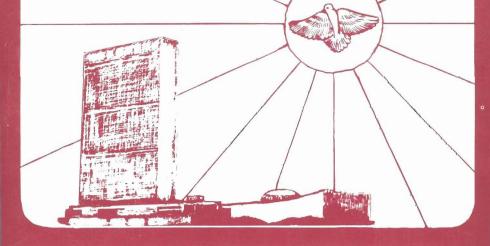
Meditation at the United Nations

United Nations:



the Heart-Home of the World-Body



Monthly Bulletin of the United Nations Meditation Group

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INSIDE FRONT COULD

MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF THE UNITED NATIONS MEDITATION GROUP

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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Photographs by Richard Howard



UNITED NATIONS MEDITATION GROUP

United Nations:



the Heart-Home of the World-Body

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.

EDITOR'S NOTE

The United Nations Meditation Group 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. The main focus of our activities, both in New York and in Geneva, is our twice-weekly meditations, which provide an opportunity for quiet, spiritual renewal in an atmosphere reflective of the highest purposes of the world organisation. In addition, through an ongoing series of conferences and symposia, we provide forums where ambassadors, Secretariat officials and staff, religious leaders and other world-minded individuals can share and reinforce their spiritual vision for the United Nations.

The United Nations Meditation Group was founded in 1970, when interested staff members invited the distinguished spiritual leader Sri Chinmoy to conduct non-denominational meditations at New York Headquarters. Since then, the Group's membership has grown considerably and its expanded activities have been warmly received by the U.N. community.

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RECEPTIONS AT THE JHARNA-KALA GALLERY

During the month of September 1978, the United Nations Meditation Group hosted a number of receptions at the Jharna-Kala Art Gallery, a colourful exhibition of more than 2,000 paintings by Sri Chinmoy, on display in Grand Central Station from August until November.

On 5 September a special reception was held at the gallery in honour of former Puerto Rican Governor Raphael Hernandez-Colon, who was on a diplomatic mission to the United Nations concerning Puerto Rico's relationship with the United States. Sri Chinmoy, whom the former Governor had previously proclaimed an "honorary resident of Puerto Rico," personally escorted Mr. Hernandez-Colon around the gallery. The two had not seen each other for over two years. Brief excerpts from their conversation follow.

Raphael Hernandez-Colon: You don't know how much gladness is in my heart to be here with you, or perhaps you do, because you are able to read our hearts.

Sri Chinmoy: Every day you are in my prayers. Every day you are in my consciousness. Every day you are in my soulful meditation.

Raphael Hernandez-Colon. This opportunity to see you comes at a time when I am very much in need of help, because I am engaged in a very serious matter for Puerto Rico. I have thought about you very much during the past two years, always with the deepest respect, admiration and love. I had a great desire to see you and this desire has been fulfilled tonight.

(To the members of the Meditation Group present): I feel united with all of you and with Sri Chinmoy in our aspiration. I feel oneness in our souls. I feel that your hearts touch mine and that we are all together traveling on the same path.



Sri Chinmoy welcomes former Puerto Rican Governor Raphael Hernandez-Colon to the Jharna-Kala Gallery.

On 11 September Sri Chinmoy met with Ambassador Elliot Richardson, United States Representative to the United Nations Conference on the Law of the Sea. The two discussed their work at the United Nations and Sri Chinmoy presented Ambassador Richardson with an original Jharna-Kala painting. An excerpt from their conversation follows.

Sri Chinmoy: It is so kind of you to come here. I am extremely grateful for your kind presence.

Elliot Richardson: Your student Mr. Kauff has told me quite a lot about you, hoping there would be an opportunity for me to come and see you. Your paintings are beautiful. (Sri Chinmoy and Elliot Richardson begin a tour of the gallery.) These paintings are very subtle. What led you to use the calendar framework?

Sri Chinmoy: I depend on my inner inspiration. When I paint, my brain does not work. There is no intellect behind it. It is just a kind of flow, an inner flow. My inspiration carries me. There is no hard and fast rule. Sometimes I get inspiration to do very large ones; sometimes I am inspired to paint smaller than the smallest. I surrender to my inspiration.

Elliot Richardson: Great variety. The colours are beautiful. These are acrylic?

Sri Chinmoy: Yes, acrylic.



Sri Chinmoy greets United States Ambassador Elliot Richardson.

Elliot Richardson: Very flexible movement. These are some of a very large number?

Sri Chinmoy: One hundred thirty thousand.

Elliot Richardson: Do you divide your time between writing, painting, meditation and teaching?

Sri Chinmoy: I do not follow a rigid schedule as such. It entirely depends on the Grace of the Supreme. I try to become a simple devoted instrument of my Inner Pilot. This is my dedicated service to Him in mankind. I try to serve the Supreme

in humanity; so I entirely depend on His Grace and guidance to decide in which medium I shall serve Him.

Elliot Richardson: It takes many years of discipline to establish communication with your Inner Pilot so that it can be expressed in a conscious manner. (They continue to walk around the gallery.)

Sri Chinmoy: (Handing Elliot Richardson a copy of his book U Thant: Divinity's Smile and Humanity's Cry) May I offer this to you?

Elliot Richardson: Thank you very much indeed. You write directly in English?

Sri Chinmoy: Yes, even when I was in India, I wrote considerably in English.

Elliot Richardson: This is a beautiful tribute to U Thant. I shall treasure this book. A very generous inscription. Thank you, I am grateful. How many books have you written?

Sri Chinmoy: Three hundred fifty.

Elliot Richardson: You certainly express with great eloquence the universal spirit of the United Nations. Whatever may be its problems, it certainly constitutes the best hope we have for creating a more peaceful world order.

This, of course, is the paramount aim of the Law of the Sea Conference. And although we have great difficulties, nevertheless, the perception of the participants that we can contribute to the creation of a more enduring world order is what inspires all those who continue to work at it, against the forces that divide the national interest or perhaps, I should say, that are created by the national interest.

Sri Chinmoy: In the outer world there are conflicts, but on the strength of our soulful prayer and meditation, we feel that there shall come a time when the inner man will come to the fore with all his capacities and illumine the outer man. The outer man is now in conflict and enjoys, to some extent, a sense of division. We pray and meditate and try to bring to the fore the inner man, who embodies peace, harmony and world order. We feel that when the inner man comes to the fore and the outer man surrenders to the inner man, then there will be world harmony. At that time, the outer man will not lose anything. Only he will gain everything from the inner man. In the inner world we love each other and need each other. In the inner world we can't exist even for a moment without mutual help. So we hope that our prayer and meditation will expedite the journey. I'm so happy and grateful that you are following the spiritual

The sea has a special significance of its own. The sea means vastness. It immediately reminds us of our own Infinity, which we embody within ourselves. And water is consciousness. In our inner life we give the utmost importance to consciousness; nothing is as important as consciousness. This moment consciousness, like a bird, goes up to the highest, and the next moment it comes down and reaches the abysmal depths. We try to keep our

consciousness as high as possible through our prayer and meditation. You are America's pilot of the Sea Conference. I am so happy that in your life, water and sea are of paramount importance. Without consciousness, without vastness, we can make no progress.

Elliot Richardson: Those are very inspired words and I shall certainly remember them in my own efforts at the conference.

You know, I was very struck just now by this page in your book on human dignity. This very much expresses the feelings that I have had from time to time about the importance of finding a way of according more adequate recognition to individual dignity, as distinguished from the aims and ambitions of nation states. You say, "Dignity is not a philosophical dream. Dignity is not an expression of ego's aggrandisement. Dignity is a supreme necessity if we want to touch each other, feel each other and realise each other on a higher level of consciousness." I'm sure that this book and your other writings are full of equally inspiring insights. Thank you very much.

Sri Chinmoy: Thank you. May I do a painting for you? I would like to present you with a painting of mine.

Elliot Richardson: I would love it.

(Sri Chinmoy does a painting for Elliot Richardson, and then talks about it.)

Sri Chinmoy: The bird signifies the flight of the soul. The sea is here vastness and water is con-



Sri Chinmoy paints an original as a gift for Ambassador Richardson.

sciousness. The bird signifies the flight of the soul, the soul-bird flies in the sky of Infinity.

Elliot Richardson: Thank you very much indeed. A beautiful thing. And I deeply appreciate the kindness and generosity of the thoughts expressed in the inscription. I shall value this very much.

Sri Chinmoy: My heart's deepest love and admiration I offer for your sincere aspiration.

Elliot Richardson: It has been a great honour to meet you and I look forward to seeing you again.

Meanwhile, this will be a very kind reminder of our first meeting. Thank you very much.

The following is a poem which Sri Chinmoy wrote about Ambassador Richardson after their meeting:

Brother Elliot, Ambassador Richardson
Yours is the heart of Beauty's golden dawn.
No compromise, no compromise
with falsehood dire.
Yours is the life
charged with Truth's glowing fire.
Simplicity-Child, Compassion-Soul, Justice-King,
Perfection-melody's bells
in your vision-mission ring.

Below is the inscription in an autographed copy of *The Creative Balance* given to Sri Chinmoy by Elliot L. Richardson, United States Ambassador-at-Large and Special Ambassador to the United Nations Conference on the Law of the Sea, after their meeting on 11 September 1978: "To Sri Chinmoy—Artist, Musician, Thinker, Articulator of ideas, Communicator of insights, with the sincere admiration, respect, and gratitude of a fellow laborer in the vineyard of peace."





During the evening of 11 September, the Meditation Group hosted a reception at the gallery for members of the United Nations community. The guests enjoyed a programme of vocal and instrumental music featuring the newly composed "Four Universals," a series of songs by Sri Chinmoy, followed by a delicious vegetarian buffet dinner. Below is a comment about Sri Chinmoy's art by Ambassador Zenon Rossides of Cyprus.

"Most works of modern art are form without spirit. The artists just put the form up there. But here it is the spiritual element which is the source. Everything is run by the spirit, which has a different quality than is produced by the brain. These paintings are like poetry, not like prose, with musical balance. Balance is justice with peace. There is this balance with the colours and again the balance with the shapes. There is also a blending of colours that shows harmony.

"Sri Chinmoy's art expresses his own vision. This is not something taught. It is the way progressive life goes. The blending of colours and balance which the art gives are spirituality.

"There is an atmosphere in this gallery that keeps you happy. So it is the spirit in it and the spirit behind it which creates this atmosphere."



Ambassador Rossides signs the Jharna-Kala guest book.

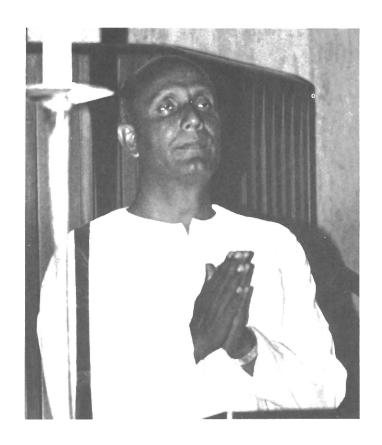


On 24 September the staff of the United Nations Division of Public Administration and Finance were the guests of the Meditation Group at the Jharna-Kala Gallery for a special reception. The members of the Division enjoyed instrumental music and light refreshments while they feasted their eyes on the unique art of Sri Chinmoy.

SPECIAL PRAYER CEREMONY FOR POPE JOHN PAUL I



Members of the United Nations community and the United Nations Meditation Group offered their prayer and inner support for Pope John Paul I in a special ceremony on 11 September 1978, held in the Chapel of the Church Center for the United Nations. The opening prayer was given by Sri Chinmoy and Sister Janet Richardson, Advisor, Permanent Observer Mission of the Holy See to the United Nations, shared some anecdotes about the new Pope. Instrumental and vocal tributes followed, as well as statements of congratulations to Pope John Paul and excerpts from the Pope's letters.



Sri Chinmoy: Father, Holy Father, congratulations, congratulations. Your mind's inspirationlight fascinates us. Your heart's aspiration-height awakens us. Your life's promise-bliss energises us. Your soul's oneness-perfection pilots us.

Father, the Catholic world, Christian world and non-Christian world have discovered in you humanity's life-ascending vision and divinity's truthmanifesting mission.



Sister Janet Richardson, Advisor, Permanent Observer Mission of the Holy See to the United Nations: I can only imagine that the new Holy Father, Pope John Paul I, is very, very pleased at the tremendous tributes that have come to him from people at the United Nations. And I know that when he hears about this event, he will certainly be extremely pleased and responsive and enthusiastic about your support and especially about the fact that your support comes to him in

the form of prayer. I also know that Monsignor Cheli, who is still in Rome, will be delighted to hear about this ceremony. Monsignor Cheli is going to be installed as an Archbishop next Saturday and then he will be back here on the 24th, and I know he will look forward to an opportunity to express to you his own greetings.

I would like to share with you two or three anecdotes that have just come in on the wires about Pope John Paul. The first two are from his recent audience to which 15,000 people came - which is a rather unusually large number at this season of the year. At the audience he seems to have taken the opportunity to tell by anecdote some very important messages. In one of those anecdotes he described a man who was going to buy a new automobile. It was a beautiful car and the new buyer was delighted with it, it was so pleasing to his eye. The automobile dealer said to him, "Well, I am going to tell you that this is a beautiful car and it is really a delight to behold, but there are some things that you need to know about it. First of all, you must feed it only with the best gasoline and the best oil "

The new buyer said, "Well, you know, I really much prefer to feed my car only with champagne and marmalade." So the automobile dealer said, "If you feed your car with only champagne and marmalade, you are going to have trouble." Here the Pope was drawing an analogy between the way we treat our body and the way we take care of our car.

His second anecdote was also a very human story concerning one of the altar boys, who come from all different parts of the world. The Holy Father called over one little altar boy who was standing in a corner and said to him, "Where do you come from?"

The young boy said, "I come from Malta."

The Pope said, "Well, when you were very young and you were sick, who took care of you? Who brought you broth and nursed you?"

The boy said, "My mother."

And so the Pope said, "So, you love your mother." "Oh yes," the young boy replied, "I love my mother and father very much."

The Pope said, "When your mother and father are old and are not going to be able to feed themselves, who is going to take care of them?"

And the boy said very proudly, "Oh, I will do that." The Pope said, "I want you to know that it is not so with many people around the world."

And then it happened that the Holy Father began to speak in his own dialect of Venice and he told a story of going to visit homes for the aging in Venice and asking people, "Who comes to see you?" "Who provides you with holiday gifts?"

The replies were invariably: "Nobody." I think he was calling to mind another important message for us.

The third little anecdote is told by a brother of Pope John Paul. The brother relates that during the war, in the part of the country where they lived, people ate only a very, very coarse kind of bread and there was no white bread available, so that white bread was like cake to them. It was a great treat for people. One day Albino, which is the Holy Father's baptismal name, went up into the mountains and found a piece of white bread. He brought it back to show to his younger brother, saying, "Look what I found! I found this great

treasure and the minute I found it, I thought of you, so I am giving you this white bread."

I think the message of love, fraternal charity and brotherhood—which all of us here are working so hard and making so many efforts to make real in our lives under the inspiration of the Spirit—are the messages that we are going to be able to gain from this new Holy Father, who is, as Sri Chinmoy has just so delicately and elegantly put it, a spiritual Light for all of us. Thank you so much.



Sri Chinmoy offers his gratitude to Sister Janet Richardson in the form of a small gift (photo: Richard Howard).

Letters from the Pope

Over the years, the new Pope has written prolifically for Italian journals. One of his most intriguing efforts was a series of imaginary letters to the 'illustrious' through the ages. Following are some excerpts from these letters.*

To Charles Dickens: I am a bishop who has taken up the strange job of writing every month to some illustrious person . . . Your books . . . pleased me immensely because they are pervaded with a sense of love for the poor . . . Against them stand the oppressors, whom you disgrace with your pen dipped in the genius of anger and irony . . .

We are in one boat full of people . . . If we don't want to encounter serious turmoil, the rule is this: all for one and one for all . . . The whole world is a poorhouse, and has such need of God.

To Pinocchio: I was 7 years old when I read your adventures for the first time. I can't tell you how much I liked them or how many times I reread them. It was that in you, as a child, I recognized myself. In your environment, I recognized my own . . .

In the journey toward independence, as with all young people between 17 and 20, dear Pinocchio, perhaps even you will knock against a hard rock:

The problem of faith. In fact, you will breathe anti-religious arguments as you breathe the air at school, in the factory . . . If your faith is a heap of good grain, there will be a whole army of mice ready to assault it. If it's a house, a pickax will try to tear it down piece by piece. You must defend it: today, one only keeps the faith one defends.

To Sir Walter Scott Honor to the Scotsman. I say this sincerely. But I make a small exception about some little arrows shot here and there at the Catholic Church. This is most understandable in you as a Presbyterian of indubitable good faith. That does not stop the arrows from causing me discomfort, me, a boy in love with my church. However, the good that you have done remains. Your exemplary life remains. Also, praise and honor remain. Sir Scott, I wish that Christians, especially young Christians, will understand you and follow you in those peaceful regions of spirit and fantasy where you love to live and make your readers live.

To Mark Twain: You have been one of my favorite authors since my adolescence... My students were always excited when I told them, "now I will tell you another story about Mark Twain." However, I fear that my superiors were scandalized—"A bishop who quotes Mark Twain!" Perhaps one should explain to them that bishops are as varied as books are. Some resemble eagles who glide majestically at high levels. Others are nightingales who sing the praises of the Lord in a marvelous way. Others, instead, are poor wrens on the lowest bough of the ecclesiastical tree who only squeak, seeking to offer some small thought re-

garding the great themes. I belong to the last category.

To Jesus: I have been criticized. It has been said, "He is a bishop, he is a cardinal, he has been writing letters right and left... and not a single line to Jesus Christ." You know, with you I try to maintain a continuous dialogue. To translate it into a letter, however, is difficult. These are personal things. And also, these are such small things.

It seems I've left out most of what one could say about you, that I've said badly what one should have said better. There is one comfort: the important thing is not that one should write about Christ, but that many people love and imitate Christ. And fortunately despite everything, this still happens.



^{*} Illustrissimi. 1976.

Congratulatory Messages on the Election of Pope John Paul I

Message from Secretary-General Kurt Waldheim

On the occasion of your election, I wish to convey to you my warmest congratulations and most sincere wishes for the prosperity of your pontificate and the full success of the lofty spiritual mission which has been entrusted to you. I am convinced that, under your eminent direction, the fruitful cooperation which already exists between the Holy See and the United Nations will be further strengthened for the greater good of all peoples. Please accept my assurance that, for my part, I shall not fail to do all in my power to achieve that objective.

Message from President Carter

"We rejoice in the renewal of leadership for your church. In a world of rapid change, the basic needs of humanity remain the same: peace, justice, equality and the opportunity for life with dignity. These are still the supreme challenges that face us. Your voice and your efforts, in the tradition of your predecessors, can be an inspiration and a hope for all those who struggle to meet those challenges."

MEETINGS WITH THE CONSULS-GENERAL OF INDIA

On 28 July 1978, Indian Consul-General in Chicago, Mr. Pran Nevile, attended a concert held by Sri Chinmoy and members of the Meditation Group at Northwestern University in Chicago. During the concert Sri Chinmoy made a brief presentation to the Consul-General. Their remarks follow.

Sri Chinmoy: My students and I are very grateful to you for your kind presence. This afternoon also I had the opportunity to discover in a striking manner, when you came and visited our Centre, the heart of simplicity, majesty and purity of Mother India. I wish to offer you most soulfully my heart of gratitude.

Mr. Pran Nevile, Consul-General of India in Chicago: Thank you very much. It has been a unique experience for me to be near such a great soul, who is carrying the message of my country to people far away from my homeland, who is an enlightened soul and who is doing so much for mankind. My heart is really feeling something which I can't express—some blissful moments for me. It is a unique experience for me to be in your nearness.



Mr. Pran Nevile, Consul-General of India in Chicago and Sri Chinmoy pranam.

The following message was offered spontaneously by the Consul-General of India in San Francisco, Mr. L.L. Mehrotra, during a concert given by Sri Chinmoy and members of the Meditation Group at California State University at San Francisco on 27 September 1978.

Reverend Sri Chinmoy, his devoted disciples and my brothers and sisters of America, I feel very humble at this moment. Whereas all my life and career it has been my ambition to mingle with the dust, Sri Chinmoy is trying to seek a place for me in the skies. I would therefore be one of the most ungrateful persons on the earth if I did not interrupt this programme if only to express my gratitude. My heart is very heavy with that sentiment.

I have known Sri Chinmoy as Chinmoy Ghose now for several years, and "Ghose" means reson-

ance. Sri Chinmoy the resonant will always reverberate in our hearts with his eternal message. He brings to you a spiritual tradition which sprang and flourished in the mountain-vastness of the Himalayas several thousands of years ago and which is carried across the seven seas by Everest-streams and rivers. Sri Chinmoy is part and parcel of that eternal Stream. Sri Chinmoy belongs to that stream of thought and sentiment which has shown us the Light for ages. He recited a verse from the Upanishads a little while ago: Tamaso ma jyotir gamaya, "Lead me from darkness to Light"; Mrtyor ma amrtam gamaya, "Lead me from death to Immortality." May I say that while we mortals pray for that Immortality, Sri Chinmoy is part of that Immortality.



Sri Chinmoy with Mr. L.L. Mehrotra, Consul-General of India in San Francisco, who was formerly Sri Chinmoy's boss at the Indian Consulate in New York during the mid-1960's.

I consider those blessed who sit in his presence and who seek his presence, and I know that even after I and you and everyone is gone, his voice and his message will be with us, for that is the Message Supreme to which I bow.

Thank you very much.

WORLD GRATITUDE DAY

This year the United Nations Meditation Group observed World Gratitude Day, 24 September, with silent meditation and readings on gratitude. Following are selections on gratitude from Sri Chinmoy's writings.

Gratitude
Is self-expansion
And
God-manifestation
In the life of the sincere seeker's
Ever-mounting aspiration.

When I saw a gratitude-flower God gave me a smiling face.

When I felt a gratitude-heart God gave me a loving embrace.

* * *

When I became a gratitude-life God made me Eternity's indispensable comrade.

"In this incarnation, my Lord, I have only three desires: My first desire is to make my life one long gratitude. My second desire is to make my life one long aspiration. My third desire is to make my life

My third desire is to make my life one long surrender."

* * *

"My Lord, is there anything sweeter than forgiveness?"

"Yes, My child, gratitude is by far sweeter than forgiveness."

"My Lord, is there anything more fulfilling than the feeling of oneness?"

"Yes, My child, when you feel that you are the Eternal Lover and I am your Eternal Beloved, and when you feel that I am the Eternal Lover and you are My Eternal Beloved, the feeling of oneness is supremely transcended and immortally fulfilled."

Gratitude is one's feeling of concern for the Highest. As the Highest has concern for the lowest, the lowest also should have some concern for the Highest. We may ask, "What can we do for God with our concern?" We have to know what He will think of us if we live an ordinary, undivine, animal life. The answer is that He will feel miserable. He will think that we are not making any progress and are holding back His Manifestation. Our concern for the Highest makes us feel what we can do, and that very thing is to offer gratitude. This is one way of viewing gratitude.

There is another way to view gratitude. When we are about to be totally destroyed, our hope, our pride, everything that we have is shattered and smashed. But inside our utter hopelessness, help-

lessness, frustration and destruction, if we see a streak of hope, a streak of light, that hope or that light is gratitude. Like a magnet, our iota of light is pulling down a higher force which is entering into us to save us. The moment we have this magnet, it pulls down more of God's Grace and God's Love. The magnet is our inner cry, our gratitude, bringing down more Love from above.

WORLD-GRATITUDE

O World Gratitude-Day!
I pray for you I pray.
Man's feeble climbing ray
Is one with God's Vision-Play.

Compassion: highest gift.
Gratitude: fastest lift.
Only satisfaction-seed
Can feed man and God's need.

WORLD-GRATITUDE

