

MEDITATION
AT THE
UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

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INSIDE FRONT COVER

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MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

(1)

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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(2)

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

(3)

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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EMOTION:
IS IT OUR ENEMY OR OUR FRIEND?

On Thursday, 2 October, Sri Chinmoy delivered the following lecture of the Dag Hammarskjold series at the United Nations:

Emotion is both our foe and our friend. There are many planes of consciousness, but usually we deal with two planes of consciousness: the physical and the spiritual. On the physical plane, emotion at the very outset is sweet, sweeter, sweetest. Then there comes a time when this emotion is followed by frustration and frustration is followed by destruction. Why does it happen so? It happens so precisely because the emotion that is in play in the physical proper is still unlit, unilluminated and impure. On the physical plane emotion is nothing short of self-exposition, either consciously or unconsciously, either under compulsion or at one's own sweet will.

There is also a kind of emotion in the spiritual plane, in our heart or psychic existence. Here the emotion is constantly self-illuminating and God-fulfilling. In the spiritual world, in the inner world, emotion is truth-expansion, divinity-expansion and perfection-manifestation. Naturally we can also

add 'God-satisfaction', for God-satisfaction can loom large only in truth-expansion and divinity-expansion and perfection-manifestation.

On the human plane there are quite a few undivine forces that attack us and eventually compel us to surrender or resort to anger, anxiety, worries, attachment, self-pity and self-immolation.

Anger: what is it, after all? Anger is a force that does not permit us to be consciously aware of our oneness-reality with others, who are our extended, expanded reality. When anger assails us we not only forget our existence-reality, our oneness-reality with others, but we try to destroy or we actually do destroy our oneness-reality.

Now, how do we conquer anger? A spiritual Master will tell us to make our mind calm and quiet and to pray and meditate on God. Then we will be able to free ourselves from the wild anger in us.

The advice of the spiritual Master is absolutely correct. But if we want to conquer anger on the spot, then the easiest and the most effective way is to repeat God's Name as fast as possible each time we breathe in. The first time we breathe in we can repeat ten times, "God, God, God." And the second time we breathe in, if inside each time we say "God" we can mentally visualise or count God's name twenty times more, then the power of anger almost totally vanishes.

Lack of poise, lack of mental equanimity, is anger. How do we attain poise? How do we achieve mental equanimity? We achieve mental equanimity when we live not in the mind but somewhere else. And where is that place? It is in the heart.

The mind that doubts, the mind that is subject to anxiety, worries, suspicion and attachment cannot give us poise, cannot give us clarity and vision. It is the heart, the aspiring heart that has already established its constant and conscious oneness with the soul, that can give us poise. And this poise that we get from the heart can easily be brought into the suspicious, doubtful, arrogant, unlit, unillumined mind. And once the poise of the heart, which is founded upon the soul's light, is brought into the human mind, which is immersed in the gross physical, the mind is bound to be illumined slowly, steadily and unerringly.

What is poise? Poise is a kind of divine emotion in us. But it is anything but excitement. This poise we get when we identify ourselves with the Infinite, the Eternal, the Immortal.

Fear is another kind of emotion which plays its role only in separating us from our vast oneness-reality. Doubt also practically does the same. When fear plays its role, we either unconsciously or consciously separate our existence from the Vastness itself. When doubt plays its role, we unconsciously

shorten our own reality-existence. We minimise our consciousness, our own experience and realisation of reality.

Attachment is a form of emotion. As attachment is a form of emotion, so also is detachment a form of emotion. When there is attachment, we immediately notice that there is a constant tug-of-war between two armies.

Attachment binds us for our own gratification. Attachment makes us feel that no individual is complete. It makes us feel that only in the unification of two individuals—no matter whether it is on the physical plane, vital plane or mental plane—will the two individuals derive satisfaction. But this feeling is incorrect. The human in us is right now half-animal. The animal consciousness in us quite often plays its role most powerfully. So when two people use attachment as a magnet or pull each other, quite often destruction plays its role.

Detachment is also a form of emotion. On the outer plane we may feel there is no emotion involved. Unfortunately this conception of ours is built on air. No, detachment is also a form of emotion. Detachment is not indifference; detachment is our true existence, the existence that lives in reality proper—either in Heaven-reality or in earth-reality. Detachment is emotion, only it is not affected by the happenings, incidents and experien-

ces of the reality that it is seeing; it is always an inch higher in consciousness. Although it may remain on the earth plane, in earth's multifarious activities, it keeps its consciousness higher than the reality where the experiences or incidents are taking place.

Although a seeker is detached, that doesn't mean he is indifferent. He sees and experiences the reality that is apt to threaten him and frighten him, the reality that quite often belittles his capacity, his potentiality and even his own existence and immortality. But the seeker does not let this affect him. He feels there is only one reality in him and that reality is God-Reality. This God-Reality he can feel, he can experience no matter where he is, provided he knows the supreme art of focusing all his attention on one object or subject: God.

Sincerity and insincerity: these are also emotions. With sincerity we fly, fly in the vast, uncharted sky. With insincerity we enter into a tiny cave in order to escape. With sincerity we try to spread our wings and give to the world what we have and what we are. With insincerity we hide our reality-world which we claim to be only ours.

Purity and impurity. Purity is our self-expansion and impurity is our self-immolation. With each purity-breath we breathe in, we increase our God-Reality. And with each impurity-breath we breathe

in, we surrender our very existence to the jaws of death.

Sincerity and purity are the two divine attributes that all the seekers can apply to their day-to-day activities. Emotion has to be disciplined sincerely in the mind proper. When the mind becomes sincere, then the mind opens itself consciously, devotedly and soulfully to the Vastness. At that time, the multiple encouraging, inspiring experiences of the world descend from above through the mind and prepare for the universal opening to the transcendental heights.

Purity is of the heart and in the heart, but for the soul. The soul is the conscious representative of God within us. The heart of purity is the heart that consciously discovers God. The heart of purity is conscious God-revelation and God-manifestation.

Ultimately all our emotions give way to tears, either to earthly tears or to heavenly tears. Earthly tears are the outcome of depression, frustration and lack of fulfilment. Heavenly tears are the tears of gratitude offered to the Source, to the Supreme Beloved, the Inner Pilot, the Eternal Friend.

We start our journey with earthly tears because this is what we get when we walk along the road of desire. But there comes a time when we discover that the road we are walking upon will never lead us to our destination. Then we change our road.

We start walking along another road, the road of realisation. When we walk along this road, each day, each hour, each minute, each second we feel we are approaching our cherished destination. Here the tears that we experience are divine tears composed of our unalloyed love for God and flowing from our heart-flower of gratitude.

With earthly tears we start our journey. But this journey does not satisfy us; it cannot lead us to our destination. So we resort to heavenly tears, which come from our heart's gratitude and true love of God. When we become heavenly tears, we not only start our journey properly but also we hasten our true Truth-realisation and God-revelation, which is Beauty-revelation, God-manifestation and Bliss-manifestation for earth.

Emotion that says, "I came, I saw, I conquered," is a destructive emotion, an animal emotion in us. Emotion that says, "I came, I loved, I became," is divine emotion, illumined emotion, fulfilled emotion—perfect, all-illuminating, all-fulfilling emotion.

"I am for myself" is either the animal emotion in me or the human emotion in me. "I am for my Reality-Source, for my Reality-God" is a divine emotion. I see the Truth just because the Truth wants to see in and through me. I become the Truth just because the Truth reveals itself in and

through me. Then I am inundated with divine emotion, which is conscious and constant love of God and awareness of God: Truth-expansion, God-manifestation and man-and-God-satisfaction.

TRIBUTE TO SRI CHINMOY'S
ARTISTIC ACHIEVEMENT:
100,000 PAINTINGS
IN TEN AND A HALF MONTHS

Following the meditation in the Chapel of the Church Center for the United Nations on Tuesday, October 7, Mr. Donald Keys, on behalf of the United Nations Meditation Group presented Sri Chinmoy with a medal commemorating the 30th anniversary of the General Assembly, in honour of his completion of 100,000 paintings between November 19, 1974 and October 3, 1975:

Mr. Donald Keys: I have been given the beautiful task of coming before you, the Director of the United Nations Meditation Group and our beloved teacher, on behalf of the group to take note in this humble way of your completion of one hundred thousand paintings in a period of time not to be measured in years, but in months. They possess a quality not to be measured by any standards which we might have known before, but by the inspiration they share with and the entry they give us to the worlds that you know and from where you come. Prodigious as the number may be, the unending flow of creativity is for us a magnificent

blessing, showing that the flow of creativity need not be hesitant, need not be interrupted, need not be disjointed, but can be a continuous, unending flow if we love Him who is our Father, as you do. You demonstrate for us this reality of all realities, not only in your paintings, but in everything which you do. Your presence with us here in this setting, in this United Nations community, is for us an unending inspiration. Therefore, it seems appropriate to us that this occasion should be marked with the United Nations medal for the 30th anniversary of the world organisation, through which the blessings, inspiration, joy and compassion of the Father of us all has been rendered magnificently accessible through your presence here. Our humble gift speaks our gratitude and our unending love.

Sri Chinmoy: My dearest Brahmananda, not only my aspiring heart but also my illumining soul is offering you gratitude that will always glow and always grow inside the very depths of my heart. You are a chosen, a supremely chosen instrument of our Beloved Supreme. You and I are sailing the same boat towards the Golden Shore of the ever-transcending Beyond. Here beside us, the brothers and sisters of our world family are proceeding in the Golden Boat of our Beloved Supreme to the destined Goal, the Goal of the ever-transcending Beyond.

Your soulful message is at once most illuminating and most fulfilling. It is a message of unfathomable insight and immeasurable light. This message, which flows from your divinity and reality, I accept with my humility-oneness with your soul and also with the souls of your brothers and sisters whom you represent. The one hundred thousand paintings are one hundred thousand children of our Beloved Supreme. They are not just paintings; they are inspiration-light and aspiration-delight. Inspiration-light and aspiration-delight will make us, at God's choice Hour, God's most perfect instruments on earth so that a new humanity can evolve here. God's dream of perfect Perfection is bound to manifest itself if our aspiring, dedicated hearts can become inseparably identified with the souls of God's divine children, these one hundred thousand children He has given us out of His infinite Bounty. Then the message of perfection need not and cannot remain a far cry.

My personal message to you, Brahmananda, is that your Planetary Citizens is a vision, a vision of all-beauty. This vision is taking its inimitable form in and through you. Your vision, in the course of time, in the march of time, will inundate the earth-consciousness, this earth-planet, with divinity's harmony and peace and Immortality's Light and Delight.

With your kind permission, I wish to read out
my own soulful message to you, to your heart of di-
vinity's cry and your soul of divinity's smile:

Planetary Citizens!

I and my hungry world desire
Your heart of climbing cry,
Your life of service-sky
Your blue-gold soul of sacrifice-fire.

Planetary Citizens!

Your earth-uniting Promise-Light
Your one world Vision-Day
Shall stop man's bondage-play
No more sombre destruction-night.

Planetary Citizens!

Earth's tears and Heaven's smiles I see
And see man's perfection-face
In your one world embrace;
O God and Man's Ecstasy-Tree!

This is to you, to your dream. And at God's
choice Hour your dream will manifest itself as the
supreme Reality.

THE HUMAN ART
AND
THE DIVINE ART

On July 23, 1975, Sri Chinmoy gave a lecture in the Dag Hammarskjold Series at the United Nations entitled "Human Art, Divine Art, Supreme Art." The following poems were the basis of his talk:*

1.

See it and then do it,
This is the human art.

Feel it and then do it,
This is the Divine art.

Live with the Wisdom-Light
And Capacity-Light in the Inner World
But live for the outer world's
Necessity-life,
With Concern-light and Dedication-light.
This is the Supreme Art.

* "Human Art, Divine Art, Supreme Art" was printed in the July 1975 issue of *Meditation at the United Nations*.

2.

Calculation of beauty
Is the human art.

Liberation of beauty
Is the divine art.

Perfection of beauty
Is the Supreme Art.

3.

The human art says:
Nothing succeeds like success.

The divine art says:
Nothing proceeds like progress.

The Supreme Art says:
Nothing satisfies like service.

4.

Art for art's sake.
This is the slogan
Of the human artist.

Art for beauty's sake.
This is the slogan
Of the divine artist.

Art for God's sake.
This is the slogan
Of the Supreme Artist.

5.

The zenith of human art is
The Inspiration Moon.

The zenith of divine art is
The Aspiration sun.

The zenith of the Supreme Art is
Humanity's perfection-life
And
Divinity's satisfaction-life.

6.

The human art looks around
While running towards the Goal.

The divine art looks ahead
And runs towards the Goal.

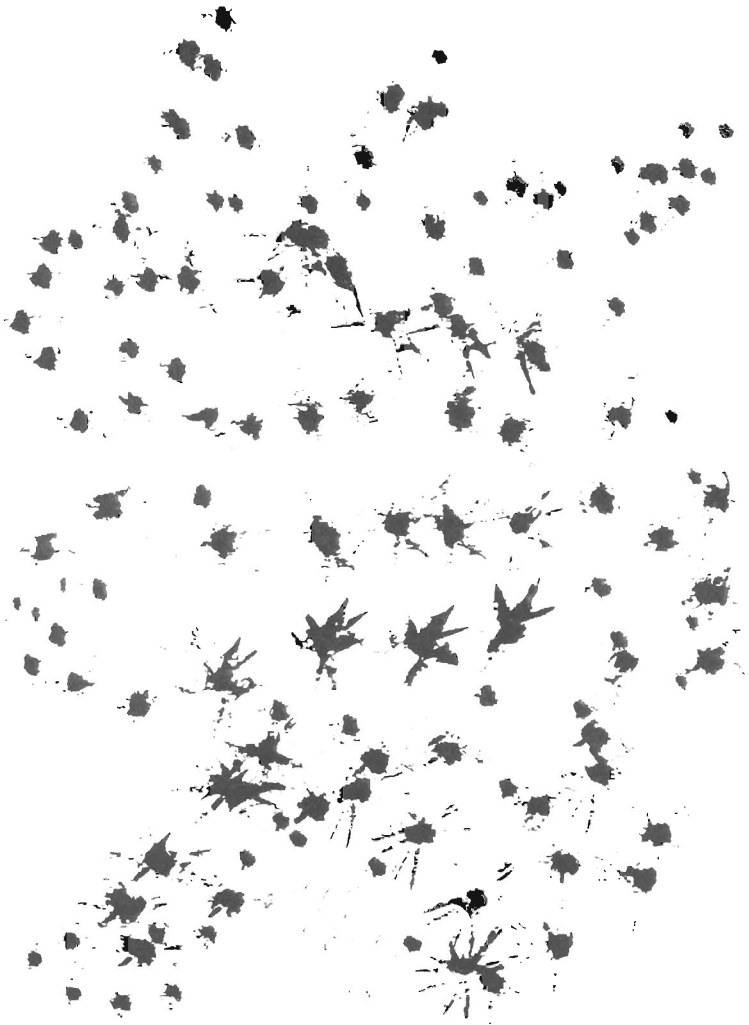
The Supreme Art looks within
To cry for God.
Looks without for God's Smile
And then
With His heart's Light
Runs towards the Goal.

7.

The human art is the body
Of the Reality that we have.

The divine art is the soul
Of the Reality that we have.

The Supreme Art is the role
Of God-Divinity which we eternally are.



(22)



C.K.G

(23)

8.

A leaf's beauty
Inspires us.

A flower's purity
Purifies us.

A fruit's capacity
Fulfils us.

9.

The human art loves
Earth-possessions.

The divine art loves
Heaven-Compassion.

The Supreme Art loves
God-Satisfaction.

10.

The human art is the leaf-experience
Of the life tree.

The divine art is the flower-realisation
Of the life tree.

The Supreme Art is the fruit-perfection
Of the life tree.

11.

The human artist is great.

The divine artist is good.

The Supreme Artist is He

Who surpasses both goodness and greatness.

He has become

What the Inner Pilot wants Him to become.



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TUESDAY MEDITATIONS

*The Chapel
Church Center for the
United Nations*

At each Tuesday meeting, Sri Chinmoy conducted an hour of silent meditation. Following are the "Meditations for the Day" by Sri Chinmoy for the respective Tuesdays in October.

October 7

Doubt binds us.
Faith finds us.
Grace liberates us.

October 14

Outer fire we need to cook.
Inner fire we need to liberate.
God's Fire we need to love.

October 21

A divinely confident life is the extinction of outer crying.

A divinely surrendered life is the extinction of inner suffering.

October 28

When I breathe in, I feel immortality's love.

When I breathe out, I feel unity's multiplicity.

BENEFIT BAZAAR FOR UNICEF

On Thursday, October 16, the United Nations Meditation Group held a bazaar in the staff lounge of the Secretariat for the benefit of UNICEF. Items on sale included potted plants, books, records, trinkets, homemade cookies, cakes and preserves. Everything was completely sold out by 3:00 p.m. and the profits—\$500—were later presented to UNICEF Executive Director Mr. Labouisse by Sri Chinmoy at a function later in the month.



U.N. staff members enjoying side-show entertainment at bazaar sponsored by U.N. Meditation Group (photo by Ben Lieberman)

Following is a letter received from UNICEF. (See also letter reproduced on page 41)

TELEPHONE PLAZA 4-1234



CABLE ADDRESS UNICEF

UNICEF

UNITED NATIONS CHILDREN'S FUND · FONDS DES NATIONS UNIES POUR L'ENFANCE
UNITED NATIONS, NEW YORK

20 November 1975

17/66 DPR/UN

Dear Mr. Chinmoy,

.....

It is with great pleasure that I enclose herewith UNICEF's official receipt for the contribution of \$500,00 which was so generously donated by the United Nations Meditation Group. It is indeed gratifying to know that our U.N. colleagues have throughout the years continued to support the work of UNICEF by sponsoring such events as the Bazaar held in the Secretariat Lobby on 16 October.

On behalf of the Administration of UNICEF, I would appreciate your conveying to the Meditation Group our deep gratitude not only for the contribution but also for the time and effort put into making the Bazaar such a success.

Sincerely yours,

Sven P. Blackberg
Comptroller

Date: 19 November 1975



Receipt No. D 14560

THE UNITED NATIONS CHILDREN'S FUND
UNITED NATIONS, NEW YORK

gratefully acknowledges your contribution of

*****FIVE HUNDRED AND no/100***** Dollars (\$ 500.00*****)

for use in its work in improving the welfare of children throughout the world

To:

The United Nations Meditation Group
c/o Sri Chinmoy

James F. O'Brien

(30)

UNITED NATIONS DAY CELEBRATION



Irving Konopiaty of the U.S. Committee for UNICEF thrilled youngsters with his fire-eating performance at the UNIS United Nations Day Celebration, in which the U.N. Meditation Group was invited to participate.

25TH ANNIVERSARY OF
UNICEF'S
"TRICK-OR-TREAT"

On Thursday, October 30, children of the United Nations community and their parents were entertained by TV star Sonny Fox, Ashrita the Magician, Mrs. Linda Serlin of UNICEF and others at a Halloween party for UNICEF in the Dag Hammarskjold Auditorium. The event was co-sponsored by the United Nations Meditation Group and UNICEF.

Sri Chinmoy opened the programme with a short song and then spoke to the children:

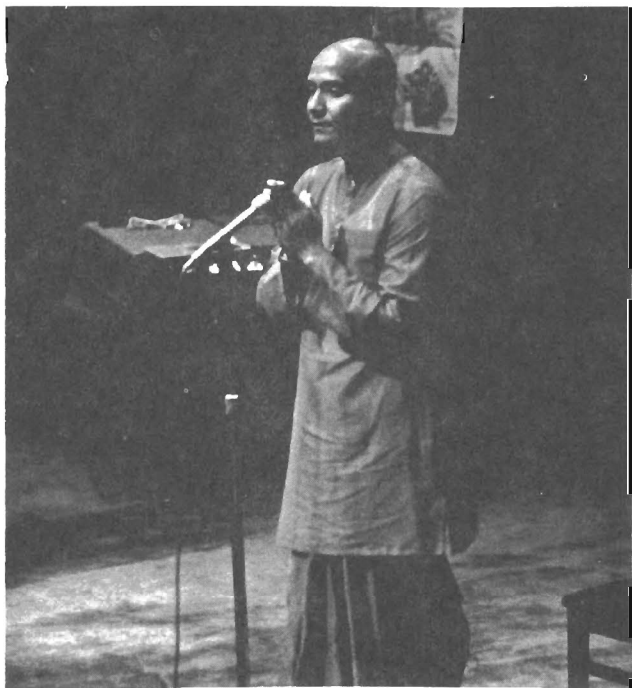
Sweet children, dear young friends, my heart is all joy and pride to be in your loving company. I wish to tell you that I have hundreds of friends. Most of them are grown-up people. But I treasure the company of the children much more than I treasure the company of my grown-up friends. Why? Because you are all heart; you are all joy.

My young friends, do you know that there is a person who loves you infinitely more than your best friend loves you? Do you want to know his name? His name is God.

Do you know there is a person who loves you infinitely more than your dear parents love you? Do you want to know his name? His name is God.

Do you know there is a person who loves you infinitely more than you love yourselves? Do you want to know his name? His name is God.

Do you want me to prove it? It is very easy to prove. Your best friend never feels that you are as



Sri Chinmoy meditates before addressing the children (photo by Ben Lieberman)

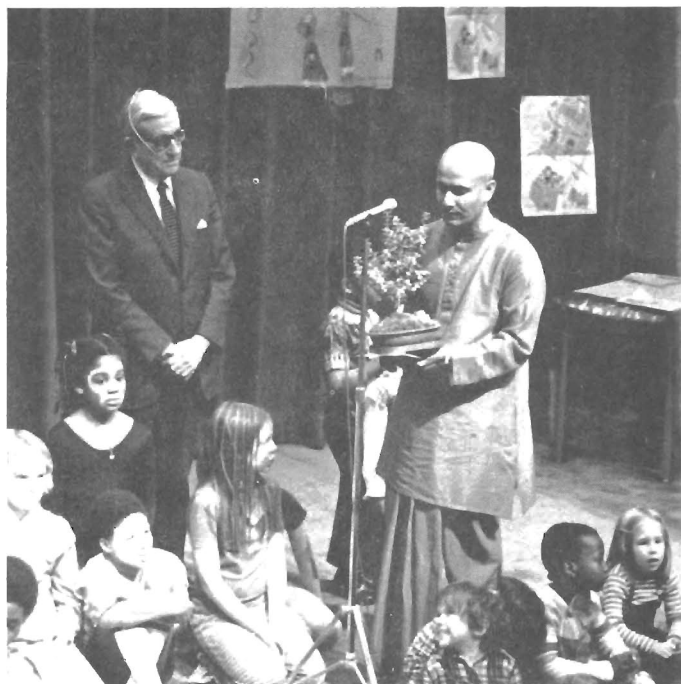
great as God. But God always feels that you are as great as He is.

Your parents never feel that you are as good as God. But God always feels that you are as good as He is.

You never knew that you are another God. But God knows that you are another God and He all the time tells you that very thing. But in order to hear His Voice, you have to pray lovingly every morning and every evening. Please ask your parents to teach you how to pray. If you pray daily, I assure you one day you will hear God's Voice. And then what I have just told you, you yourselves will be able to hear directly from God.

Sri Chinmoy then presented Mr. Henry Labouisse, Executive Director of UNICEF, with a gift and the proceeds from a bazaar held earlier in the month for UNICEF by the United Nations Meditation Group.

Sri Chinmoy: Dear Mr. Labouisse, most respected spiritual brother, with my heart's utmost humility and devotedness, on behalf of our meditation group I wish to present you this small gift as a token of our deepest appreciation and admiration



Sri Chinmoy (right) offers presentation to Mr. Henry Labouisse, Executive Director of UNICEF (left) (photo by Ben Lieberman)

for your most significant contribution—not only to your country—but to the world at large. As a most distinguished political figure, as a lover of your great country and as a lover of mankind, you have done something that is most illumining. And I am sure that by the infinite Grace of the author of all Good you will be doing infinitely more than what you have been doing for us, your brothers and sisters.

Here we are in the company of the sweet children. Children are tomorrow's pathfinders, the harbingers and fate-makers of tomorrow's world. I am extremely grateful to you, for you are elevating and illumining the consciousness of children's lives. Your service to the children, your service to your country and to humanity are ever imprinted on the tablet of the God-loving, and God-serving and aspiring humanity.

The following is Mr. Labouisse's address to the children:

I want to say a very, very few words because you have a lot of fun coming. Some of you young children won't believe me when I say that when I was much, much younger than the youngest one here, I used to go around and collect for Halloween. We have been doing that for many, many, many years. We made noise, we made mischief, we did lots of things we should not have done.

About twenty-five years ago a young group of children in Philadelphia decided they wanted to get dressed up as witches and hobgoblins—like all the costumes that you have on. They went out and decided they would collect something, not selfishly for themselves, but so they could give it to somebody, and they gave it to UNICEF. What they collected was \$17, and that was twenty-five years ago.

Last year, instead of \$17, children like you in this country and in Canada in one day collected \$4 million dollars for UNICEF. Now that's an enormous number of pennies and nickels and dimes and quarters, and that's a huge, huge amount. It could probably fill this room. Four million dollars is about four percent of what UNICEF is spending this year. In other words, you children collected in one day last year four cents of every dollar that UNICEF is spending for children of the world.

Now, what will one dollar do? One dollar will buy enough vitamin A to protect forty children in one year from blindness caused by malnutrition. One dollar will buy enough vaccine to inoculate ten children against polio or sixty children against tuberculosis. One dollar will buy three boxes of chalk so that teachers can go and write their lessons on the blackboard. One dollar will buy fifty pencils and erasers. And when you raise up five dollars, this five dollars will buy enough baby fish to put in a pond to produce protein food for many, many children in villages in many countries of this world. So it is a wonderfully important thing that you children are doing. Remember when you go out that you are doing this for children who come from many lands of the world. You come from many lands of the world, so it for your cousins, your friends. So it is a great thing that you are doing

and I want to thank each and every one of you for what you are doing.

And I also would like, Sri Chinmoy, to express our very deep gratitude to you and your meditation group—and not only for this very wonderful gift that you have collected for us. You can imagine how many children will benefit in the world from this gift.

“Trick-or-Treat” started spontaneously twenty-five years ago. And this is also spontaneous. This is a spontaneous thing that has been started by this meditation group; it commemorates twenty-five years of “Trick-or-Treat” and it’s also a tribute to all of the world’s children.

And I want to just say how happy I am to be able to be here to participate in this and to thank you. I am grateful to you and all of your colleagues. And now I think it’s time to get along with your programme.

Following are the two sing-along songs which the children joined in singing with Mrs. Linda Serlin, who played the guitar accompaniment.

IT'S A SMALL WORLD

It's a world of laughter, a world of tears
It's a world of hopes and a world of fears
There's so much that we share
That it's time we're aware
It's a Small World after all.

There's just one moon and one golden sun
And a smile means friendship to everyone
Though the mountains divide
And the oceans are wide
It's a Small World after all. (*repeat*)

I'D LIKE TO TEACH THE WORLD TO SING

I'd like to teach the world to sing in perfect
 harmony
I'd like to hold it in my arms and keep it company

I'd like to build the world a home and furnish it
 with love
Grow apple trees and honey bees and snow-white
 turtle doves

I'd like to see the world for once, all standing hand
in hand
And hear them echo through the hills
For peace throughout the land

CHORUS

That's the song I hear
Let the world sing today
A song of peace that echoes on
And never goes away.



Mrs. Linda Serlin of UNICEF singing with children
at Trick-or-Treat function (photo by Ben Lieber-
man)

**UNICEF****UNITED NATIONS CHILDREN'S FUND · FONDS DES NATIONS UNIES POUR L'ENFANCE**
UNITED NATIONS, NEW YORK

November 10, 1975

Dear Sri Chinmoy,

This is just a note to tell you again how deeply grateful we in UNICEF are to you and the United Nations Meditation Group.

The Benefit Programme in the Dag Hammarskjold Auditorium on October 30 was a real inspiration to us all, and I am sure that it meant a great deal to the children who participated. It was indeed very thoughtful on the part of those who sponsored the gathering, including Ms. Agatha Pratt, Mr. Kevin Keefe and Ms. Merri Weisbrot, to commemorate 25 years of "Trick or Treat" in this manner.

I also wish to express our heartfelt thanks to you and to the many others in the Meditation Group for the contribution of \$500, derived from the proceeds of the Bazaar the Meditation Group sponsored on 16 October. An appropriate receipt will be sent to you in due course.

I hope that you will convey our appreciation and thanks to all the members of your Group.

Sincerely yours,


Henry R. Labouisse
Executive Director

Sri Chinmoy
United Nations Meditation Group
Room 3401
United Nations
New York, NY 10017

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 NOVEMBER, 1975

Regular Weekly Schedule

*Tuesdays, 12-1 p.m.
November 4, 11, 18, 25*

Every Tuesday at noon, Sri Chinmoy conducts an hour of silent meditation in the Chapel of the Church Center for the United Nations, corner of 44th Street and 1st Avenue (side entrance).

*Fridays, 12-1 p.m.
November 7, 14, 21, 28*

Every Friday at noon in Room 550 of the Secretariat, Sri Chinmoy conducts a meditation and, if time permits, invites questions on the spiritual life from those present.

Other Activities

Friday, November 7, 1:30-2:30 p.m.

Dag Hammarskjold Lecture Series:

Sri Chinmoy will speak on

“Prayer-Life, Meditation-Life,

Contemplation-Life”

The Chapel, Church Center for the United Nations

Wednesday, November 12, 12 noon-1 p.m.

Series on fundamental concepts of meditation:

Ms. Sarama Minoli will speak on

“Meditation: The Path to Fulfilment”

Dag Hammarskjold Auditorium

Wednesday, November 19, 1-2 p.m.

Meditation and Talk by Sri Chinmoy

UNDP Headquarters, Alcoa Building, New York

West Conference Room

Tuesday, November 25, 1-2 p.m.
International Day of Thanksgiving Programme:
Thanksgiving Unites ...*
Dag Hammarskjold Auditorium
(See poster and programme reproduced on pages
45 and 46)

Tuesday, November 25, 6:30-8 p.m.
International Vegetarian Thanksgiving Dinner*
X-press Bar, Secretariat
(See poster and menu reproduced on pages
45 and 47]

Wednesday, November 26, 12 noon-1 p.m.
Series on fundamental concepts of meditation:
Mr. David Burke will speak on
"Meditation: The Inner Silence"
Dag Hammarskjold Auditorium

Friday, November 28, 12 noon-1 p.m.
Series on Great Men and Women
Sri Chinmoy will speak on William Blake
Room 550, Secretariat

* The United Nations Meditation Group co-sponsored this function with the International Cooperation for Peace Committee.

The International Co-operation for Peace Committee cordially invites you to celebrate

International Day of Thanksgiving

TUESDAY 25 NOVEMBER



Afternoon: Thanksgiving unites ...

Come and join us in a celebration of Thanksgiving for all peoples
and all nations of the world.

Opening Prayer: Sri Chinmoy

Music, Speakers, Chinese Shadow Theatre, a Choral Reading

1 p.m. Dag Hammarskjöld Auditorium

Admission free

Light refreshments

Evening: International Vegetarian Thanksgiving Buffet

A Harvest of delicious dishes from around the world

6:30 P.M. X-press Bar (3rd Floor—United Nations)

Tickets \$3.50 on sale outside the 4th Floor cafeteria
or call: Mr. Sims, Ext. 3589

Co-sponsored by the United Nations Meditation Group

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The power of gratitude is realizing that life itself is a gift

The International Cooperation for Peace Committee
presents
AN INTERNATIONAL DAY OF THANKSGIVING

November 23, 1975
Dag Hammarskjöld Auditorium
1:00 p.m.

Introduction

Opening Prayer
Sri Chumov, Director, United Nations Meditation Group

Poem by Rabindranath Tagore
(Flute Improvisation - Mary Ellen Shepley)
Swedish Hymn
Cantica delle Creature by S. Francesco D'Assisi

Mr. Peter Stewart
President - Thanks Giving Square Foundation

*"Thanksgiving Square is a non-profit foundation
which is building and will maintain and operate an
inter-religious, international place of Gratitude for
all men in the center of Dallas, Texas"*

Canon perpetuus from the "Musical Offering" by J.S. Bach
Lewis Kahn, violin, Mary E. Shepley, flute, Phil Herschi, cello
Entrtedank, a German Folk Poem
Autumn by V. Yevtushenko (Excerpts)

Yueh Luang Ying Hsi
by Jo Humphrey

*The Yueh Luang Ying Hsi is presenting a tradi-
tional Chinese shadow theatre. The classic
legends of the Oriental theatre, in shadow, puppet
and live form depict a system of thought and
ethics based on religion, historic epics and folk
tales. The classic tales are told by means of
improvised scenarios as is the case in all verbal
traditions.*

Damos Gracias A Nuestra Madre Tierra
Omar Mesa and Edgari Gonzalez, guitar
Hymn to the Sun by Amenhotep IV (Ikhnaton)

Silence Reaffirmation

We Gather Together - traditional Thanksgiving Hymn

6:30 p.m. X-Press Bar (Third Floor), United Nations
Thanksgiving Day Buffet
International Vegetarian Offering to Humankind
Tickets available after this performance

Co-sponsored by the United Nations Meditation Group

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"The power of gratitude is realizing that life itself is a gift."

The International Cooperation for Peace Committee
Welcomes You to the

International Vegetarian Thanksgiving Buffet

Tuesday, 25 November, 1975
6:30 p.m.
X-Press Bar, United Nations

Opening Silent Prayer

MENU

Entrees

Japanese Miso Soup
Eggplant Parmigian
Oriental Vegetables
Broccoli Quiche
Stuffed Vine Leaves
Yam Cassarole

Salads

Green Salad
Mixed Vegetable Salad
Raita (Yogurt and cucumber)

Breads

Whole wheat, onion rye, commmeal, sesame seed crackers

Desserts

Pumpkin pie with whipped yogurt
Gingerbread cookies
Fresh fruit tarts
Carrot cake
Chocolate-Mocha cake

Beverages

Coffee, tea, mint tea



With grateful thanks to:

Annam Brahma Restaurant
84-43 164th Street
Jamaica, New York 11432

Nectar Bliss Bakery
713 Second Avenue
New York, New York

Co-sponsored by the United Nations Meditation Group

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TELEVISION

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

November 7	Friday	6:12 a.m.
November 8	Saturday	2-4 a.m.*
November 13	Thursday	6:12 a.m.
November 14	Friday	2-4 a.m.*
November 19	Wednesday	6:12 a.m.
November 20	Thursday	2-4 a.m.*
November 28	Friday	6:12 a.m.
November 29	Saturday	2-4 a.m.*

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