I would like to look towards the future, to the next one or two decades, after briefly taking stock of the past. It has been said more than once in these circles, as elsewhere, that there is nothing basically wrong with the United Nations. It is not perfect, truly so, but it has delivered more than one would have thought that the current international community, the Member States and the imperfection of human nature in general would have empowered it to. Despite its many shortcomings and failures, it has

several times over the years been the main instrument in saving the world from a catastrophe. You may call the United Nations a face-saving device or whatever else you like, but it does not matter. What is important is the goodness of the results. In other words, whenever the Member States, especially the countries involved in a dangerous dispute, are ready to live up to the principles and provisions of the U.N. Charter, Irene wins and Mars loses.

As a President of the United Nations General Assembly, Carlos Romulo, stated long ago, "The principles of the Charter are good enough for this generation and many generations to come." The moral, spiritual and intellectual potentials contained in those principles are the greatest ever conceived, politically speaking, in the history of mankind. We are indebted to the genius of the founding fathers of the United Nations who drafted the Charter for their forward looking inspiration. U Thant, equally inspired, once advocated a formal, deeply committed allegiance of the Member States to the United Nations, second only to their first allegiance to their own homeland. Amintore Fanfani, the current speaker of the Italian Senate, went further in proposing that the *first* allegiance should be paid to the United Nations.

More recently, Secretary-General Kurt Waldheim, as I read in your bulletin of 27 June 1980, has pointed out that ". . . We are not faced with many separate problems, but with different aspects of a single overall problem: the survival and prosperity of all men and women and their harmonious development, physical as well as spiritual, in peace with each other and with nature. This is the solution we must seek. It is within our power to find it."

Following the same approach, I personally drafted, more than one year ago, a working paper on a new philosophy on disarmament. On the basis of that paper I would like to give you a few glimpses of my way of thinking today.

There is a widely spread feeling that the last part of this century is bound to become more dangerous than the first two or three decades. It seems, according to some serious analyses or assessments, that in the next decade or two, other territorial claims, besides those existing now between neighbouring countries, will arise in Africa, Asia, Central and Southern America. They foreshadow more military conflicts with the nuclear mushroom in the background covering our blue planet. If preventative measures are not undertaken soon, the arms race will go on unabated, bringing us closer to Dies Irae.

It has always been my contention that no real disarmament will ever start unless and until the current system of international security is replaced by one more up-to-date, centered on supernational, regional, continental and global authorities. With interdependence growing even greater than in the 1970's, it is playing with fire to leave in the hands of national authorities the full power of decision in the economic, political and military fields in the 1980's. What we need, and the sooner the better, is a gradual surrender of national sovereignty in favor of supernational authorities, in the first instance to the authority of the United Nations.

This is the humble personal message I wish to convey to you on this special occasion.



His Excellency Ambassador Zenon Rossides, Permanent Mission of Cyprus to the United Nations: Sri Chinmoy and friends, let me say how happy I am to be here on this occasion. I consider it to be a good augury that I received your invitation on my arrival from Cyprus. Therefore I can inaugurate my first day back in New York with this function. It is particularly meaningful to have my good friend Ambassador Vinci speaking here as well, knowing well how devoted his heart and his mind are to the ideals of the United Nations and of the meditation group, and that he is one of the wise men appointed by the Secretary-General on the Committee for international security.

We are here on the occasion of the 35th anniversary of the United Nations. My friend Vinci just gave us encouragement for the future and I am very grateful for that, but I think it is important to look back also. We have to look at the record of the United Nations since its establishment in 1945 to the present. I will put it this way. It has now become apparent to everyone that the United Nations is indispensable for the functioning of our

world. It was not realised before because we saw so many wars carried out without any regard for the United Nations, without the subject ever going to the United Nations. But gradually we saw that the superpowers themselves found it necessary whenever they had any difficulties to come to the United Nations.

So many countries now, when they become involved in a war, do not go to the United Nations, as in the present war between Iran and Iraq. The victim of the aggressor does not go to the Security Council. In this instance only after a month and a half did this matter come to the Security Council. So the basis of the problems of the United Nations is how we can have a United Nations functioning for the maintenance of international security and peace. This is the main purpose of the United Nations, the *raison d'être* of the United Nations. Otherwise there is no sense in having the organization in the first place. The United Nations is here to establish peace and order in the world, and it cannot establish it without enforcing the decisions of the Security Council on matters on which there is a unanimous or near unanimous vote.

The Charter of the United Nations has introduced the moral aspect of life into the United Nations. The Preamble to the Charter is really a moral document. It speaks about the need of international security, about so many things that have to be done in order to get the practical things which appear in the Charter. But they must be based on the moral concept of life. If you take away the moral concept of life, if you think with no moral back-up, you get nowhere.

The United Nations has two aspects, the moral aspect and the practical aspect. The moral aspect is promoted by the Sri Chinmoy Meditation. That

is why the work of this meditation group is more important even than what is done in a practical way in the United Nations itself. This concept was brought out in a cartoon I read yesterday in the Wall Street Journal. There were two men thinking about the world situation and one said, "You know, the more I think of it, the more I find that the high ethical road is in the end more practical than the practical low road."

So the United Nations must adopt a more moral approach to world problems if it wants to solve them. That is why there is a great mission for this group to proceed with its work with dedication. Unless we save the world morally, we cannot save it physically. Once when I was speaking about this on a previous occasion, someone said, "Oh, but you know, even if the present civilisation perishes, as so many other civilisations have flourished and then perished, a new civilisation will spring up, a new life will flower." But I say no, because technology has reached such a state that because of the nuclear weapon, the destruction of our civilisation today will be the destruction of all life. So we must know that now it is not only the civilisation that will perish, but life itself, and we have a responsibility to the future generations. That is why we have to bring morality into our work of today. And I would like to again express my gratitude to Sri Chinmoy and his group for what they are doing.

*Sister Janet Richardson, Permanent Observer
Mission of the Holy See to the United Nations:*
Archbishop Cheli has asked me to bring you the greetings of all the members of our Mission on this important occasion. Kevin requested that I share with you how I see my spirituality applied to the United Nations.

I belong to a group of women called Sisters of Peace. The group was brought into existence in 1884 by a woman with a vision of the peace of the world and the peace of the Church. As we were placed under the patronage of St. Joseph, patron of the universal Church, we came to be known as Sisters of St. Joseph of Peace. Our spirituality is rooted in the Old Testament call to "faith that does justice." This call finds its fulfilment in Jesus, who declared that peacemakers will be known as children of God, and it is in the Gospel values that we find our direction, our spirituality and our strength, as individuals and as a group. Our goal is the prophetic vision of justice flourishing like a palm tree and peace flowing like a river in the parched land, where all people will think thoughts of peace, not of affliction and where Jesus' petition "that all may be one" will be fulfilled.

The human community is on a pilgrimage toward that goal. The human community is a vineyard planted by God which will ultimately flower and give fruit in that way. The United Nations is a sign of the times, that progress is being made, and the inner role of the United Nations is to continue to advance the human community to the fulfilment of this universal dream. As a Sister of St. Joseph of Peace and a member of the Holy See Mission, I participate in the life of this community, collaborating in the efforts to set a "peace mosaic" in place.

Today in one of our Sisters' residences, forty Sisters are gathered for an hour of prayer for the United Nations. Many of our Sisters have pledged special daily prayer for this intention. When I was beginning my training in the congregation, it was the custom to write an intention near the verse of a Psalm and to say that verse for that intention. I wrote only one intention in my office book: I wrote the "United Nations" next to the verse in Psalm 85 which says: Mercy and truth are met together; justice and peace have kissed each other. Thank you.

*Statement by His Excellency Davidson L. Hepburn
Permanent Representative of The Bahamas
to the United Nations*

I regret that I am unable to participate on this momentous occasion to mark the 35th anniversary of the United Nations. My absence, however, in no way negates my total support for the selfless devotion of the Sri Chinmoy Meditation group to the promotion of the worthwhileness of the United Nations. United Nations Day is now known worldwide and many countries have set up various programmes and activities to celebrate the day. We of the inner circle could do no less.

The theory that small is beautiful does not apply to the United Nations, for through its growth it has become a more effective and prestigious organization. I feel certain that what this Body is experiencing today could not have been anticipated twenty years ago. But while we may be proud of some achievements, we cannot ignore the fact that, in order for progress to be made, stronger measures must be taken within the system to preserve the credibility of the United Nations through the implementation of those resolutions geared to promote human dignity, protect territorial integrity, grant self-determination and support the maintenance and strengthening of universal peace and security.

Of course it is not an easy task but the difficulty should not deter us from trying to effect a solution which would break down those barriers which divide us. In this regard I wish to assure that The Bahamas will do everything in its power to enhance the image of the United Nations in order that it may continue to carry out those responsibilities and obligations entrusted to it under the Charter.

A TRIBUTE TO SUDAN

On 31 October 1980 H.E. Mr. Abdel-Rahman Abdalla, Permanent Representative of Sudan to the United Nations, joined members of the meditation group and delegates and staff for a tribute marking the twenty-fourth anniversary of Sudan's joining the United Nations. Following are excerpts from the programme, which included traditional music of Sudan.



H.E. Mr. Abdel-Rahman Abdalla, Permanent Representative of Sudan to the United Nations: Ladies and gentlemen, I am really honoured to represent my country on the occasion of its United

Nations anniversary. But first of all let me thank the Sri Chinmoy Meditation at the United Nations for their thoughtfulness and kind invitation.

Judging from its vast area and open borders, Sudan had trade and cordial relations with people and civilisations of central and western Africa, and across the Red Sea with the people and civilisations of east Africa, the Arabian peninsula, Persia, India and China. The greatest influence came through the northern borders facing the Mediterranean and the Near East, especially Pharamonic Egypt and the subsequent reigns of the Greek, Roman and Arab eras. It was only natural, then, that the Sudanese civilisation affected and in turn was influenced by the civilisation of the North and Africa, thus creating a Sudanese heritage that is in no way a denial of its origins but is, in fact, an enrichment to the indigenous culture.

As for today, Sudan has undergone radical political reforms and is now displaying all the characteristics allowing for a major breakthrough in social and economic development. Both domestically and internationally, the stage is set for a major partnership towards this end. In many areas expanded regional and international cooperation are well under way and involve the United Nations, the World Bank and many other bilateral and multi-lateral sources. As regards Sudan's foreign policy, it is geared to fostering and maintaining cordial relations with all nations, seeking peaceful means for resolving conflicts and promoting regional and international cooperation towards common goals.

Ladies and gentlemen, the Sudan is a rich country in terms of history and human experience. As such it is a nation that really believes in the ideals and understands the important role of the United Nations. Our record of commitments and

obligations to the Organisation is an excellent one. We intend to maintain such a position and record, since we too believe that the United Nations is the "heart-home of the world-body." Thank you.

QUESTIONS AND ANSWERS ABOUT THE UNITED NATIONS

Following is a selection of questions about the inner and outer role of the United Nations asked by members of the meditation group and answered by Sri Chinmoy during several of the group's meetings.

Question: What is the best way to unite the ways of politics and the ways of the soul of a country?

Sri Chinmoy: The best way to unite the two is to convince the politicians and the political world that there can be no branches without a tree. The tree is the soul. The political world as such has no peace and will never have peace unless and until some illumining light comes to the fore from the inner world. This inner light is always of the soul, and it is always for all who want to remain united and, at the same time, enjoy real freedom in co-existence and oneness-light.

Question: What stands between the outer goal of the United Nations and the inner goal of the United Nations?

Sri Chinmoy: First of all, we have to know what the two goals are. The outer goal of the United Nations is the expansion of its lofty ideas. The

inner goal of the United Nations is the manifestation of its illumining and fulfilling ideals. A lack of self-giving stands between the ideas and ideals. If individuals and nations, instead of being self-centered become self-giving, then there would be nothing to separate the ideas from the ideals, the outer goal and the inner goal.

Question: For how long did the Supreme have the Dream of the United Nations before the soul was born and it became a reality?

Sri Chinmoy: The soul of the United Nations was born the day the Supreme embodied the Dream itself. For the Supreme, the Dream-Reality and the Reality-Dream are always together and are always the same thing. But human beings see the dream one day and the manifestation of that dream some other day. With regard to the birth of the soul of the United Nations, human beings had the dream two hundred years ago when America got its independence. Real independence, real freedom and real union are inseparable. Oneness is within; freedom is without. And the soul of the United Nations became vivid to us the day President Wilson's dream manifested itself in the form of the League of Nations. It is the same soul that is operating in and through the United Nations, infinitely more powerfully and infinitely more convincingly.

Question: What does the soul of the United Nations need most from the Member States?

Sri Chinmoy: The United Nations needs most from the Member States a true sense of compassion

in the inner world and a true sense of co-operation in the outer world. The sooner the Member States become more self-giving and more co-operative, the sooner the world harmony, world peace and world satisfaction will come into being.

Question: How can we help the speed of the United Nations increase?

Sri Chinmoy: We can help the speed of the United Nations increase by increasing our own inner speed. Our inner speed increases only when we have acquired a peaceful mind, a soulful heart and a fruitful soul.

Question: How can we awaken spirituality in the other workers at the United Nations?

Sri Chinmoy: We can awaken spirituality in the other workers at the United Nations by our own examples. If they see something divine in us, something truly satisfying and fulfilling, then sooner or later, unconsciously or consciously, they will try to emulate us. Then they will be awakened the way we are awakened.

Question: As the United Nations evolves, will it become less of a political centre and more of a spiritual centre?

Sri Chinmoy: A divinely political centre and a truly spiritual centre are not two different things. We have to know that the United Nations has to be both divinely political and truly spiritual. When it

is truly spiritual, it covers entirely the inner and outer existence of reality. And then it needs an opening to express itself. The divine politics, which is inside the devoted hearts of the individual nations, can at that time be of great assistance to humanity.

Question: How can we best fulfil our roles at the United Nations?

Sri Chinmoy: We can best fulfil our roles at the United Nations by consciously feeling at every moment that we are divinely chosen instruments of God, divinely chosen to play a significant role at the United Nations. Once we think and feel that we are chosen instruments, then automatically we can fulfil our roles. For inside this feeling of ours, divine fulfilment looms large in a special way.

Question: What qualities on the material and spiritual plane can we offer to the United Nations to best fulfil the United Nations?

Sri Chinmoy: First of all, you have to know what the spiritual qualities are and what the material qualities are. Spiritual qualities are many; material qualities are also many. But the first and foremost material quality on the earth plane is concern. And the first and foremost quality on the spiritual plane is self-giving. So, if our body, vital and mind have true concern for the United Nations, then we have to know that the quality that we have exists on the material plane, on the earth plane. Again, if we have the inner attitude of constant self-giving, if we have the constant message of self-giving, then that

is a spiritual quality that we have. This spiritual quality and material or earth quality can be unified only when each is fulfilled in its proper way. That is to say, when we look at the body of the United Nations, we will look with our concern; we will see that humanity is depending on the vision of the United Nations to lead it to greater progress. And when we think of the soul of the United Nations, the inner reality, we have to feel that its fulfilment can take place only on the strength of our own self-giving. We have to give ourselves to the cause, to the vision and to the goal that the United Nations has placed before us: world peace, world harmony and oneness-light.

Question: How can we fulfil the hearts and souls of the children of the world?

Sri Chinmoy: We can fulfil the hearts and souls of the children of the world only by becoming the hearts and souls of the children of the world. What do we mean by that? At every moment we shall have enthusiasm and eagerness to learn more about Truth, more about Light, more about Delight. At every moment we must cultivate an eagerness to learn something illumining and fulfilling. It is our eagerness to learn that will give us a childlike heart, a childlike soul. This is the only way we can fulfil the hearts and souls of the children of the world.

Question: Will the Supreme send more real leaders to help support the United Nations?

Sri Chinmoy: I cannot categorically say what the Supreme is going to do. Already there have been quite a few extremely good leaders. Some of the leaders got the opportunity to lead, while others did not. But if there is a need for more leaders, then the Supreme will definitely grant more leaders. But if the leaders that are already there have the capacity, while others are praying for the capacity in their own way, then the goal of the United Nations will not always remain a far cry. In this case, there is no need for the Supreme to grant the United Nations more leaders.

Question: When and how will the leaders and representatives of the nations of the world, especially of the developing nations, begin to seek spiritual solutions to their problems?

Sri Chinmoy: There is no fixed date or fixed hour. It is only when we as individuals feel the necessity of oneness. Only when the hour has struck for a particular individual will that individual cry for world oneness, world progress and world perfection. The process will be one of constant awareness—by becoming consciously aware of what one as an individual and what one as a nation has to do. It is in conscious awareness that the right things can take place at the right moment in the right way and all the negative forces can be conquered, all the world problems can be solved.

Question: What is involved in establishing an inner connection with the United Nations?

Sri Chinmoy: In order to establish an inner connection with the United Nations, one has to look at the United Nations as the soul and one has to feel oneself as the soul. The soul is the representative of the God-reality, Truth-reality, Light-reality on earth. So if one sees the soul of the United Nations, then one will feel that everything that the United Nations does or stands for is absolutely perfect. Again, one's own aspiring soul is also perfect in its own way. If one sees both the United Nations and oneself as only the soul, then perfection is meeting with perfection. One perfect soul is meeting with another perfect soul—birds of a feather flock together. It is like this: if one can see one's own perfection, then only is one going to see perfection in others. So in order to establish an inner connection with the United Nations one has to feel that one is nothing short of the soul. And the soul of the United Nations has to be placed at every moment before this mental vision.

Question: What is the most important thing to remember while working at the United Nations?

Sri Chinmoy: The most important thing to remember while working at the United Nations is the vision of the United Nations. The vision of the United Nations is world peace and world harmony: one nation, one soul and one goal. While working at the United Nations, you have to sing all the time in the inmost recesses of your heart the oneness-song.

Question: What role will music play in bringing about world oneness?

Sri Chinmoy: Music will play a most important role in bringing about world oneness, for music embodies the Universal Heart, the Oneness-Heart. Music transcends the barriers of nations, nationalities and religions. Music embodies universal Light and universal Truth, and music also embodies the oneness-reality which we see in universal Love, universal Light, universal Awareness and universal Wakefulness. Universal Wakefulness we see inside all music. Music has to play a most important role in bringing about world oneness, for music is the connecting link between the One and the many and between the many and the One.

Question: How can you dedicate each task you do to the soul of the United Nations?

Sri Chinmoy: You can dedicate each task you do to the soul of the United Nations only if you feel that by doing this you are expediting and accelerating your own progress. If you separate your own progress from that of the United Nations, then you will not be able to dedicate each task to the soul of the United Nations. So you must feel that your own progress and the fulfilment of the United Nations are one and identical.

Question: Are the ideals of the United Nations applicable to every area of our lives without exception?

Sri Chinmoy: Yes, the ideals of the United Nations should be applied to each and every human heart, mind, body and vital. These ideals are found in oneness-song. In every area of our lives there should be the message of oneness. The United Nations means the united reality, which is God's cosmic manifestation taking place through His cosmic Vision. The different nations here are like the petals of a flower; only if all the petals are together will they form a rose. If the petals are torn, if the petals are scattered, then we can't call it a rose. There has to be oneness, and this oneness is based on the collectivity and the unification of reality. So the body, vital, mind, heart and soul of each individual must be united. If the body, vital, mind, heart and soul of each individual are united, that means that all the nations representing God-reality on earth can be united.

Question: How can I feel that my small job at the United Nations is really important to the total spirit of the United Nations?

Sri Chinmoy: Each drop is essential to the ocean. You may be holding a very insignificant job, but if you are taken away, one more drop will be missing from the ocean. And when all the drops are taken away, there is no ocean. It is the unification, the combination of countless drops that makes the ocean.

Similarly, the whole United Nations, from the Secretary-General down, is only one body, one

soul, one reality, which is composed of glowing thoughts and glowing ideals. You represent a thought in an infinitesimal measure. The capacity that you have is in the form of an ideal. The ideal is always the same, although you may or may not embody the ultimate truth that this ideal holds. But you do represent and embody an iota of the ultimate truth. Some individuals have perhaps a little more light than others, but it is the combination of everybody's light that makes the whole reality.

So, you as an individual, in whatever capacity you are serving, must feel that you are necessary, that you are needed. Like you there are many who make up the United Nations. If all are excluded precisely because they are not Secretaries-General, or because they are not holding high posts, then there will be no United Nations. When a house is built, there are many bricks, there are many nails. If one or two bricks are missing, then there will be a hole. The walls will not be strong and the foundation will not be secure. So each one is necessary, each one is essential. Each worker, no matter how insignificant his task is, is necessary in order to keep the body and the soul of the United Nations together.

Question: Should the body of the United Nations remain fluid so that the soul of the United Nations can more easily manifest?

Sri Chinmoy: Yes, it is really good not to have a rigid way of looking at life. If you have flexible ideas, if you are adaptable to circumstances, then it is infinitely easier to manifest the truth—not only here at the United Nations but everywhere. The

outer reality or the outer consciousness has to be flexible so that the inner reality can easily manifest itself in and through the outer reality. The inner vision can manifest itself only in and through the outer field of manifestation.

Question: How can we feel and show our gratitude to the United Nations?

Sri Chinmoy: You can show your gratitude to the United Nations by becoming gratitude itself. When you think of gratitude, imagine that a flower is growing inside you. And feel that this particular flower has to be placed at the Feet of the Absolute Supreme. By imagining that a beautiful flower is blossoming petal by petal and offering its fragrance inside your heart, you can easily offer your gratitude. Gratitude is something beautiful, extremely beautiful: beautiful, more beautiful, most beautiful. And what is beautiful, more beautiful, most beautiful in you or around you or before you? It is a flower. So that most beautiful thing you must try to have inside your heart, which is the real reality in you. So inside your heart, inside your reality, there should be something that is really beautiful, divinely beautiful, supremely beautiful. So, if you can think all the time that this flower-heart is your only reality, then automatically you will be offering gratitude to the soul of the United Nations.

Question: How can I increase oneness with the soul of the United Nations?

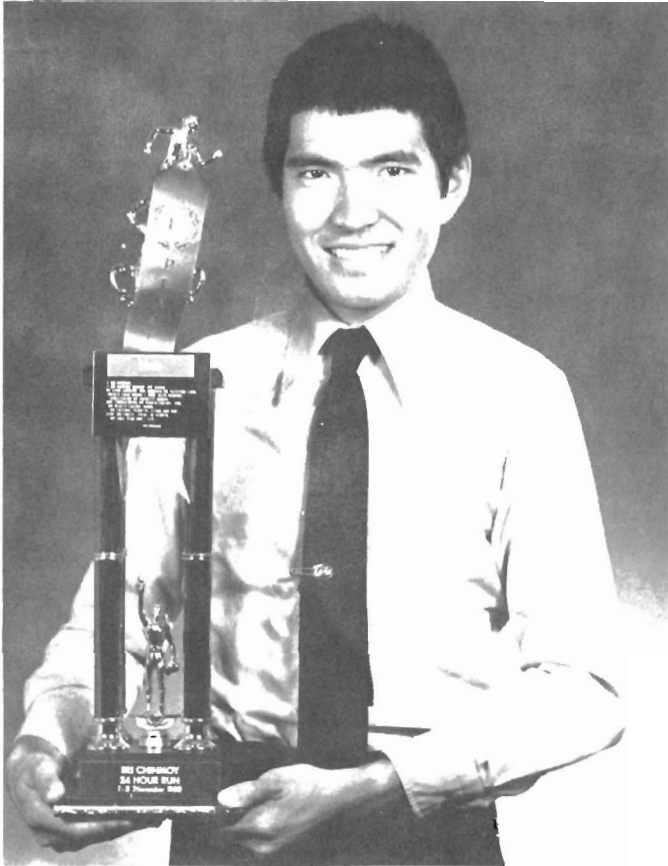
Sri Chinmoy: Here we have to know that oneness can be found only in aspiration. There is no other

place, there is no other reality where oneness can be found. It is in our own aspiration that we can have oneness. And how can we increase our oneness? We can increase our oneness on the strength of our more intense, more sincere, more soulful and all-loving, all-crying aspiration. If our aspiration increases, automatically our oneness increases. This oneness can easily be established, felt or, the best thing to say, realised, with the soul of the United Nations through an intense inner cry.

Question: How can we accept everyone who works at the United Nations as our very own?

Sri Chinmoy: We can accept everyone who works at the United Nations as our very own provided we feel that there is only one source. Here let us say that the source is the soul of the United Nations. If we love the soul of the United Nations and can soulfully and devotedly claim the soul of the United Nations, then automatically we will accept all the members of the United Nations as our own. It is like the head of the family. If we love the head of the family, if we claim the head of the family as our own, then all the members of the family also become ours. Also, if we like someone, if that person has a dog or cow or any animal, we also like his animal. Just because we love him, anything that belongs to him we feel is ours. So the soul of the United Nations embodies all the members of the United Nations. Only by becoming consciously one with the source can we claim all the members as our own, our very own.

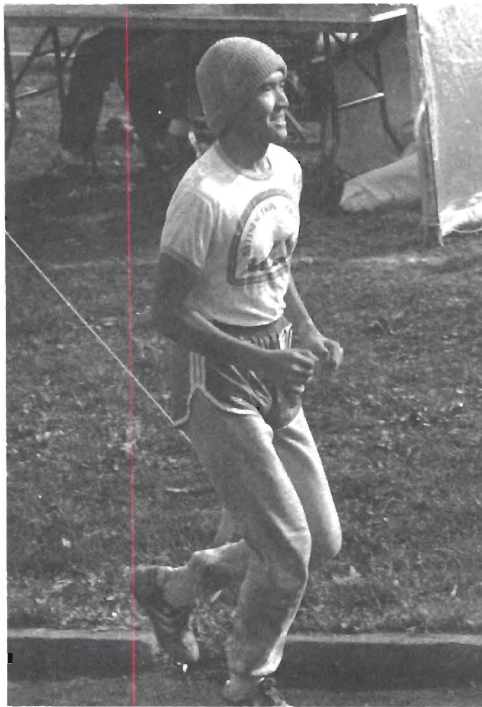
U.N. MESSENGER WINS
SRI CHINMOY 24-HOUR ULTRA-MARATHON



Yasumasa Shimizu, a U.N. messenger on the 38th floor who recently joined the meditation

group, was a spectator at the start of the 1 November 24-hour Sri Chinmoy ultra-marathon held in Greenwich, Connecticut when he heard the race director ask, "Would any man here like to run? We could use another male runner in order to obtain certification for this world class event."

"I'll run," said Yasu—and he did, for 24 hours, 111 $\frac{3}{4}$ miles and an eventual first place finish. His feat rates him among the top ten ultra-marathoners in the United States.



What makes this story even more astonishing is that Yasu had never run a marathon and, in fact, had never run more than 10 miles before this ultra-marathon attempt. (An ultra-marathon is any distance above the standard 26 mile, 385 yard

marathon distance.) He also ran the entire race in a pair of \$4 running shoes he had picked up in Korea, while en route from his home country, Japan, to the United States.

“I was simply at the race to watch and help out. I was hoping to have a chance to run with some of the competitors for a short distance, because there were some real stars present.”

Race entrants and “stars” included Cahit Yeter (head of the running club “Cahit’s Pacers” and a Master’s champion), and Marcy Schwam, who was destined to break three women’s world records at the race. The starting gun was fired by Ted Corbitt, considered by many to be the “father” of ultra-marathoning.

Miss Schwam, 27, ran 100 miles with a time of 15:44:27 (15 hours, 44 minutes, 27 seconds), 50 miles with a time of 6:43:33, and 100 kilometres in 8:46:35.

After reaching 100 miles and breaking her third record, however, Marcy decided she wanted to rest. Yasu was miles behind, but continued to circle the track in a quick walk. He actually ran the last few miles, loudly encouraged by Marcy who, after her several hours of rest, had stiffened appreciably, and could only move slowly and painfully. In the closing minutes of the 24-hour event, Yasu passed Marcy in mileage—in his now perfectly fluid running style.

Yasu, 19, was born in Tokyo, Japan. Prior to taking his post at the United Nations, he spent a year attending school in Racine and Cleveland, Ohio as part of the International Fellowship Program.

(34)

Bemerk
