

SRI CHINMOY: THE PEACE MEDITATION AT THE UNITED NATIONS

The following questions and answers are excerpted from My Meditation-Service at the United Nations for 25 years, by Sri Chinmoy (1995).

Question: When I meditate on my own, I take it as my own personal meditation. But I was wondering whether I should come here with the idea of meditating on the United Nations and for the United Nations?

Sri Chinmoy: Sometimes we meditate for ourselves and sometimes we meditate on others, or for others. But we have to know that even when we are meditating on others or for others, we are actually meditating for ourselves. That is because humanity is only our enlarged and expanded self. There is no difference between meditating for peace, light and bliss for ourselves and meditating for peace, light and bliss for the soul of the United Nations. For on the strength of our oneness we claim the body, heart and soul of the United Nations as our own. If we have this wider outlook and larger vision, then no matter for whom we pray and meditate, it is ultimately for our benefit since all human beings are part and parcel of one universal family.

—18 April 1978 (p. 110)

Question: At our United Nations meetings, should we meditate on specific themes related to United Nations conferences as well as on general qualities like peace and love?

Sri Chinmoy: There are two approaches. Some people feel that if they can organise a peaceful outer situation, then they can have a peaceful life. They feel they have to bring the world into order before peace and other divine qualities can descend. They start from the outside because they feel that this is what will fulfil them. The second approach is to start from inside and try to bring what is within to the fore. This is the way of the soul. According to this approach, first we try to achieve peace, light and bliss in the inner world; only then do we feel, through prayer and meditation, that we can offer it to others.

So these are two different approaches. There is no contradiction between them. Both are aiming at the same goal: peace, love, light and bliss. The approaches are different but the ultimate achievement will be the same.

—17 May 1974 (p. 111)

At the invitation of Secretary-General U Thant in the spring of 1970, Sri Chinmoy (1931-2007) began conducting twice-weekly non-denominational meditations for peace for United Nations staff members, delegates, NGO representatives and affiliates. The Peace Meditation at the United Nations also offered programmes, concerts and lectures to promote world harmony, and Sri Chinmoy answered many questions about the spiritual role of the United Nations. For information about ongoing activities of the Peace Meditation at the United Nations: (718) 291-0364.

