

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

*The following selection is excerpted from “A Real Member of the United Nations” [1989], included in My Meditation-Service at the United Nations for 25 years, by Sri Chinmoy (1995).*

**A real member of the United Nations is he who offers every day his own heart’s blossoming receptivity to all nations.**

*– p. 142*

**A real member of the United Nations offers his heart’s gratitude-flames to his own country for being asked to represent its lofty aspiration and dedication to the world community. He is also grateful to all the other nations for making him fully acquainted with their teeming wants and needs.**

*– p. 142*

**A real member of the United Nations never allows himself to be buffeted by the winds of self-doubt and world-suspicion.**

*– p. 143*

**A real member of the United Nations, if asked what he is doing, will immediately say: “I am accelerating my self-transcendence and world-acceptance-pace.”**

*– p. 143*

**A real member of the United Nations carries in his heart-pocket a valid visa to humanity’s oneness-heart.**

*– p. 143*

*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 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.*