

## **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 can we do to help humanity become more receptive to the United Nations efforts towards peace?

**Sri Chinmoy:** Individually as well as collectively, humanity is often unwilling to accept help from others. People suspect others' help no matter in what form it is offered. Since outer efforts to help humanity become receptive to peace need not and may not bear any fruit, it is necessary to offer inner help—that is to say, to pray and meditate for peace, joy, love and oneness.

We have to work on the inner level in order to reach the heart of humanity. Outer efforts, outer help, will be of little avail. It is the inner effort to bring about peace inside the heart and mind of each individual that can help humanity in a very tangible form. This inner effort can make those who are unreceptive, receptive, and those who are already receptive, abundantly more receptive.

*— From questions answered on 18 January and 22 February 1983 (p. 133)*

**Question:** How can we help the pilots of the United Nations—the Secretary-General and the Directors?

**Sri Chinmoy:** The pilots of the United Nations need our service, not our help. The moment we use the term 'help,' a kind of egocentric idea enters into us. If we help someone, that means we are in a superior position. When we help, we feel that we are one step ahead or one step higher than the ones whom we are helping. But if we serve someone, then we offer our capacity with humility, on the strength of our loving concern and oneness. So let us use the proper term: 'service.'

How can we serve the Secretary-General, who is the main pilot of the United Nations, and others who are high authorities at the United Nations? Let us call them the hero-warriors of the United Nations, since they are in the battlefield of life fighting for world peace, world-oneness, world-illumination and world-perfection. These members of the human family, our brothers and sisters, have gone out to fight against the undivine forces, which do not want world harmony and keep the nations of the world apart.

But we can serve the same supreme cause through our constant prayer and good will. Our prayers will undoubtedly be an additional strength to them while they are standing against disharmony and conflict. The pilots of the United Nations are serving mankind in the world arena, according to their capacity. We can also do the same type of service on a limited scale, according to the capacity we have. Our prayer has solid strength. This solid strength we can offer to them in silence, from our inner life of dedication to the world.

*—21 April 1976 (p. 87)*

*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.*