

**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 makes very clear his soulful request to all nations:  
“Embrace the truth; then only can you fulfil the countless needs of all countries.”**

*– p. 144*

**A real member of the United Nations never uses doubt-brakes on his world-elevating  
inspiration.**

*– p. 144*

**A real member of the United Nations has a most rare peace-passport to safely and  
successfully cross any heart- border.**

*– p. 144*

**A real member of the United Nations prepares himself for the perfection of his own life  
and his own country and, at the same time, has given up his own expectation-frustration with  
regard to other countries.**

*– p. 144*

**A real member of the United Nations will never allow himself to be blinded by the glare  
of suspicion. He wants to establish an illumining and nourishing faith not only in his own heart  
but also in others’ hearts.**

*– p. 144*

*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.*