

## **SRI CHINMOY: THE PEACE MEDITATION AT THE UNITED NATIONS**

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

**Question:** What is the most important thing to remember while working at the United Nations?

**Sri Chinmoy:** The most important thing to remember while working at the United Nations is the vision of the United Nations. The vision of the United Nations is world peace and world harmony: one nation, one soul and one goal. While working at the United Nations, we have to sing all the time in the inmost recesses of our heart the oneness-song.

*—16 November 1976 (p. 93)*

**Question:** What qualities can we offer to the United Nations to best fulfil it?

**Sri Chinmoy:** The two most important qualities are concern and self-giving. When we look at the body of the United Nations, we will look with our concern; we will see that humanity is depending on the vision of the United Nations to lead it to greater progress. And when we think of the soul or the inner reality of the United Nations, we have to feel that its fulfilment can take place only on the strength of our own self-giving. We have to give ourselves to the vision and the goal that the United Nations has placed before us: world peace, world harmony and oneness-light.

*—16 November 1976 (p. 94)*

**Question:** How can we work with dynamism and confidence at the United Nations?

**Sri Chinmoy:** We have to know that patience itself is dynamism; it is a mistake to separate them. In patience and in dynamism there is confidence. We can safely say that confidence is the hyphen between patience and dynamism. Dynamism is found in the vital proper, patience is found in the heart and confidence, let us say, is found in the mind. If the mind is inundated with confidence, if the heart is inundated with patience and if the vital is inundated with dynamism, then we can easily have a far-reaching vision of the United Nations.

At that time, we will know that we embody patience because our heart is aspiring. We will know that we have confidence in our mind because constantly the mind is striving for a higher reality than what it has already achieved. That means the mind already has some capacity, which we call confidence. And we will know that our vital is flooded with dynamism rather than aggression because we have dedicated ourselves to serving the United Nations.

*– 26 November 1976 (p. 105)*

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