

Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations



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MEDITATION
AT THE
UNITED NATIONS

MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

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

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SRI CHINMOY MEDITATION AT THE UNITED NATIONS

United Nations:



the Heart-Home
of the World-Body

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

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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SPECIAL CONCERT AND MEDITATION FOR THE UNITED NATIONS

On 5 August 1982 Sri Chinmoy gave a special concert and meditation for the diplomatic community, held in the Dag Hammarskjold Auditorium. Following is a transcript of the meeting, including Sri Chinmoy's short inspirational talk, as well as the question and answer session that followed.

WHY DO I MEDITATE?

Why do I meditate?

I meditate so that my mind cannot complicate my life.

I meditate so that I can one-pointedly concentrate on the things that I desperately need.

I meditate so that I can easily obliterate my past mistakes that are still haunting me.

I meditate so that I can bravely terminate my long-standing friendship with ignorance.

I meditate so that I can liberate my earth-bound life and place it inside my Heaven-free life.

I meditate so that at every moment I can elevate my thought-life to God's Will Power-Life.

I meditate so that I can inundate my entire being with the omnipotent power of peace.

I meditate so that I can accelerate my progress while running forward, flying upward and diving inward.

I meditate so that when the Hour of God strikes I shall not be late in my unconditional surrender-examination.

I meditate so that I can celebrate the Transcendental Victory of my Beloved Supreme, not only in my own life, but also in the life of His entire creation.

* * *

Sri Chinmoy: If you have any questions regarding meditation, the spiritual life or the inner life, I shall be extremely happy and grateful to answer them.

Question: For a long time people have been meditating for the good of humanity, but there does not seem to be any sign of humanity coming on the right path. Do you feel that meditation can be spread enough to envelop the entire humanity?

Sri Chinmoy: First we start with ourselves. If an individual can become good, divine and perfect on the strength of his own meditation—of course, along with God's Grace—then at least one individual is liberated from the bondage of ignorance. Then another individual will be inspired to strive for liberation. It is from one to many that we have

to go. Just because the world has not reached perfection, the sincere seekers will not give up. To reach perfection is a long process. One does not get one's master's degree overnight. For twenty or thirty years one studies; then finally one gets the degree. Here also, one has to practise meditation for years and years and years to achieve liberation. Sometimes it takes quite a few incarnations.

Just because I cannot have most delicious food every day, I do not give up eating. Just because I cannot maintain my peace of mind every day, I will not give up meditation or spirituality. What I need is patience. If in one day I cannot achieve abiding peace, then I will strive for it for two days. And again, if on the second day I do not get what I want, I shall continue striving.

Our progress entirely depends on our heart's cry—on how sincerely you need, I need, he needs and she needs meditation, which is the only process that can bring about world peace. World peace entirely depends on the individual need and the collective need. If one person sincerely needs peace, then his inspiration, aspiration and inner illumination will automatically spread all around him. Then others will also be inspired to strive for peace, and eventually there shall come a time when the entire world will be inundated with peace.

Not in vain did our Beloved Supreme, God the Compassionate Father, create the universe. He and Peace are one and the same—the obverse and reverse of the same coin. Just because we do not see or feel peace within us and around us, we should not give up hope or stop praying and meditating. We shall continue to pray and we shall continue to meditate, for we believe in His Vision, which is to

spread peace all around His creation. So if we pray and if we meditate, there shall come a day when instead of inner and outer conflict and disharmony, Peace, Light and Delight will reign supreme.

Question: Weren't there more spiritual people in the past?

Sri Chinmoy: In the hoary past, in the Vedic age, many seekers prayed and meditated and reached a certain height. They may not have reached the ultimate height, but it was a height from which they could bring down peace from above. Also, in those days there was more abiding peace and harmony in the world.

Question: Are we to achieve knowledge through meditation? If so, what kind of knowledge?

Sri Chinmoy: It is not school knowledge that we get from meditation. It is an inner knowledge that we get, and inner knowledge means illumination. This Dag Hammarskjold Auditorium is fully lit. An hour ago or last night there was no light here. But now the switch has been turned on, and the hall is all illumined. Similarly, for millennia we have been in darkness. If we want to illumine our darkness—the darkness that covers our body, vital, mind, heart and central being—then we need meditation. Meditation brings about this illumination. If we meditate soulfully for a few months or a few years, then gradually we will see illumination taking place. In the beginning or even for a couple of years we may not see a flood of illumination. But if we can meditate soulfully and devotedly for many, many years on a regular, daily basis, then

we most assuredly can have the same illumination that the great spiritual seekers and Masters attained through their meditation.

Question: Can this illumination be shared among people—between, for example, a person who has meditated for a long time and a person who hasn't?

Sri Chinmoy: This illumination one can share with others. When a spiritual person prays and meditates, at that time he spreads his illumination-power, and others do feel it. If we are with a bad person, we are unconsciously affected by his bad qualities. Similarly, if we are with a spiritual person who prays and meditates and leads a saintly life, then automatically we will feel the light and bliss that is radiating from him. We will definitely see it and feel it and in this way receive inspiration from the spiritual person. When illumination takes place, we cannot hide it, just as we cannot hide anything in this hall because this hall is now fully illumined. But if we turn off the light, then the hall will be in darkness and we will be able to hide many, many things.

Question: There are many schools of meditation, and it becomes hard for a person to select one. How do you find the best one for you?

Sri Chinmoy: It is very easy. It is a matter of feeling. Here there are quite a few people. They are all God-lovers and Truth-seekers. They are all God's children. But all of them are not giving you the same feeling. When you look at one individual, you may have a good feeling. This kind of feeling

we call the soul's affinity. From one person you may get a certain kind of joy or peace or confidence, and you will feel confident that this person will be able to help you. Again, if you look at another individual, you may not feel anything or be inspired at all.

There are many teachers and many paths. What you have to do is observe each one of them. Some paths will give you immediate joy, a kind of inner ecstasy, while others may not give you anything. The school or the teacher that gives you immediate joy or an immediate sense of satisfaction is undoubtedly the right one for you.

Question: What about the subjects of meditation?

Sri Chinmoy: It depends on the individual. You as an individual will have one subject that you meditate upon, and I as an individual will have another. Again, today you may meditate upon peace, and tomorrow you may meditate upon joy. Suppose that today in your office you had some difficulties with your colleagues and your mind is agitated, restless and wanting in peace. So you will meditate on peace. Then tomorrow, if you see that you are not able to feel joy either in yourself or in others, you will meditate on joy.

Ultimately everything is one. If you have peace, then you will also have joy; if you have joy, then you will also have peace. My body is one entity. But I can also speak about my eye, my nose and so forth. I can separate my body into its different parts, or I can take it as one. Similarly, peace, joy, love and all the other divine qualities can be separated, but they ultimately lead us to the same

destination, which we call satisfaction. So, today your subject can be peace, tomorrow it can be joy, the day after, love. Every day you can change the subject of your meditation. Again, you can continue meditating for days, weeks, months and years on the same subject because each time you are increasing your capacity and receptivity. Today you may be satisfied with just an iota of peace, but tomorrow this will not satisfy you. Tomorrow you will pray for abundant peace, and the day after you will cry for infinite Peace. If you are praying and meditating for infinite Peace, then naturally it will take you more than one day to achieve it.

Question: Is there a place for prayer and meditation in equal measure?

Sri Chinmoy: Prayer and meditation can easily go side by side. In the West we hear more about prayer. In the East, especially in India, we hear more about meditation. But prayer and meditation should go together.

Although they lead us to the same destination, prayer and meditation have distinct qualities and capacities. When we pray soulfully, we feel that something within us—let us call it an inner cry—is going up high, higher, highest. We also feel that our Heavenly Father, our Eternal Father, is listening to our prayer or is waiting for our cry to reach Him. When we pray, something is climbing within us, and finally it reaches the Highest; it reaches the Feet of our Beloved Supreme.

When we meditate, we feel that the Highest, our Absolute Lord, is coming down to us. When we meditate, we feel that Something or Someone is

coming down from above, from the highest plane of consciousness. What for? To bless us. When we pray, we feel that we are going up to place ourselves at the Feet of our Lord. But when we meditate, we feel that He is descending. During our meditation He comes down, blesses us, and tells us what to do. When we go up in our prayer, we ask Him to grant us something that we need: "Lord, give us peace, light, love, joy." When we pray, we tell Him what we need from Him. But when we meditate, He comes down and tells us what He wants from us. He tells us, "I need you to become My choice instrument, My devoted instrument. You have to please Me. I shall grant you what you want from Me, but you also have to please Me." This is what He tells us when we meditate. In this way, prayer and meditation should go together.

Question: Could you explain what contemplation is and how it differs from meditation?

Sri Chinmoy: Concentration, meditation and contemplation are three different terms. If I look at a flower one-pointedly, with my concentration I am trying to pierce into the flower. When we concentrate, like a piercing ray we enter into the very depth of the object we are concentrating on. Then, when we meditate, we enter into silence, absolute silence. We can look at the vast sky or the deep sea and try to become one with it. When we concentrate, we focus our attention on something minute, small. In meditation we become one with something infinite.

Contemplation is totally different; it is the highest stage. In contemplation we not only enter

into something and become one with it, but we also exchange identities with it in a game of hide-and-seek. When we contemplate on our Beloved Supreme, we see Him face to face. At one moment we are loving God with all our heart and soul. Then at the next moment we ourselves have become the object of adoration, and the Person whom we previously were adoring is now looking upon us with affection, love and adoration. So this is the third stage—contemplation. Here the God-seeker or God-lover becomes one, inseparably one, with God the Supreme Beloved.

Question: What do you recommend for beginners?

Sri Chinmoy: For beginners I recommend reading a few spiritual books to start with. You can also chant hymns from the *Bhagavad Gita*, the *Upanishads* or the *Vedas*, or sing some soulful songs—anything that inspires you. Then you should try to meditate early in the morning and in the evening at least for five minutes. In the beginning you will not allow any thought to come into your mind while you are meditating. At every moment one is either attacked by bad thoughts or inspired by good thoughts. Every second a thought-wave comes—a good thought-wave or a bad thought-wave. In the beginning it is very difficult to observe which kind of thought is coming. So what you should do is stand right at the door of your mind-room and not allow any thought to come inside—whether it is a good thought or a bad thought. You should not allow any thoughts at all to enter. Then after some time you can open the door and see who is waiting there.

If someone is a real friend, a true friend, he will wait for you indefinitely because he loves you. Good thoughts definitely love us. Good thoughts will wait on the other side of the mind-door indefinitely. Bad thoughts, on the other hand, will leave after a while. They will feel it is beneath their dignity to be kept waiting outside. Like this, the beginner should meditate for five minutes in the morning and in the evening.

Also, if it is possible, during the day while working at home or in the office, you should try to remember six or seven times—only for a minute, a fleeting minute—what you did early in the morning or what you are supposed to do in the evening. You don't even have to meditate; only remember. This remembrance itself is a form of meditation. Here in the hustle and bustle of life you may not get the opportunity to meditate the way you can meditate at home early in the morning or in the evening. But if you can remember what you did early in the morning, around six o'clock, and what you will be doing in the evening, around seven o'clock, then it helps considerably.

MEETING WITH DR. SARDAR DHILLON

On 4 August 1982 the Indian High Commissioner to Canada, Dr. Sardar Dhillon, met with Sri Chinmoy and members of the meditation group at U.N. Headquarters. Sri Chinmoy offered Dr. Dhillon a plaque, and the meditation group choir sang a song written by Sri Chinmoy in his honour. Following are excerpts from the programme.

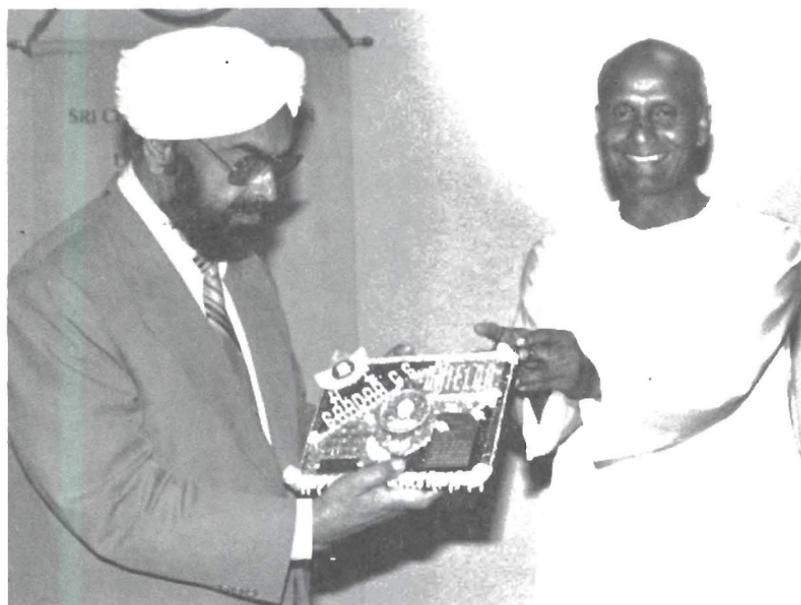


Dr. Sardar Dhillon, Indian High Commissioner to Canada: Most revered Swami Chinmoydi, his colleagues and followers, I am very grateful to

those who arranged my meeting with Swami Chinmoydi and with all of you, to whom I am able to pay my homage. As a matter of fact, I have been acquainted with Swamiji's work for many years. Then last year when I visited the Maritime Provinces of Canada and, more particularly, your International Meditation Centre in Nova Scotia I had a very rare opportunity to sit amongst the members of the congregation, to meditate along with them and to listen to Swami Chinmoydi's teachings. I have always been looking forward to personally meeting Swamiji. I am very grateful that I have realised my ambition and am in his august presence. I assure you that I have a sense of inward satisfaction by being here.

I have been very much impressed by the warmth that you and your students have shown me, and I am very grateful to you. We have much in common inwardly. The only difference I find is that we may have a different form of religion outwardly. In the conventional sense we may go by this religion or that religion. I am a very firm believer in the teachings of the Vedas. That is the most rational philosophy that I have come across. It is sometimes a source of great solace to me amidst the confusion and misery of the world, particularly in the modern age. When we forget for a moment the world's problems and meditate, remember our Creator, our Lord, and align our spirits with His divine Being, then we are at one with Him, and for the time being all our worldly worries are gone.

Swamiji, I am grateful that you are working in such a place as the United Nations to spread your message to the whole world. I pray to the Lord that He will give you long life and strength to enable you to spread your vision to all human beings. Thank you very much.



Sri Chinmoy (presenting a plaque): Only in silence can I offer you my heart's most soulful gratitude. This silence will convey what I truly and soulfully feel. What I have said in my song expresses all my heart's feelings. This plaque is a most humble token of my heart's deepest gratitude. With this plaque we offer all our heart's love, devotion and admiration for you.

SARDAR DHILLON SARDAR

Words and music
by Sri Chinmoy

(♩-116) Moderate

The musical score is written in a single system with ten staves. It begins with a treble clef, a key signature of three flats (B-flat, E-flat, A-flat), and a 4/4 time signature. The tempo is marked 'Moderate' with a quarter note equal to 116 beats. The lyrics are written below the notes. The score includes repeat signs and a 'fine' marking. The lyrics are: Sar - dar Dhill - lon Sar - dar Oya - - ner gu - ner pa - - har Bir Pan - ja - bi bir Chi - - ra un - na - ti shir Bha - - rat ma - tar swa - dhi - na - ta la - - - - - gi Ja - gra - ta pran su - na - han tya - - - - - gi Joy hok joy hok hok ta - ba joy Sa - - ba - kar la - gi an - - ta - ra ta - - - - - ba c - i ma - ha pa - - - - - ri - - - - - choy Sar - - - - - dar Dhill - lon Dhill - lon Dhill lon Sar - - - thak hok je - na mo - der mi - lon

D.C. al fine

SARDAR DHILLON SARDAR

*Sardar Dhillon Sardar
Gyaner guner pahar
Bir Panjabi bir
Chira unnati shir
Bharat matar swadhinata lagi
Jagrata pran sumahan tyagi
Joy hok joy hok hok taba joy
Sabakar lagi antara taba ei maha parichoy
Sardar Dhillon Dhillon Dhillon
Sarhah hok jena moder milon*

Sardar Dhillon!
O great chief, O good leader, Dhillon!
Mountain-heights you own
In knowledge-light and virtue-delight.
O hero of heroes, O Panjabi captain-hero!
In you we see a divinely silent dignity-pride
To liberate Mother India from her bondage-shackles.
Yours is a life of hallowed sacrifice.
Your heart is for all:
This is your sole identity.
Therefore we proclaim your victory-light.
Sardar Dhillon!
O great chief, O good leader, Dhillon!
May our oneness-meeting today
Be supremely fruitful.

TELEVISION INTERVIEW

While in North Carolina during a university concert and lecture tour, Sri Chinmoy was interviewed on a Charlotte television programme, "Top O' the Day," Channel 3, WBTV, in which he answered several questions about world peace. Following are excerpts from the interview, which was taped on 19 July 1982.

Interviewer: You are involved in so many things and one of the things that is so meaningful, not only to communities and nations, but to the world, is your work at the United Nations for unity and harmony on a global scale. You are an athlete, an artist, a musician and an exponent of yoga philosophy. Through these activities you hope to contribute to world unity and harmony. How do you feel generally about the world today as you travel around it?

Sri Chinmoy: As a seeker, I feel inwardly that the world is progressing and that a day will definitely dawn when there will be world peace. We are struggling for something, but we have not yet achieved it. It is like a runner trying to complete a marathon. At first he repeatedly fails; he cannot cover the full distance. He covers six miles or seven miles and then he gets tired and gives up. The next

time he tries, perhaps he may not even cover the distance he covered previously. The third time he goes farther ahead, and one day he does cover the whole distance.

Right from the dawn of civilisation man has been longing for world peace, but world peace has not yet taken place. The journey toward world peace takes time. But there most assuredly shall come a time when world peace will dawn, and it will inundate the entire world. In the inmost recesses of our hearts we do value world peace, although we are acting otherwise on the outer plane.

Interviewer: You speak from first-hand information about running. You are a marathon runner?

Sri Chinmoy: I am a marathon runner, but I am a hopeless one. I also encourage my students to run marathons. The marathon symbolises the inner run along Eternity's road. The inner running is prayer and meditation. We pray and meditate so that we can abide by the Dictates of our Heavenly Father. Inner running helps us in our outer running, and outer running also helps us in our inner running.

Interviewer: You believe that we must be physically, mentally and spiritually strong?

Sri Chinmoy: We like to have an integral reality. The body, vital, mind, heart and soul must go together so that we can have peace within and without.

Interviewer: And if it is within you, then it is somehow broadcast to others, isn't it?

Sri Chinmoy: Right!

Interviewer: Your music is a combination of East and West, again bringing unity and harmony to different sides of the world.

Sri Chinmoy: Music embodies all the languages of the world. Here I am talking with you in English, but if I had been speaking Bengali or some other language, you would not have understood me. If I did not know English, I would not understand you. But music is the universal language that everybody can understand, because music lives inside the heart and represents the heart, which is all oneness. Music always comes from our oneness-soul, and it is for those who believe in this oneness-soul.

ANNAM BRAHMA RESTAURANT
WELCOMES WOMEN OF THE
DIPLOMATIC COMMUNITY

On 13 July 1982 women of the diplomatic community enjoyed an afternoon of music and meditation at Annam Brahma Restaurant in Queens, New York. The programme included an introduction to meditation by members of the meditation group, a short inspirational film which had previously been used on television and a vegetarian luncheon.

As a result of interest stemming from the programme, a group of women from the diplomatic community have begun meditating together once a week in the homes of the group's members. At each meeting a short introduction to basic meditation techniques is given followed by a period of silent meditation.



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