

A MOMENT'S PEACE

SRI CHINMOY MEDITATION AT THE UNITED NATIONS

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UNITED NATIONS:



the Heart-Home
of the World-Body

DAG HAMMARSKJOLD'S ROOM OF QUIET

The words of Dag Hammarskjold reprinted on the occasion of the 25th anniversary of the United Nations Meditation Room

This is a room devoted to peace and those who are giving their lives for peace. It is a room of quiet where only thoughts should speak.

We all have within us a centre of stillness surrounded by silence.

This house, dedicated to work and debate in the service of peace, should have one room dedicated to silence in the outward sense and stillness in the inner sense.

It has been the aim to create in this small room a place where the doors may be open to the infinite lands of thought and prayer.

People of many faiths will meet here, and for that reason none of the symbols to which we are accustomed in our meditation could be used.

However, there are simple things which speak to us all with the same language. We have sought for such things and we believe that we have found them in the shaft of light striking the shimmering surface of solid rock.

So, in the middle of the room we see a symbol of how, daily, the light of the skies gives life to the earth on which we stand, a symbol to many of us of how the light of the spirit gives life to matter.

But the stone in the middle of the room has more to tell us. We may see it as an altar, empty not because there is no God, not because it is an altar to an unknown god, but because it is dedicated to the God whom man worships under many names and in many forms.

The stone in the middle of the room reminds us also of the firm and permanent in a world of movement and change. The block of iron ore has the weight and solidity of the

everlasting. It is a reminder of that cornerstone of endurance and faith on which all human endeavour must be based.

The material of the stone leads our thoughts to the necessity for choice between destruction and construction, between war and peace. Of iron man has forged his swords, of iron he has also made his ploughshares. Of iron he has constructed tanks, but of iron he has likewise built homes for man. The block of iron ore is part of the wealth we have inherited on this earth of ours. How are we to use it?

The shaft of light strikes the stone in a room of utter simplicity. There are no other symbols, there is nothing to distract our attention or to break in on the stillness within ourselves. When our eyes travel from these symbols to the front wall, they meet a simple pattern opening up the room to the harmony, freedom and balance of space.

There is an ancient saying that the sense of a vessel is not in its shell but in the void. So it is with this room. It is for those who come here to fill the void with what they find in their centre of stillness.

This November marks the twenty-fifth anniversary of the Meditation Room at the United Nations.

Though in different locations and with other decor, the "Room of Quiet" has been a U.N. landmark since the days of Lake Success, and is rarely empty. Its present form was designed by Dag Hammarskjold, who was perhaps its most frequent distinguished visitor.

UTHANT ISLAND

U Thant was remembered on 7 October in a special ceremony at the U.N. held to dedicate the new memorial arch on U Thant Island and to present the first annual U Thant Award. Assistant Secretary-General Robert Muller represented the Secretary-General and Deputy Commissioner Van Zaut was on hand for the State of New York. Ambassadors Sahnoun of Algeria and Moushoutas of Cyprus recalled U Thant's high contribution to world affairs and expressed the appreciation of the diplomatic community for Ambassador Zenon Rossides, this year's recipient of the U Thant Award. The inscription on the Award read:

THE 1982
U THANT AWARD
IS PRESENTED TO
HIS EXCELLENCY
AMBASSADOR ZENON ROSSIDES
OF CYPRUS
FOR HIS:

- Long term efforts for world peace, most notably, his work on national security and disarmament issues;
- Personal example in upholding the highest ideals of the United Nations Charter; and
- Lifelong emphasis on the spiritual values that will ultimately lead to a genuine and fulfilling peace.

Father James Finlay, President of Fordham University, in referring to U Thant Island stated, "The Fordham University community reaffirms the soundness of choice that selected this form of memorial to this distinguished world citizen. We, too, in America now have a fragment of the golden land in our midst; as a perpetual and lovely reminder of a country that produced the distinguished individual who deserves the finest accolade our world can bestow—peacemaker among all nations and all men for all time."

Hon. Hugh L. Carey, Governor of New York, offered his congratulations to Ambassador Rossides and remembered U Thant as "a leader of great conviction and moral strength."

NEW VOICES AT THE U.N.

Since man's most progressive and humanitarian impulses often find their first expression in the arts, the Meditation Group is planning a series of programmes this fall to support and nurture artistic ideals among members of the diplomatic community. In this connection we are sponsoring special events in which delegates and family members will offer expressions of their national or individual talents in music, art and literature.

OUR 30 NOVEMBER PROGRAMME WILL BE AN EXHIBITION OF PAINTINGS, SCULPTURE AND PHOTOGRAPHY GIVING INDIVIDUAL DELEGATES OR DELEGATIONS AN OPPORTUNITY TO DISPLAY THEIR WORKS.

Members of delegations and their families who would like to participate are requested to contact Mr. LaGalia at 754-7047.

He who meditates, consciously
dedicates his life to God.
He who dedicates his life to man-
kind, soulfully meditates on the
real God.
His are the eyes that see Heaven on
earth. In him divinity and human-
ity are triumphantly blended.

THE INNER MESSAGE OF THE UNITED NATIONS



Excerpts from a talk delivered at the United Nations by Sri Chinmoy

The outer message of the United Nations is Peace. The inner message of the United Nations is Love. The inmost message of the United Nations is Oneness. Peace we feel. Love we become. Oneness we manifest.

The United Nations has a mind, a heart and a soul. Its mind tries to offer flowing Peace. Its heart tries to offer glowing Love. Its soul tries to offer fulfilling Oneness. In the near future, a day will dawn when the message of the United Nations will be absorbing to the child, elevating to the common man, thought-provoking to the highly educated and inspiring to the spiritual seeker.

The League of Nations was a dream-seed. The United Nations is a reality-plant. The aspiring and serving life of man's universal oneness will be the eternity-tree.

AN ENCORE

A future music programme is being planned in response to the warm reception given the concert of 12 September in the "New Voices at the United Nations" series. This new initiative will feature national and folk music from various countries.

On the programme of the 12 September concert Ms. Stela Brandao of Brazil, an accomplished singer, performed works by Mozart, Puccini and, most notably, a work by Brazilian composer Villa-Lobos. Ambassador Davidson Hepburn of the Bahamas deeply moved all who were present with a stirring performance of the popular song, "I Believe," as well as works by Mozart and Franck.

Members of delegations and their families who would like to participate are requested to contact Mr. Paradis at 754-7668.

A MOMENT'S PEACE

The monthly newsletter of

Sri Chinmoy Meditation at the United Nations
Room 1837, GPO 20, United Nations, New York 10163

A Moment's Peace aspires, through selected interviews, articles and summaries of speeches, to highlight many of the progressive viewpoints currently being discussed or considered at the United Nations. Part of each issue is devoted to the philosophy and practice of meditation, especially as it applies to the larger concerns that govern our lives at the United Nations.

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.

In operation since 1970, the Meditation Group has had since its inception the kind guidance of Sri Chinmoy, internationally renowned philosopher, meditation teacher, artist, musician and author of over 500 books on meditation and related subjects.

This information is presented as a service and does not necessarily represent the official views of the United Nations or its Agencies.

FROM THE G.A.

Excerpts from the closing statement of Dr. Jorge E. Illueca, Vice President of Panama, to the 37th Session of the General Assembly, 5 October 1982

With a sufficient measure of imagination and determination we can unite forces to complete the sacred promise that was made to the human race: to preserve the present and future generations from the scourge and self-destruction of war.

Now is the time to heed the non-aligned call of New Delhi to turn a new page in the history of humanity, characterised by the conscience of a common destiny and the solidarity of all its people.



The outer message
of the United Nations is peace.

The inner message
of the United Nations is love.

The inmost message
of the United Nations is oneness.

WOMEN MEET

A group of women from the diplomatic community have begun meditating together at a weekly meeting held 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. New members are cordially invited to attend the meetings of the group, which are held every Wednesday at 12 noon.

For further information, please call Ms. Carol Tooker at 754-4369.

CALENDAR OF EVENTS

Please call 754-5876 to confirm all scheduling.

Ongoing events

- Introductory meditation classes
- Silent meditations led by Sri Chinmoy, twice weekly

October programmes

- 22 October—Symposium commemorating U.N. Day
- 29 October—Programme for Universal Children's Day

November programmes

- 23 November—"Thanksgiving Through Many Cultures," a programme to discover unique expressions of a universal tradition
- 30 November—"New Voices at the United Nations"—an exhibition of paintings, sculpture and photographic works by members of delegations.