

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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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 June 1981

(4)

TABLE OF CONTENTS

Questions and Answers.....	7
• <i>On meditation and spirituality</i>	
Aphorisms about the United Nations.....	10
U.N. Charter Day Commemorated.....	15
Concert for U.N. Delegates and Staff.....	19
Letter from the Vatican.....	20
Inspirational Poems.....	21

(6) B. A. K.

QUESTIONS AND ANSWERS

At the 3 June 1981 meeting of the meditation group, the following questions were asked by staff members who had been attending a series of meditation classes taught by members of the meditation group.

Question: When you meditate, how can you know whether what comes to you is from your own imagination or from somewhere else?

Sri Chinmoy: The best kind of meditation is when there is no thought at all in the mind. Right now you are a beginner, but there shall come a time when there will be no thoughts in your mind when you are meditating. Now you are getting thoughts. When a thought enters into your mind during your meditation, you have to see if it is a progressive, encouraging and illumining thought or an impure, discouraging and destructive thought. If it is a thought that lowers your consciousness, then you have to fight against it. You have to destroy it as soon as it appears through your own intense inner cry and eagerness for light, or you can illumine the thought by bringing down peace from above. But if it is a good, healthy, progressive and illumining thought, then you will let it grow.

The thought may have come from the world of imagination, or it may have come from some other plane of existence. If it comes from your imagination, no harm. Imagination is a world of its own. Today we imagine something, and tomorrow that very thing can be transformed into reality by virtue of our aspiration. A thought may come from one reality-world, which we happen to call imagination. But if we can bring that thought, that world, into our real existence by virtue of our aspiration, then it becomes a real reality.

Question: How do we know if a thought is progressive or not?

Sri Chinmoy: It is very easy to know whether a thought is progressive. A progressive thought encourages us and inspires us to become good and perfect. If a thought is not progressive, then we are bound to feel that our consciousness is being lowered. An unprogressive thought binds our capacity. If it is a bad thought, the capacity of our heart, instead of expanding, becomes limited. But a progressive thought will lead us towards our own perfection. It will make us feel that we are heading towards our perfection, which is our ultimate goal.

Question: Should meditation be done in silence, or can we mentally chant some *slokas* or holy verses?

Sri Chinmoy: You can chant holy verses; you can repeat some mantras; you can recite spiritual

verses from the scriptures. These things can definitely deepen your meditation, and you can easily call them a form of meditation. But the highest type of meditation has to be done in deep, perfect silence, for only then can you have a free access to your inner being or to your soul.

If you do not have much time to devote to meditation then reading from scriptures need not be done. But if you can find a special time for your own highest meditation, and also find time to do other spiritual things such as chanting, that is better. Everything can be practised during the span of a day. In the morning you can do chanting and other things, and in the evening you can meditate. Or if you spend half an hour or an hour meditating in the morning, then in the evening for half an hour or an hour you can do everything: your highest type of meditation and also the things that will help you grow into deeper meditation. It depends on how much time you have to devote to your spiritual life. Chanting or reciting *slokas* will definitely, definitely help your meditation. As I said before, it is also a form of meditation, but not the highest type.

APHORISMS ABOUT THE UNITED NATIONS

from the writings of Sri Chinmoy

God's Light is *here* for humanity to receive on a practical level, in an earthly manner. God's Light is *here* to illumine us.

*

The United Nations is the chosen instrument of God.

*

Today's United Nations was yesterday's perfecting Vision. Tomorrow's United Nations is today's fulfilling Realisation.

*

The United Nations is both the seeker and the truth.

*

The United Nations is growing into the perfection-tree that will offer its branches of concern, sympathy and oneness to humanity.

They say that the United Nations is a mere dream.
We say that it is a dream that can grow into
reality.

*

Both the United Nations and the world have a
special type of faith. This faith is evolutionary.

*

Each nation has the strength and will-power of the
Absolute.

*

Each nation has the golden opportunity in the
inner world to offer to the outer world a living
hope and a living promise.

*

Each nation is a promise of God for God Himself.

*

What we call world union today has to be sur-
passed tomorrow by something else, and that
something else is world perfection.

*

Each nation has its own significant truth. One na-
tion will not and cannot overthrow the realisation
and revelation of another nation.

*

The Mission of God in each permanent mission to the United Nations is as important as it is in the United Nations itself.

*

The inner heart of the United Nations is flooded with peace. The outer heart of the United Nations is trying to spread peace all over the world.

*

From the body of the United Nations we get the message of union. From the soul of the United Nations we get the message of perfection.

*

We expect everything from the United Nations child, but we forget that the child has to grow.

*

Unfortunately, the world is a bad parent. The world's pressures are attacking the United Nations, but the world's appreciation is rarely seen or heard.

*

The United Nations sings one song: the song that says it is love-power that will conquer the world. No other power can conquer the world.

*

People say the United Nations is imperfect. I wish to ask them what organisation on earth *is* perfect.

*

They say the United Nations has not fulfilled human needs. I say we have not given full opportunity, not to speak of full authority, to the United Nations to do the needful.

*

Slowly and steadily the soul of the United Nations is offering its light to the body of the United Nations, which is the world.

*

Each nation represents humanity's hope, humanity's promise and humanity's progress.

*

The divine greatness of a nation lies in its God-revelation today. The divine greatness of a nation lies in its God-manifestation tomorrow.

*

The world is suffering; it needs heart-consolation. And the United Nations has heart-consolation in abundant measure.

*

Silence-life is embodied in the soul of the United Nations, and sound-life is embodied in the body of the United Nations.

*

There are many ways to serve the United Nations: with the physical body, the physical mind, the inner heart and the soul's good will.

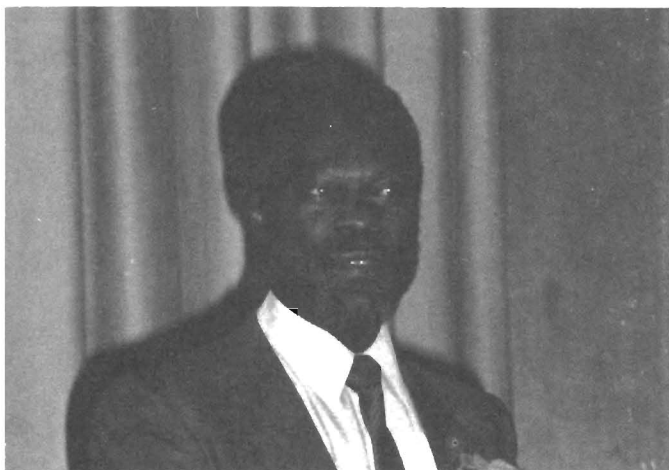
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When the reality of the United Nations starts bearing fruit, then the breath of Immortality will be a living reality on earth.

*

U.N. CHARTER DAY COMMEMORATED

On 26 June 1981 delegates and staff joined in a commemorative ceremony held by the meditation group at U.N. Headquarters in honour of U.N. Charter Day. Guest speakers were H.E. Mr. Davidson L. Hepburn, Permanent Representative of the Bahamas to the United Nations, and Mr. Fred Lebow, President of the New York Road Runners Club and Founder of the International Running Center. Excerpts from the programme follow.

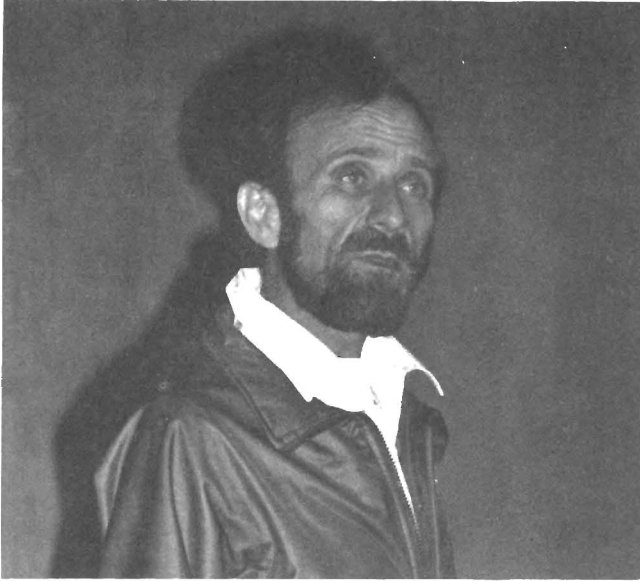


H.E. Mr. Davidson L. Hepburn, Permanent Representative of The Bahamas to the United Nations: After listening to the beautiful songs per-

formed today and to the poems that were recited, one tends to get a sense of peace, a sense of calm, that I think is necessary for us these days.

Thirty-six years ago when the Charter was signed in California, there were only fifty-one members of the United Nations, and now there are one hundred fifty-four members. This certainly shows that a number of changes have taken place in our world, some because of the problems and crises that we have had. Over the years many countries have begun to look towards the United Nations as the answer to many of their prayers. In some instances this relationship may not be so apparent, but I feel if we did not have the United Nations, we certainly would be in worse shape than we are today. I am very thankful that we have the United Nations and we have groups such as yours to bring forward higher and deeper values. I know that you are deeply concerned with what is happening in our world, and that is why you are here today. I am also very much concerned, and sometimes I tend to lose hope that we're going to make any headway in achieving peace in our lifetime. But sometimes I have the feeling that maybe somewhere we will find a method by which we can do this.

The United Nations Charter was designed to help us achieve these goals. Now some nations are saying, "Look, this does not apply to me. This is something that was written thirty-six years ago, but things have changed; therefore, I don't feel that it is necessary for me to abide by this." Consequently, the Sixth Committee is reviewing the Charter to see if it should be changed in some way. I agree that some changes ought to be made, but we must be careful not to take out the vital essence and substance of the Charter. Otherwise we will be doing ourselves a great disservice.



Mr. Fred Lebow, President of the New York Road Runners Club and Founder of the International Running Center: I am very happy be with you today on this significant occasion. For a number of years now you have made quite a contribution not only to the sport of running but also to calmness and a unique desire for peacefulness in this rushed world. I have never thanked you formally, but I personally am very grateful to Sri Chinmoy and the group for what you have done for running—for our group, the New York Road Runners Club; for the New York City Marathon; for running in this country and around the world. We owe you our special thanks for what you do in the New York City Marathon, where you come out to help in droves, and in the 100-mile race, where you spend almost 24 hours helping us at Flushing

Meadow Park in Queens. Whenever we need help, you are always there.

As a matter of fact, my first contact with Sri Chinmoy was right in this building. In 1977 we had a reception here where Ambassadors welcomed about a hundred foreign world-class runners who had come to run the New York City Marathon. The meditation group choir sang and Sri Chinmoy led a meditation. Of course, now it would be difficult to hold a reception like this because from 100, the foreign contingent has grown to about 2,000. Still, there is a definite contact between running, the United Nations and Sri Chinmoy, and I think it is a very happy and fruitful co-existence. I am looking forward to its becoming even more so.

Thank you again, and I was very inspired by the songs, poems and meditation. It was good for me; I'm sure it was good for all of us.

CONCERT FOR U.N. DELEGATES AND STAFF

On 19 June 1981 the meditation group offered a special concert and luncheon in the Dag Hammarskjöld Auditorium, organised by Ms. Anupadi Sumper to celebrate her seventh anniversary of working at the United Nations. Sri Chinmoy opened the programme with a short meditation and then performed on the Indian esraj. Performances of several vocal and instrumental groups followed.



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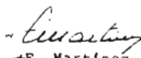
FROM THE VATICAN June 24, 1981

Dear Sri Chinmoy,

His Holiness Pope John Paul II deeply appreciated the message of sympathy and prayerful good wishes that you sent to him after the attempt on his life.

He has directed me to convey his warm thanks to you and to all those associated with you in your kind gesture.

Sincerely yours,


-E. Martínez
Substitute

Sri Chinmoy
c/o United Nations Organization
New York

(20)

INSPIRATIONAL POEMS

*From the series Ten Thousand Flower-Flames by
Sri Chinmoy.*

A GIFT OF GOD

Eternity's Love
And Infinity's Joy
Shall come closer to humanity
If and when
Humanity accepts life as a gift of God
And not as a burden of man.

THE FLAME OF ONENESS-LIFE

The flame of oneness-life
Can never be extinguished.
It only knows how to burn on
Forever and forever.

TO TEACH HUMANITY HOW TO LOVE

To teach humanity how to love,
I must first become
God's choice dove
And always soar above.

THE PERFECT CHOICE

Indeed, the choice
Of humanity's Divinity is perfect.
It desires to see
All seekers living together
As good members
Of a single world-community.

THE VISION OF FREEDOM-MIGHT

The vision of freedom-might
Man's outer life
Desperately desires.

The reality of oneness-delight
Man's inner life
Eternally is.