

MEDITATION
AT THE
UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

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MEDITATION AT THE UNITED NATIONS

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Since January, 1973, the United Nations Meditation Group 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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UNITED NATIONS MEDITATION GROUP



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.

Sri Chinmoy

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EDITOR'S NOTE

The United Nations Meditation Group consists of U.N. staff members, representatives, delegates and NGO's who believe that a spiritual approach to world peace is inherent in the basic U.N. ideals and can go hand in hand with political striving for U.N. goals. The Meditation Group was inaugurated on April 14, 1970. At that time it invited the well-known mystic and philosopher Sri Chinmoy to lead its meetings in the Peace Room of the Church Center for the United Nations. As its membership increased and the scope of its activities expanded, the Meditation Group began holding additional meetings Tuesdays at 12 noon in the Chapel of the Church Center as well and on Fridays at 12 noon in the Secretariat.

Staff members of the Secretariat, delegates and representatives from Missions, Specialized Agencies and non-governmental organisations accredited to the U.N. are most welcome to join in these meetings, as well as in our other activities.

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O UNITED NATIONS

"O United Nations" – Song in dedication to the United Nations

O United Nations, O U.N.
You are the world-body
Crying for the world-soul.
And you are the earth-life
Longing for oneness-goal.

In the heart of your glowing dream,
Big brothers and brothers small
Shall smile, sing and dance –
O Vision-Perfection in all.

— Sri Chinmoy

QUESTIONS AND ANSWERS

Sri Chinmoy answered the following questions at a Friday meeting of the U.N. Meditation Group in Room 550 on July 18, 1975.

Ms. Michele Hein: How can I be more soulful and devoted in my work at the United Nations?

Sri Chinmoy: You can be more soulful and more devoted in your work if you feel that you are working here not just to earn money, but to serve God inside the soul of the United Nations and inside the body of the United Nations. The moment you think of the United Nations, you have to feel that it is a world organisation that sincerely wants to bring about peace and harmony on earth. To work here and serve the soul of the United Nations is a great honour, a great privilege, no matter in which capacity you are working. If you think of the soul of the United Nations and of your own soul's commitment to the United Nations, your soul will work very hard in and through you. The United Nations has a very high, sublime goal. If you think of this, automatically you will become soulful and devoted because the goal itself will try to bring

from the depth of your being your devoted heart qualities.

Ms. Kathy Everhart: How can we have more feeling of oneness with our fellow workers?

Sri Chinmoy: If your fellow workers are not spiritual or spiritually inclined, then you have to exercise more compassion and sacrifice. If somebody needs more kindness and affection, then you should be ready to give to that person—not according to what he deserves, but according to your own heart's magnanimity. If somebody is nasty to you, or is not helping you in your work, you have to feel that this is another challenge to become extra nice, extra kind, extra sweet so you can bring forward the good qualities in that person. Some people are good, some are bad. Bad ones we try to conquer through patience, concern and love. If we treat them the way they treat us, we will enter into the animal world. So we have to work in a divine way.

Mr. Irving Konopiaty: How can I illumine my mind?

Sri Chinmoy: Just by allowing your soul's light to come to the mind through the heart. It is as if you have three rooms - mind, heart and soul—and the only way to reach the third room is to go through the second one. The soul has to come to the mind-room through the heart-room. First concentrate on the soul and feel its presence in the soul-room. Then try to bring the soul into the heart-room. Once the soul is well established in the heart-room, illumining the heart, the time has come to enter into the mind-room. So you bring the soul into the mind-room and the mind becomes illumined. The only way to illumine the mind is to bring the presence of the soul into the mind. First you bring the soul into the heart and let the heart be illumined. Then, when the heart is illumined, you let the soul come and serve the Supreme in the mind. There is no other way.

Ms. Kimberly Childs: *If we find that certain situations disturb us, should we avoid the situations or try to face them and cope with them?*

Sri Chinmoy: Avoiding a situation is not the right answer. We have to face the situation with our soul's light. Today you will avoid a circumstance and, just because you have avoided it, the

wrong forces of this circumstance will get more strength. Either they will think that you are avoiding them because you are weak, or they will think that you are avoiding them because it is beneath your dignity to deal with them. And in that case, they will come against you with more power.

If you try to escape you may escape *here*, but *there* you will be caught. So it is best to face a problem when it arises, and not try to escape. But you should not face the situation in a military way: somebody is challenging you, so you will strike him. No, that is silly. Try instead to bring the divinity of the circumstance forward. If some undivine quality is inside an individual, it is not by striking or hitting him that you will overcome it, but by becoming more friendly. With more confidence in your approach to God you have to bring forward the divine qualities in the human being or the incident that is causing the problem. Accept the situation with compassion and love, and eventually these unpleasant circumstances are bound to become pleasant, soulful and fruitful.

Ms. Dolores Novoa: How can I develop and maintain a feeling of worthiness and self-respect?

Sri Chinmoy: You have to feel that you need God and that you have God. You are not aware of the fact that the thing that you want and need in order to discover your worth is already there. God is already there, but you don't see Him. You are an instrument of God; His Capacity, His Vision, His Reality are there and He wants to manifest through you. But how can you be conscious of it? You can become conscious through your dedicated, soulful aspiration and service. If you pray and meditate you will become aware of God's presence in your life, and you will see that you are really worthy of God's Love. Because of your prayer and meditation, the Inner Pilot will make you conscious of His activities; and you will see that He is manifesting His divinity in and through you. When you are conscious of this, who else but you can be worthy? So if you become more soulful, devoted and sincere in your approach to the Inner Pilot, you can easily become conscious of your own divine qualities. For you will realise that everything that God has, you are going to have as your own.

You have to feel that divine confidence is most necessary. Divine confidence makes you feel that you are worthy of becoming God's instrument. And what is divine confidence? It is confidence in God and in yourself. Unless you have confidence in God and in yourself, you can never be worthy of

anything. Your self-confidence tells you that you will do everything for God; and your God-confidence tells you that He will do everything in and through you, that He is more than eager to manifest through you. When you have confidence in yourself and confidence in God, you will be able to see your inner progress; and inside that progress you will see that you are really worthy of God's Compassion, Joy and Pride.

Mr. Robert Mueller: How can I be more selfless?

Sri Chinmoy: You can be more selfless by watching the world situation, by watching people who are not selfless and by watching people who are selfless. People who are not selfless are greedy. Greedy people can never be happy. You want to become selfless because you want to be happy. People who are not selfless, who are greedy and miserly, are not happy at all. Again, people who are selfless and sacrificing are happy.

It is like night and day, and you are in between. When you are in night you want to grab and bind the world, and when you are in day you want to dedicate yourself to the world and serve the world. So you can either go to your friend darkness or to your friend day. When you are entering into

darkness you are only struggling and binding; but in day-consciousness you are loving, showing concern and becoming one. So you have to see what is happening to those in day and those in night, and then make the choice. Once you are in the room of light, it is all love, sacrifice and concern. Once you enter the room of darkness, it is all fighting and struggling. That door is also open to you. It is you who have to make the choice. Enter the room of selflessness and don't enter the other room.

Ms. Nicole LaFleur: If someone comes to me and speaks sharply in a negative way, is it undivine on my part to ask that person not to speak to me in that way or should I be more compassionate?

Sri Chinmoy: It depends. Suppose you feel that it is a very important matter and that the person is talking in a rude, undivine manner. At that time say to the person, "Please be calm and quiet and talk politely. I am ready to hear you." But if the person is only coming to harass and bother you, at that time you have every right to tell him to leave. If it is only casual talk and the person becomes unnecessarily rude and unkind, at that time tell him to leave you.

Ms. Anne Agostini How can we not bother about other people's opinions of us?

Sri Chinmoy? When you realise God, He will not ask you, "What did *he* think of you?" or "What did *she* think of you?" God will immediately ask you, "What did you think of yourself?" or "What did you think of Me?" God will not ask you what others thought of you. As soon as you stand in front of God, He is not going to give you a pass-mark according to others' opinions of you. He is not going to look to see whether others appreciated or admired you. No, He is the boss; He doesn't need others' recommendation. When you go to the Supreme, at that time He will not ask what the world thought of you; He will ask if you paid attention to your spiritual life of aspiration and dedication. And you will have to prove that you have done this and you have done that for Him.

Suppose someone speaks highly of you. Do you think that person is lifting you up to the top of the Himalayas? Similarly, by depreciating you, by speaking ill of you, that person can't bring you down. No! His opinion has no value. You are to God what you actually are: what you think of yourself and what you think of God in yourself. Your assessment is your own value. Again, our assessment may not always be right. Sometimes we

think we are pure, but we are impure; but no harm. When we make a wrong assessment, God is there to show us compassion and kindness. But God doesn't want us to waste a single minute worrying about what others think of us. Your life is God's Life. God's Life and your life are inseparable and God doesn't need the opinion of the world to assess what you are doing. If you are praying and meditating, you are an excellent seeker. Your action is your certificate; your action is everything in God's eye.

Ms. Helene Wall: How can we keep our awareness?

Sri Chinmoy: When we don't keep our awareness, what happens? We become friends with inconstancy and ignorance. And when we keep our awareness, when we remain alert, what happens? If we are alert we go much faster. Alertness is speed in life. If we have to cover twenty miles, if we are alert, nothing can distract us or prevent us from running the fastest toward the goal. If we have a goal, then we can discard unnecessary things. Suppose your goal is a Master's degree. If you go to movies and night clubs, how can you reach your goal? There is a goal and you

want to run the fastest to the goal. So naturally you are going to do the thing that will automatically make you run the fastest. And that is to keep your awareness. If always you think of the goal, then there will be inspiration, aspiration and an inner urge to reach the goal as soon as possible.

Ms. Jody Yeates: How can we conquer the dark forces in us?

Sri Chinmoy: You can conquer the dark forces provided you know who your boss, your supreme boss, is. You have to feel that the forces are like two little boys. One is divine and the other is undivine. The divine one is afraid of the undivine one because the undivine one wants to strike him and he feels he doesn't have enough strength to put up a brave fight. But if he sees that his father is standing beside him, he knows his father has more power than the other boy and will protect him. If you feel the presence of the Supreme inside you, the hostile forces can't attack you because there is someone to protect you. If they attack, immediately He will come and frighten them. Just as the little divine boy knows his eternal Father is inside him to protect him, save him and illumine him, you also have to feel that the Absolute Supreme is inside you

to do the needful for you. Provided you have confidence in Him, He will do everything for you and He will not allow the undivine forces to come and attack you.

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QUESTIONS AND ANSWERS

Sri Chinmoy answered the following questions at a meeting of the U.N. Meditation Group in 1970 when the Group was meeting in the Peace Room of the Chapel for the Church Center of the United Nations.

Question: Could you please explain why you give your followers spiritual names?

Sri Chinmoy: Everyone has all the divine qualities, but one quality is often pre-eminent. One divine quality is usually more manifest in a certain person than the other divine qualities, and the soul has a way of manifesting the highest Truth through that particular quality. One soul will manifest through light, another through beauty, a third through power, a fourth through compassion, a fifth through peace, a sixth through joy. Each Sanskrit name I offer has a spiritual significance, and each aspirant has the capacity to realise and manifest the Highest through a particular quality which his name reveals and embodies. If the soul

wants to realise and manifest the Highest on earth, then if the aspirant knows that particular quality, it becomes infinitely easier. When the disciples have spiritual names and they meditate on their names, at that time their divine qualities come to the fore most powerfully and make them feel what they are here for and why they have come into the world. That is why we give these names.

Question: Why should spiritual people accept life around them?

Sri Chinmoy: If you say that those who enter into the Himalayan caves and neglect society will find less difficulty in realising God, I may agree with you. But if they do not accept humanity, what do they ultimately gain? If I love God my Father and if I see that my brothers and sisters cannot yet approach Him, if I am a really fine person, what will I do? I will offer my light and my achievement to my brothers and sisters. I have received realisation from my Father, but if I do not give it to my brothers and sisters, then is it not shameful on my part?

You may say that other paths are easier than mine because there the seeker escapes from the world. But in the ordinary world only a culprit

wants to escape. If one has done something wrong, he tries to escape. Some spiritual Masters do want to escape even though they are not thieves. They are sick of the world and sick of the world's ingratitude. Constantly they try to help humanity, but humanity ignores them, misunderstands them, criticises them, abuses them. They become disgusted and feel that the thing to do is to escape from the world. Again, there are some who are real heroes. They say, "Let humanity insult us, speak ill of us; still we shall give humanity what we have to offer."

Our path is the path of acceptance. If we do not accept something, how are we going to transform it? If the potter does not touch clay, how is he going to shape and mould the pot? If his ultimate aim is to make a pot or pitcher, he has to touch the clay. This clay is the world. A spiritual Master enters into the inconscience and ignorance of the seekers and throws light into them. Then he moulds, shapes and gives strength to their inner being. Our path is undoubtedly the heroic path. Those who follow our path are playing the role of divine warriors. Divine warriors are those who fight against doubt, worry, fear, obstruction, limitation, imperfection, bondage and death. Our path is a path for the brave.

At the same time, the results one gets from

following our path come in infinite measure, because our path has accepted humanity. If you have a large plot of ground and if you have the capacity to cultivate it, then you are bound to get a bumper crop of realisation for humanity. But if your plot of land is very tiny, then what are you going to get? Our path is difficult because it has accepted the outer life. If you don't love God, everything is difficult. But nothing is really difficult when you have true love for God. If you really love God, our path does not seem difficult at all; it seems very safe, secure, easy.

Our path is the path of acceptance. We accept our brothers and sisters as they are; then we give them what we have and what we are. Only then is God pleased with us and will He be eternally pleased with us, because we have consciously made our life a life of self-dedication. This is the easiest path for the sincere, the most fulfilling path for those who are totally dedicated and the best path for the brave souls who want to walk, march and run along the road of Eternity.

* * *

AS YOU SEE YOURSELF

After the meditation in Room 550 on Friday, July 18, 1975, Sri Chinmoy gave the following brief talk.

Every day, early in the morning, stand in front of the mirror. If you dare to stand in front of the mirror, then you can easily stand in front of the whole world. Now, when you stand in front of the mirror, if you see an undivine face looking back at you, then rest assured that the whole world is undivine. But if you are getting joy from your face, if it is pure and divine, then rest assured that the world is also pure and divine. According to the way you see yourself, the rest of the world will present itself to you. If you see aspiration in your face, I assure you this aspiration you are bound to notice in the whole world. If you see aggressive forces, a devouring tiger inside you, then when you leave the house a big tiger will come and devour you. We are exact prototypes of the world. We are like a microcosm and the world is the macrocosm. A saint always sees everyone in the world—even the worst possible thief—as a saint. Similarly, a thief will see even the most divine saint as a thief. We judge

others according to our own standard, according to our own realisation. A thief will think a saint is a thief, and a saint will think a thief is a saint. Those who have not realised God will always suspect and doubt those who have. Everyone has to judge others according to his own standard of realisation.

* * *

THOUGHT FOR THE DAY

*Meditations for Tuesday Meetings
in the Chapel of the Church Center
for the United Nations*

At each Tuesday meeting, Sri Chinmoy conducts an hour of silent meditation. Following are the "Thoughts for the Day" by Sri Chinmoy for the respective weeks in August.

Tuesday, August 5

Today's mistakes are only for today.

Tomorrow we shall admit them.

The day after tomorrow we shall not repeat them.

Tuesday, August 12

The fullness of life lies in dreaming and manifesting the impossible dreams.

Tuesday, August 19

Books are food for the mind.
Love of concern is food for the heart.
Bliss of oneness is food for the soul,

Tuesday, August 26

To fulfil the demands of the space age man needs
God's Power.
To perfect the face of the space age man needs
God's Concern.

* * *

We warmly invite everyone at the United Nations and those officially associated with it to join us in our regular weekly meetings and other activities.

SCHEDULE FOR SEPTEMBER 1975

Regular Weekly Schedule of Meetings

Tuesdays, 12:00-1:00 p.m.

Silent meditation in the Chapel of the Church Center for the United Nations, corner 44th Street and 1st Avenue (side entrance).

Fridays, 12:00-1:00 p.m.

Meditation, talks, questions and answers on the spiritual life, in Room 550 of the Secretariat.

Other Activities

*Friday, 12:00-1:00 p.m.
September 12*

Commemorative Ceremony for the Opening of the 30th Session of the United Nations General Assembly, in Conference Room 3 of the Secretariat. In cooperation with the International Co-operation for Peace Committee, the U.N. Meditation Group will sponsor a meeting of spiritual rededication to the highest goals of the United Nations.

*Thursday, 12:15 and 1:00 p.m.
September 18*

Screening of a film on U Thant, 20th Floor Conference Room, Lexington Building.

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TELEVISION

SEPTEMBER SCHEDULE OF MORNING AND EVENING PRAYERS BY SRI CHINMOY ON CHANNEL 5 (WNEW — TV)

September 4	Thursday	6:12 a.m.
September 5	Friday	2-4 a.m.*
September 12	Friday	6:12 a.m.
September 13	Saturday	2-4 a.m.*
September 19	Friday	6:12 a.m.
September 20	Saturday	2-4 a.m.*
September 28	Sunday	6:12 a.m.
September 29	Monday	2-4 a.m.*

*Denotes that prayer follows last movie ending
either at 2:00 a.m. or 4:00 a.m.