

# 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:



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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.*

27 May 1981

(4)

## TABLE OF CONTENTS

U.N. Prayer Service for Pope John Paul II . . . . .	7
Aphorisms on Peace . . . . .	8
Questions and Answers on Peace . . . . .	18
Poems on Peace . . . . .	23

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## U.N. PRAYER SERVICE FOR POPE JOHN PAUL II

The meditation group held a special U.N. prayer vigil at Headquarters on Thursday, 14 May 1981, to pray for the quick and complete recovery of Pope John Paul II, after an attempt on his life the previous day. Asking the gathering to pray with him, Sri Chinmoy concentrated on a photograph of the Holy Father and entered into deep meditation. The silent meditation was followed by the performance by the meditation group choir of a song dedicated to the Pope by Sri Chinmoy and readings from the Pope's writings. The Pope and Sri Chinmoy had met last June in the Vatican.



## APHORISMS ON PEACE

*from the writings of Sri Chinmoy*

We say "peace of mind." But actually we do not have peace in the mind. By staying in the mind, we can never, never have even a glimpse of peace. If we want to have peace, we have to go beyond the realm of the mind.

\*

Peace is based on love: love for humanity and love for God. Peace is also founded on non-attachment. No thirst for gain, no fear of loss: lo, peace is yours. Peace is also based on renunciation: not the renunciation of worldly possessions, but of limitations and ignorance. And that peace is the true peace which is not affected by the roaring of the world, outer or inner.

\*

We are victims to doubt, fear and negative forces which we feel are quite normal and natural. Peace of mind is a far cry. We do not see a peaceful situation around us. But those who practise meditation go deep within and see that there is real peace, light and bliss.

\*

A child is an orphan when he loses his father and mother. A man is an orphan when he loses his inner joy—his Divine Mother—and his inner peace—his Divine Father.

\*

Harmony is sweet. Sweeter is peace. Sweetest is bliss. Harmony removes fear of dire conflicts. Peace awakens our heart's divine confidence. Bliss establishes the reign of our divinely fruitful life.

\*

When Peace is multiplied, truth is multiplied.  
When truth is multiplied, love is multiplied.  
When love is multiplied, God is multiplied.

\*

Peace is the beginning of love. Peace is the completion of truth. Peace is the return to the source.

\*

Man's fulfilling and fulfilled search for the Real is peace.

\*

Peace is the perfection of one's mind and the divinisation of one's thoughts.

\*

How can we have peace, even an iota of peace, in our outer life amid the hustle and bustle of life and our multifarious activities? Easy: we have to choose the inner voice. Easy: we have to control our binding thoughts. Easy: we have to purify our impure emotions.

\*

Anger has an enemy: peace.  
Peace has no enemy.  
Peace has a special friend: joy.  
Anger has only one friend: destruction.

\*

Anger openly hates peace. If you invoke peace soulfully, then anger will hate you ruthlessly and never will enter into your life, either consciously or unconsciously.

\*

A life of aspiration is a life of peace.  
A life of aspiration is a life of bliss.

\*

The revealing peace in the aspirant and the fulfilling power in the aspirant will clearly and convincingly make him feel that patience is the light of truth.

\*

Aspiration can be raised to meet the peace from above. But peace must be brought down to remove one's difficulties.

\*

If the individual consciously puts himself into the spontaneous flow of the experiences the soul wants to give him, he will eventually grow into abiding peace, joy and fulfilment.

\*

If you sincerely want peace in the outer world, then offer all your wisdom. If you sincerely want peace in the inner world, then offer all your silence.

\*

A seeker of peace desires beauty within.

\*

It is only through inner peace that we can have true outer freedom.

\*

Will is power.  
Realisation is peace.

\*

If peace is misused, it becomes idleness and lethargy.

\*

Faithfulness waters the seed of peace.  
Devotedness waters the seed of delight.

\*

Delight is the divine bridge between peace and power.

\*

Our questioning and doubting mind is always wanting in peace. Our loving and dedicated heart is always flooded with the inner peace. If our mind has all the questions, then our heart has all the answers. The answers are perfect precisely because they come straight from the soul that sees the Truth and lives in the Truth. And Truth, Truth alone, is the Goal of Goals.

\*

To be sure, peace is not the sole monopoly of Heaven. Our earth is extremely fertile. Here on earth we can grow peace in measureless measure.

\*

When we consciously feel God as our own, then at every moment in our inner life, in our inner existence, we feel boundless peace. Outwardly we may be talking, we may be excited, but inwardly all is a sea of peace, light and delight. If we bring down this sea of peace, light and delight into our physical beings, into our physical consciousness, then this realisation will be manifested on earth.

\*

At a certain stage in human development, when most of the people are not aspiring to be perfect, mediation is of great importance. It is a temporary mental relief, a pause, a rest in the life of the vital. It is a clever compromise. Therefore we must pay attention, reverential attention, to mediation. But to expect abiding peace and illumining fulfilment from mediation is simply absurd. We cannot expect lasting peace and we must not expect everlasting, illumining fulfilment from mediation. For that we need meditation.

\*

In the outer world, in this world of turmoil, mediation is necessary. In the inner world, in the world of frustration and despair, meditation is necessary. If we can bring the result of meditation to the fore, mediation will have a different life, a new life that will be flooded with everlasting peace, light and bliss.

\*

Does meditation accomplish anything? Meditation does accomplish something; in fact, it accomplishes everything. God's Divinity meditated and created humanity—humanity in infinite shapes and forms. God's humanity meditates, and before long we shall see the result: the sun of perfect Perfection will shine on the face of aspiring humanity.

\*

"I need peace. Please tell me if there is any special time for me to meditate on peace."

Early in the evening, between six and seven, is the best time to meditate for peace. Nature, as it offers its salutations to the setting sun, will inspire you, comfort you and help you in achieving peace.

\*

Peace is fulfilled delight. Where peace is, the light of delight has replaced the right of ignorance-night.

\*

A genuine seeker after peace must needs be a seeker after love. Love has another name: sacrifice. When sacrifice is pure, love is sure. When love is divine, in sacrifice there can be no "mine," no "thine." Love is the secret of oneness. Sacrifice is the strength of oneness.

\*

Meditation is the static way of realising the Truth; action is the dynamic way of realising the Truth. Deep in action, in the heart of action, is the silence of meditation. And in the heart of meditation is the dynamism of action.

\*



In our conscious awareness, in our conscious seeing of God's Presence, in our conscious feeling of inseparable oneness with Him, we shall establish here on earth, here and nowhere else, the Kingdom of light, truth, peace and delight.

\*

World love is a prayerful task.  
World peace is a hopeful task.  
World union is a soulful task.  
World emancipation is a meaningful task.

\*

The outer peace is man's compromise; the inner peace is man's fulfilment. The outer peace is man's satisfaction without being satisfied at all. The inner peace is man's satisfaction in being totally and supremely fulfilled.

\*

Man's aspiration ascends through the peace of law.

\*

Two infinite extremes: war and peace.  
War the destroyer of blooming worlds.  
Peace the devourer of roaring wars.

\*

Peace is God's constant Grace.  
War is man's immediate disgrace.

\*

God has infinite children, but the name of His fondest child is Peace.

\*

Man's real goal is truth. Truth awakens him from his ignorance-sleep. Man's real goal is peace. Peace feeds him, his life inner and outer. Man's real goal is bliss. Bliss immortalises him, his life-breath.

\*

A peace-loving man is a quarter-God. A peace-achieved man is a half-God. And a peace-revealing and peace-spreading man is a full God. A peace-loving man is a serving God. A peace-achieved man is a glowing God. A peace-revealing and peace-spreading man is the fulfilling God in earth-bound time.

\*

To commune with God, man has his silent meditation. To commune with man, God has His urgent peace.

\*

Somewhere God's peace can be seen.  
True, but where?  
In the illumining vastness of the mind.

Somewhere the divine peace can be found.  
True, but where?  
The mind's complete silence knows the exact place.

\*

What is the first and foremost thing we expect from meditation? Peace, peace and nothing else. Meditation is the embodiment of peace and the manifestation of bliss.

\* \* \*

## QUESTIONS AND ANSWERS ON PEACE

*Following are questions on peace answered by Sri Chinmoy, asked by members of the meditation group at the United Nations.*

*Question:* How can we attain lasting inner peace?

*Sri Chinmoy:* We can attain lasting inner peace only when we feel that our Supreme Pilot is in the many as one and in the one as many. When we consciously feel this truth in our life, we get lasting peace in whatever we say, whatever we do, whatever we offer and whatever we receive.

The day I feel my existence and my illumining heart in everyone is the day I immediately become one in many. When I receive or bring down peace from above, immediately I feel that I am many, not one. Then when I assimilate the peace in myself, I see peace has been assimilated in all of us. Then I have a conscious feeling of oneness, of the oneness in the many and the many as one.

Peace comes in and we lose it because we feel that we are not responsible for humanity, or that we are not part and parcel of humanity. We have to feel that God and humanity are like a great tree.

God is the tree, and the branches are His manifestation. We are branches, and there are many other branches. All these branches are part of the tree and are one with each other and with the tree. If we can feel that we have the same relationship with God and with humanity as the branch has with its fellow branches and with the tree as a whole, we are bound to get everlasting peace.

*Question:* How can a person really find inner peace?

*Sri Chinmoy:* On a practical level, do not expect anything from others on the physical plane. Just give and give and give, like a mother who gives everything to her child thinking that the child is not in a position to give her anything in return. Do not expect anything from the world; only love the world and offer your capacity, your inner wealth, your joy. Everything that you have, give to the world unconditionally. If you expect anything from the world, then you will feel miserable because the world does not understand you, the world does not care for you. If you can do everything unconditionally, then you will have peace of mind. This is one way.

The other way is to meditate on the heart, where there is constant joy, constant love. At that time you will not cry for appreciation from others. You will all the time depend on your inner Source, where there is infinite joy, infinite love, infinite peace. The best thing is to meditate on the heart. This second way is most effective.

*Question:* There is so much injustice and nothing we can do to help ourselves.

*Sri Chinmoy:* You say there is nothing you can do, but I am giving you a way to protect yourself. We have been meditating here for five or ten minutes. This meditation has real power. In your office there is much injustice. Injustice itself is a kind of negative power, a destructive power. True, you cannot change the minds of the people who are causing this injustice, but you can protect yourself against them. They are striking you inwardly and because of your fear or your incapacity you don't strike them back. But if you become very strong, very powerful inwardly, your strength will take you to some other place or will give them some illumination. God's Compassion will save you from this kind of injustice if you enter into the spiritual life seriously.

Another way of protecting yourself, which is quicker, is to have peace of mind. At our Tuesday and Friday meditations we bring down peace, which is very solid. It is not something imaginary. You can feel peace; you can swim in the sea of peace when you meditate with us on Tuesdays and Fridays. Injustice is an undivine power, but peace is an infinitely more powerful divine weapon. It is solid power. When you are in peace, no human power can upset you.

When you have to defend yourself or protect yourself, try to use a higher weapon. If people say something and you retaliate on the same level, there will be no end to it. Again, if you simply swallow your anger, they will continue to take advantage of you. But when they see and feel tremendous inner peace in you, they will see

something in you which can never be conquered. They will see a change in you, and this change will not only puzzle them but also threaten and frighten them. They will feel that their weapons are useless.

Peace is the most effective weapon with which to conquer injustice. When you pray and meditate, your whole being becomes flooded with peace. Then, no matter what other people do, you will just feel that they are your own children playing in front of you. You will say, "These are all children. What more can I expect from them?" But right now, because they are grown up in terms of years, you become angry and upset instead. If you pray and meditate regularly, you will soon feel that your peace is infinitely stronger, more fulfilling and more energising than the unfortunate situation that they create.

*Question:* I have an experience here at your Dag Hammarskjöld lectures which I never am aware of at your other talks. I know you are bringing down tremendous peace, which I feel in both places, but here at these lectures I have a feeling that I am falling asleep. Yet I hear what you are saying.

*Sri Chinmoy:* When I give talks I bring down peace, and this peace is something tangible for the seekers. When the seeker is eager to swim in the sea of peace, he is allowed by the Supreme to do so. During this experience, the mind does not operate; only the heart operates. The activity of the mind is totally silenced, and the heart starts functioning in its place. The function of the heart is to identify with anything that is around it or before it or inside

it. Your heart is identifying with peace and this peace is silencing the mind. It is not inertia; it is not an experience of useless futility or something bad. No, in this peace you are cultivating the inner truth and growing into the light which illumines the darkness that you faced or the ignorance that you cherished before you entered into meditation.

I bring down peace, light and bliss in boundless measure, and according to his receptivity each seeker receives this peace, light and bliss. This peace is not an unconscious way of putting you to sleep. No, this peace silences the outgoing energy of the mind and, at the same time, illumines the inflow of the heart. And when you are in the peace, the aspiring heart, you become one with the peace that sustains the divine Reality in you.



## POEMS ON PEACE

*from the writings of Sri Chinmoy*

### O INCENSE-BREATHING MORNING

O incense-breathing morning,  
I love your beauty's smile.

O peace-spreading evening,  
I admire your well deserved rest.

### NO REAL REASON

There is no real reason  
Why you cannot make  
Your mind peaceful,  
Your heart blissful,  
Your life restful,  
Your soul successful,  
Your God blessingful.  
Just replace your venom-doubt  
With your sterling faith.

## I STUDY ALTERNATIVES

I study alternatives.

It is in the mind's alternatives  
That I get peace of mind.

It is in the heart's alternatives  
That I get abiding satisfaction.

The mind's alternatives:

A doubtful night or a faithful day.

The heart's alternatives:

A noiseful division or a soulful oneness.

## MY HEART-HOME

My heart-home is a place  
Full of silence-peace.  
In front of my heart-home  
Are two giant trees:  
God's Compassion-Tree  
And  
God's Forgiveness-Tree.

## FORGIVE AND FORGET

Forgive,  
You will have happiness.  
Forget,  
You will have satisfaction.  
Forgive and forget,  
You will have everlasting peace  
Within and without.

## ONENESS-PEACE

To have oneness-peace  
Only with the strong  
Is your cleverness-height.

To have oneness-peace  
With all human souls  
Is your inner sun's wisdom-light.

( — — — )

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