



# SEVEN MINUTES OF WORLD PEACE: TO JOIN HUMANITY IN PEACE

24 OCTOBER 1985

A simultaneous observance all around the world  
corresponding to the times.

(Greenwich Mean Time)

17:00 to 17:07

Eastern Daylight Time  
at United Nations Headquarters in New York

1:00 to 1:07 P.M.

For additional free brochures & posters write:  
Seven Minutes of World Peace, Room 765, United Nations, NY 10017

Sponsored by Sri Chinmoy: The Peace Meditation at the United Nations in co-operation with United Nations  
Associations around the world.



# SEVEN MINUTES OF WORLD PEACE

ROOM DC1-1256 • UNITED NATIONS • BOX 20 • NEW YORK • NEW YORK • 10163

"As there can be no war without the war-mongers,  
there can be no peace without the peace-lovers."

—Sri Chinmoy,

*Sri Chinmoy: The Peace-Meditation at the United Nations*

## SEVEN MINUTES OF WORLD PEACE

Welcome to the Headquarters observance of Seven Minutes of World Peace. This is part of a global experience of silence that will be shared simultaneously by people in 40 countries. Its purpose is several-fold: to help convey the inner peace that comes with silence; to strengthen the oneness of people around the world; and to show that seven minutes of peace, can grow into seven days, seven years and even seven centuries of peace on earth.

The observance will have no programme, as such. Sri Chinmoy, head of the Peace Meditation at the United Nations, has graciously agreed to lead the meditation during the Seven Minutes. The simplest way to join this meditation on peace is to still your thoughts, enter into a silent mind and focus on your spiritual heart. Then you will be able to share the peace which Sri Chinmoy will be invoking and feel a stronger inner connection with those participating in other parts of the world.

In Sri Lanka, the United Nations Association has publicized the Seven Minutes of World Peace widely, and it is expected that some 50,000 people will be participating there. In the United States, in addition to the silent participation by groups and individuals, many cities have proclaimed 24 October as World Peace Day. Some of these proclamations are exhibited on the walls of the room.

Seven Minutes of World Peace is one of a large number of activities organized by Sri Chinmoy: The Peace Meditation at the United Nations. Among these are the Peace Walks, regular twice-weekly meditations, as well as concerts and other programmes. These are intended to foster the highest ideals of the Organization and to encourage individuals to support the search for world peace in their own way. It was in this spirit that members of the Meditation Group swam the English Channel in honour of the UN's 40th anniversary and participated in a relay run from Headquarters to the Empire State Plaza in Albany.

For more information on the Peace Meditation and its regularly scheduled activities, please call 754-8484. Thank you for joining us today.