

SATURDAY  
OCTOBER 23

# in Central Park

## SRI CHINMOY

A PEACE

INVOCATION

FOR THE NEW

MILLENNIUM



Welcome to  
this afternoon's  
Peace Invocation for  
the New Millennium





## THANK YOU FOR COMING TO SHARE YOUR HOPES FOR A MORE PEACEFUL WORLD AS WE MARK THE APPROACH OF THE NEW MILLENNIUM.

Sri Chinmoy will open the concert with a few moments of silence for peace — a peace invocation in which you are invited to silently join with your own prayerful wishes. There will also be moments of silence between the musical presentations.

During the concert, Sri Chinmoy will play his own haunting compositions on many instruments from around the world, some familiar and others exotic. He will also sing soulfully, both in English and in his native language, Bengali. His songs — which express humanity's longing for peace, joy and oneness with the Infinite — will also be performed by a small choir in a style often compared to Gregorian chant. Today's concert will feature a number of powerful songs that Sri Chinmoy has composed for the New Millennium.

The high point of the concert is the final segment — a not-to-be-missed improvisation on the piano, both delicate and thunderous.

## The concert spirit

Sri Chinmoy's approach to a musical performance is unique in that he seeks to create a prayerful and inspirational atmosphere that calms the mind and energizes the heart. Once a collective peace begins to grow in the audience, the concert is no longer an event of sound, but an event of spirit. Sri Chinmoy feels it is this spirit, spread from heart to heart, that can bring about true, lasting peace in the world.

*"I play all my instruments prayerfully, and the audience is also invited to pray and meditate. It is not an experience of excitement; I am not coming to excite anybody. It is an experience of enlightenment or, you can say, oneness. We have to pray, we have to meditate, we have to do everything together. Here we are not coming to sing the song of supremacy, but we are coming to sing the song of the heart's intimacy."*

## During the performance

**APPLAUSE.** In order to maintain a peaceful atmosphere, please hold your applause until the end of the concert.

**INTERMISSION.** The concert will last about two hours, with no intermission. If you need to leave early, please exit between performances.

**NO SMOKING.** It would be appreciated if you could refrain from smoking during the concert.

**PHOTOGRAPHS AND RECORDINGS.** We kindly request that you take photographs only during the first five minutes of the concert, and refrain from making personal recordings of the performance.

*"What power is in this man's music! It's incredible. My musical spirit is very, very deeply impressed...I can only hope that I may someday participate in that cosmic fountain of stillness and profound energy which he inhabits."*

—LEONARD BERNSTEIN

*"Adventurous listeners who are inwardly quiet and fully present will discover the music of genius."*

—PULSE MAGAZINE

# Songs for the New Millennium

The following songs by Sri Chinmoy will be performed during today's concert.

Twenty-first Century, the New Millennium!  
No more the old sorrows and joys-compendium.  
God's Heart, God's Eye, a new hope and a new promise!  
O run and dive and fly — Bliss, Infinity's Bliss!  
The world shall cheer the road with a God-surrender-song.  
Creator's Silence-Hearts, creation's sound-lives throng.

Twenty-first Century,  
No more hungry penury.  
Twenty-first Century,  
A newness-fulness-glory.  
Twenty-first Century,  
World-transformation-story.

Twenty-first Century!  
You will utterly destroy the darkness-wall  
Of ignorance-night.  
The delicate softness-touch of your new light  
Shall awaken the slumbering world.  
Your Infinity's immortal Satisfaction  
Heaven and earth shall together treasure and enjoy.

## Calming the mind

To enhance your experience of the music, you may wish to try these exercises to calm the mind and focus inwardly.

- Breathe in and out as slowly and quietly as possible. Each time you breathe in, feel that you are bringing into your body peace, infinite peace. As you breathe out, feel that you are breathing out all your restlessness, worry and anxiety. Imagine the music is flowing through you like a river. Or imagine the music, like a bird, flying across your heart-sky.
- Gazing at a flower, try to feel that you are breathing in light, purity, freshness and beauty from the flower directly into your heart.

## The instruments

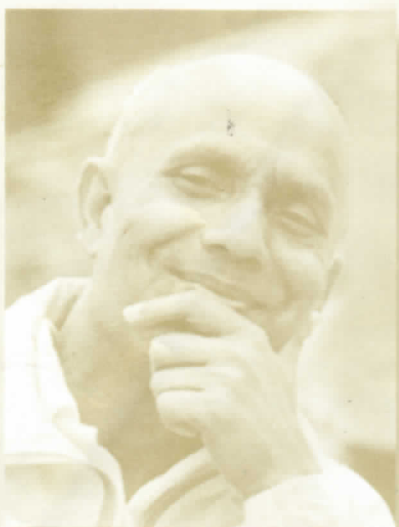
Sri Chinmoy has acquainted himself with hundreds of musical instruments characteristic of the many countries he has visited. For today's concert, he will select from a broad range of instruments, expressing the universal nature of music as a language of peace.

**OCARINA (DOVE)** USA  
**ESRAJ** INDIA  
**BAMBOO FLUTE** INDIA  
**SMALL SYNTHESIZER** USA  
**HORN FLUTE** SWITZERLAND  
**VIOLA** GERMANY

**BASS FLUTE** USA  
**YAMAHA SYNTHESIZER** JAPAN  
**CHIMES** GERMANY  
**VISCOUNT SYNTHESIZER** ITALY  
**DOUBLE BASS** EUROPE  
**JAPANESE SYNTHESIZER**

**TRIPLE BAMBOO GOURD**  
**FLUTE** NEW ZEALAND  
**DOUBLE OCARINA** AUSTRALIA  
**CELLO** ITALY  
**HARMONIUM** INDIA  
**GRAND PIANO** EUROPE





## Sri Chinmoy: Dreamer of world peace

A NOTED AUTHOR, MUSICIAN, ARTIST, MEDITATION TEACHER AND ATHLETE, Sri Chinmoy is above all a devoted student of peace. In his tireless search for pathways to peace, both individual and collective, he has explored many different fields of human endeavor, touching the lives of thousands around the world.

Sri Chinmoy spent more than 20 years of his early life in a spiritual community in India, practicing meditation and inner disciplines. In 1964, heeding an inner call, he came to the United States to share the fruits of his meditation with others, and to serve the cause of world peace.

Today Sri Chinmoy is a spiritual guide to students in over 100 meditation centres around the world. He leads an active life, demonstrating vividly that spirituality is not an escape from the world, but a powerful means of self-transformation and world-improvement. Since coming to the West, he has offered hundreds of lectures, public meditations and concerts at universities and recital halls around the world, always free of charge. He has written more than 1,300 books, which include poems, plays and essays, and has created thousands of paintings and devotional songs.

A gifted natural athlete and a firm believer in the mental and spiritual benefits of physical fitness, Sri Chinmoy encourages his students both to participate in sports and to organize athletic events for the public. The international Sri Chinmoy Marathon Team annually stages hundreds of road races and triathlons, and every two years organizes a global relay run for peace: the Sri Chinmoy Oneness-Home Peace Run.

Sri Chinmoy himself regularly exercises. His recent achievements as a weightlifter at the age of 68 have earned him considerable renown, including a world record-breaking standing calf-raise of 2000 lbs. and a simultaneous double-arm lift of 300 lbs. with each arm. He says that all his outer achievements are the result of prayer and meditation, and he encourages everyone to strive continuously to go beyond their own limits.

## If you want to know more...

The Sri Chinmoy Centre will be offering free introductory classes in meditation and spiritual philosophy in Manhattan, Brooklyn and Queens. Meditation techniques taught will include focus on the breath, concentration, visualization and mantras. You are warmly invited to attend one or more of the sessions shown below.

### **MANHATTAN**

49 BLEEKER (AT LAFAYETTE)

Sunday, Oct. 24,  
3-5 pm and 7-9 pm

Friday, Oct. 29, 7-9 pm

5 WASHINGTON PLACE

Room 608

Monday, Oct. 25, 6-7:30 pm

238 THOMPSON ST.

Thursday, Oct. 28, 9-11 pm  
(meditation to poetry and music)

### **QUEENS**

ANNAM BRAHMA RESTAURANT

84-43 164th St, Jamaica  
Saturday and Sunday,

Oct. 30 and 31, 3-6 pm

SPANISH/Monday, Oct. 25, 8-9 pm

### **BROOKLYN**

Sunday, Oct. 24, 2:30 - 4 pm

*Call for location*

**Call (718) 297-6456 or (212) 802-7764 for additional classes and information.**

## Upcoming events

### **“THE BODY’S FITNESS-GONG AND THE SOUL’S FULNESS-SONG”—**

At a special evening on Wednesday, November 17, Sri Chinmoy will demonstrate many remarkable and charming feats of strength based on his prayer-life and meditation-heart. Following this demonstration, he will offer a short Peace Concert. York College Performing Arts Center, Jamaica, Queens, 7:30 pm. Information: (718) 523-2082.

Sri Chinmoy will speak and read his poetry for the New Millennium on Saturdays, October 23 and 30 at 11 pm on the Hottest Poets Satellite Network, WEVD 1050 AM.

## Acknowledgements

Today's Peace Invocation for the New Millennium is sponsored as a service by the Sri Chinmoy Centres across America. All proceeds from sales at today's event will be used to defray the costs of the concert.

The Sri Chinmoy Centre gratefully acknowledges the kind assistance of the New York City Department of Parks and Recreation, the New York Police Department, ABE V. Systems, Inc., and The Manifestation-Glow Press.