

Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations

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MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS



Since January, 1973, Sri Chinmoy Meditation at the United Nations 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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SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

United Nations :



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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

Sri Chinmoy Meditation at the United Nations 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 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.

March/April 1982

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CONCERT FOR PEACE AT CARNEGIE HALL

A number of United Nations delegates and staff attended a concert for peace offered by Sri Chinmoy at Carnegie Hall on Wednesday evening, 7 April. The concert was held in conjunction with the twelfth anniversary of the meditation group at the United Nations, occurring a week later.

Sri Chinmoy gave a solo performance of original compositions on the flute and esraj (an Indian stringed instrument). He also sang a number of songs, accompanying himself on the harmonium.



United Nations Chief of Protocol, Mr. Aly I. Teymour, greets Sri Chinmoy after a meditation at United Nations Headquarters, thanking him for his Carnegie Hall concert and for his efforts for peace at the United Nations. Sri Chinmoy in turn offered his gratitude to Mr. Teymour for his support of the meditation group's activities.

8 April 1982.

My dear Sri Chinmoy,

I am writing to say how much my wife and myself appreciated your marvelous performance of last night at Carnegie Hall.

It was an initiation to the profundity of meditation through the harmony of ethereal music --in an uplift to cosmic serenity.

We deeply felt that the rhythms of the music were in unison with the pulsating beat of the universe and the throb of the human heart.

The positive unfoldment of the spirit of man in its urge for unity and love through meditation is of particular significance to a world now in the throes of a negative arms race in this nuclear age.

A group of meditation like yours can be of immense service to the United Nations in its main purpose for peace. It is my intention to pursue further my efforts in this respect.

With love and devotion,

Yours ever

Zenon Rossides

Sri Chinmoy
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Jamaica
New York, 11431.

TWELFTH ANNIVERSARY OF THE MEDITATION GROUP

The meditation group celebrated its twelfth anniversary at the United Nations on 14 April 1982 with a special meditation in the Chapel of the Church Center for the United Nations. Featured was the performance by the meditation group choir of seven Bengali songs, dedicated to the United Nations by Sri Chinmoy, as well as rhymed English translations of the songs which were also set to music. On behalf of the group Mr. Donald Keys thanked Sri Chinmoy for serving as the group's director since its inception in 1970.

Following are excerpts from Mr. Keys' remarks, as well as transcripts of five of the English songs (see the September/October 1981 Bulletin for a transcript of the Bengali songs).



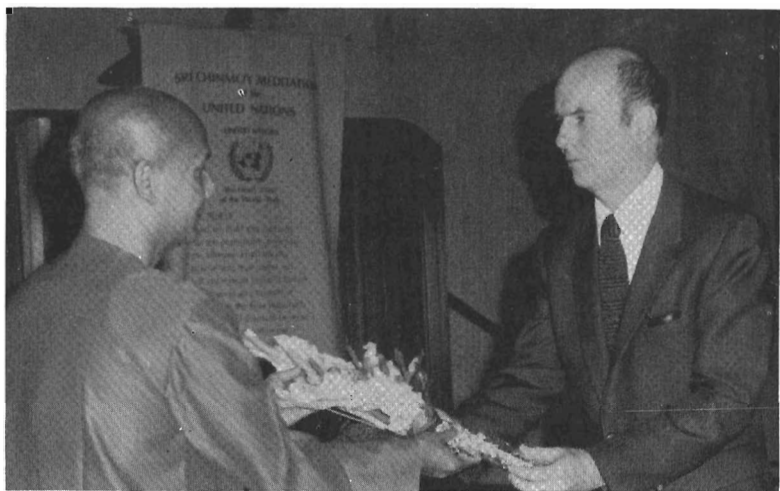
Mr. Donald Keys, President, Planetary Citizens:

The waters of the oceans of the earth flow past the feet of the United Nations in the tidal estuary we call the East River. The waters of the spirit descend on the United Nations, the unprecedented instrument of human unity and of humanity's release from bondage and suffering. Each year at this time we commemorate the founding of the meditation group at the United Nations and the presence here, not surprisingly, of a divine representative of our Supreme Lord, who focuses what the United Nations needs to feed its soul: the courage, the love, the compassion, the light, the flowing peace. We are privileged, to the extent that we can and to the extent that we will, to join every week in helping to be radiatory elements of those received blessings. The United Nations is in difficult times—more difficult than usual. So we strive more than usual.

We are deeply moved on this occasion to commemorate once again, with our deepest admiration

and our profoundest gratitude, the services rendered here by this great emissary of the spirit, and to express our thanks for his presence among us and in this world.

We offer to you, Sri Chinmoy, this simplest symbol of earth's purity and earth's beauty—the flowers of this world.



United Nations Tumi Dharanir

YOU ARE THE WORLD'S HOPE

United Nations, United Nations!
You are the world's hope
Par excellence.
One body, one vital, one mind, one heart--
A oneness-radiance.

Words and Music
by Sri Chinmoy

The musical score is written in G major (one sharp) and 4/4 time. It consists of six staves of music. The lyrics are written below the notes. The first staff ends with a double bar line and the word 'fine'. The second staff begins with a repeat sign and the label '[A]'. The third staff ends with a double bar line. The fourth staff begins with a repeat sign. The fifth staff ends with a double bar line and the label '[B]'. The sixth staff is empty, with the instruction '(sing A-B once with repeats once without repeats then D.C. al fine with repeat)' written to its right.

U - - - ni - - - - - ted Na - - - tions, Na - - - tions! fine

[A] You _ are the _ world's _

hope _ Par _ ex - - cel - - lence.

One bo - - dy, one vi - tal, one mind, one heart- A _

one - - - - - ness - ra - - - - - di - - - - - ance. [B]

(sing A-B once with repeats
once without repeats then
D.C. al fine with repeat)

United Nations Tomare Je Nahi Chahe

HE WHO WANTS YOU NOT

United Nations, United Nations!
He who wants you not,
Darkness-victory sings.
He who shuns you,
In misery-city is caught.

Words and Music
by Sri Chinmoy

The musical score is written in treble clef with a key signature of three flats (B-flat, E-flat, A-flat) and a common time signature. It consists of six staves of music. The first staff ends with a 'fine' marking. The second staff begins with a repeat sign and is labeled '[A]'. The third staff ends with a repeat sign and is labeled '[B]'. The fourth staff begins with a repeat sign and is labeled '[C]'. The fifth staff ends with a repeat sign and is labeled '[D]'. The sixth staff concludes the piece. The lyrics are written below the notes, with some words underlined to indicate phrasing. There are blank lines for the lyrics in the second, third, and sixth staves. Performance instructions are provided for the repeat sections: '(sing A-B once with repeats once without repeats)' and '(sing C-D once with repeats once without repeats then D.C. al fine with repeat)'.

U - - - ni - ted Na - - - tions, U - - - ni - ted Na - - - tions!

[A] He who wants you not, _____

Dark - ness - vic - tr'y sings. _____ [B]

[C] He who shuns you, _____

In mi - - se - - - ry - ci - - - - - ty

[D] is _____ caught. _____

(sing A-B once with repeats once without repeats)

(sing C-D once with repeats once without repeats then D.C. al fine with repeat)

United Nations Ekata Swapan

O UNITY-DREAM

United Nations, United Nations!
O unity-dream,
O power-sun,
O ecstasy-ocean,
My heart of Light supreme!

Words and Music
by Sri Chinmoy

The musical score is written in a single staff with a treble clef and a key signature of three flats (B-flat, E-flat, A-flat). The melody is simple and lyrical, with a final cadence marked 'fine'. The lyrics are written below the staff, with some words underlined to indicate phrasing. There are two repeat signs: one at the beginning of the second line and another at the end of the eighth line. The second line is marked with a bracketed 'A' and the eighth line with a bracketed 'B'. The lyrics are: U - - ni - ted Na - - tions, U - - ni - ted Na - - tions! O u - - ni - - ty _____ -dream, _____ O _____ po - - wer -sun, _____ O _____ ec - - - - - sta - - - - - sy - o - - - - - cean, _____ My heart of Light _____ su - preme!

U - - ni - ted Na - - tions, U - - ni - ted Na - - tions! fine

[A] O u - - ni - - ty _____ -dream, _____

O _____ po - - wer -sun, _____

O _____ ec - - - - - sta - - - - - sy -

o - - - - - cean, _____

My heart of Light _____

su - preme! (sing A-B once with repeats once without repeats then [B] D.C. al fine with repeat)

United Nations Tiyasha Gabhir

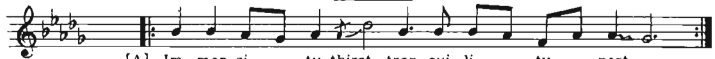
IMMENSITY-THIRST, TRANQUILITY-NEST

United Nations, United Nations!
 Immensity-thirst, tranquility-nest,
 Fountain-smile omnipotence!
 O Creator's golden Light
 And His Satisfaction-Delight!

Words and Music
 by Sri Chinmoy



U - - - ni - - ted Na - - - tions!



[A] Im - men - si - - - ty - thirst, tran - qui - li - - - ty - nest, _____



Foun - tain - smile om - - - ni - - po - - - - - - - - tence!

[B] (sing A-B once with repeats, once without)



[C]

O _____ Cre - - a - tor's gol - - - - den Light _____



And _____ His Sa - - tis - fac - - - - - - - - tion -



De - - - - - - - - - - light!

(sing C-D once with repeats once without repeats then [D] D.C. al fine with repeat)

United Nations Bishwase Ashwas

HOPE ABIDES IN FAITH

United Nations, United Nations!
Hope abides in faith,
Life abides in hope,
No death, no death in life.
All hearts ring true in oneness-flow.
No more bondage, no more.
No more slave-pangs, no more.
Ecstasy-melody reigns supreme.

Words and Music
by Sri Chinmoy

The musical score is written on ten staves of music. The first staff begins with a treble clef, a key signature of two flats (B-flat and E-flat), and a 4/4 time signature. The melody is simple and melodic. The lyrics are written below the notes. The score includes several repeat signs and performance instructions. The lyrics are: U - - ni - ted Na - - - - - tions! Hope a-bides in faith, Life a-bides in hope. No death, no death in life. All hearts ring true in one-ness-flow. No more bon-dage, no more. No more slave-pangs, no more. Ec-sta-sy me-lo-dy reigns su-preme.

U - - ni - ted Na - - - - - tions! fine

[A] Hope a-bides in faith, Life a-bides in hope.

No death, no death in life.

All hearts ring true

[B] (sing A-B once with repeats once without repeats)

in one-ness-flow.

[C] No more bon-dage, no more.

No more slave-pangs, no more.

Ec-sta-sy me-lo-dy

[D] (sing C-D once with repeats once without repeats then D.C. al fine with repeat)

reigns su-preme.

PROGRAMME TO HONOUR
DR. ROBERT MULLER

On 23 April 1982 the meditation group formally congratulated Dr. Robert Muller on his appointment to Assistant Secretary-General for Economic and Social Matters. Dr. Muller shared many interesting experiences about his career at the United Nations, and Sri Chinmoy presented him with a plaque and flowers to express the group's gratitude for the guidance and support that Dr. Muller has offered over the years. Excerpts from the programme follow.



Dr. Robert Muller, Assistant Secretary-General for Economic and Social Matters: I have had as a main principle in my life to always work for the world and for other people. I have been a very independent person in this organisation, but there has never been a complaint against the freedoms I have taken—freedoms of speech and freedoms of writing. During the course of my career, I have been promoted from P-1 to Assistant Secretary-General. Of course, there have been ups and downs. But throughout my entire career I have kept only one fidelity—the fidelity to the ideals of the United Nations—and for me there could be no compromise for the sake of my career, my promotion or any other gain that I might have gotten.

It was a very interesting moment for me when the new Secretary-General was appointed. He knew me through my writings, he knew me through my thoughts, and he knew me also for my spirituality here in the United Nations. It was almost unthinkable that another Frenchman could be appointed into the category of Assistant Secretary-General or

Under-Secretary-General. Nevertheless, I upheld the principle that there ought to be international careers and there ought not to be promotions and appointments made only on the basis of nationality. Towards the New Year, I got a telephone call on a Sunday as we were just about to leave for church, conveying a message from the new Secretary-General. The message was that when he came back to New York on the first of January, the first action that he would take would be to appoint me Assistant Secretary-General, in order to recognise the fact that I have always maintained the principles of an international civil servant. In his view, I was the example of what an international civil servant should be, and therefore he completely set aside any considerations of nationality. So, if one is faithful long enough to a principle, finally it will be recognised.

I would like to express to you here today my gratitude for all you have always meant to me. Thank God we have a meditation group at the United Nations. Spirituality has to spread. Every person in this organisation must bring forward his spirituality. It is not enough to rely on the brain; it is not enough even to rely upon the heart. We have to realise what we truly are—universal beings. Within each of us there is the entire universe. We are a miraculous phenomenon in the universe, and it is only after we recognise this that we are going to have the planet which we are all dreaming of.



Sri Chinmoy (presenting flowers and a plaque):
May I offer this to you on behalf of our meditation group. Today at long last we are observing your tremendous success in the outer life and your momentous progress in the inner life. It is by virtue of your inner progress that this outer success has reached the acme of perfection.

You do not need any recognition from us. What you need from us is our soulful and heartfelt gratitude. You have been a source of true inspiration and solid strength inwardly and outwardly to each member of our meditation group. You have blessed us in many ways, and we do hope that we shall continue to receive from you inspiration and guidance in ample measure every day of your life of aspiration and dedication.

This is a humble token of our deepest admiration for you—for what you have been doing not only for the United Nations but for the entire world. We see in you the life of pure dedication and the life of constant inspiration to all of humanity.

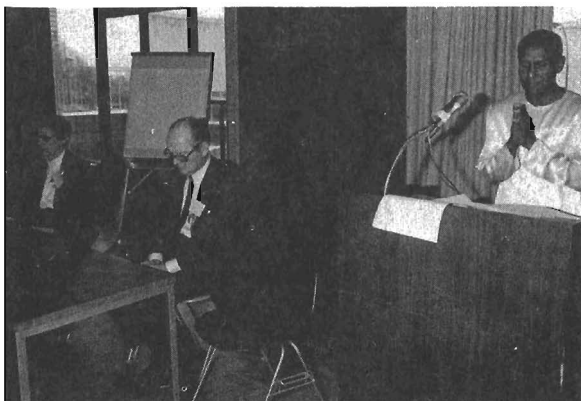
CONFERENCE ON GLOBAL PERSPECTIVES FOR RELIGIOUS LIFE

On 27 April 1982 Sri Chinmoy was invited to participate in a two-day Conference on Global Perspectives for Religious Life organised by the Movement for a Better World in the Chapel of the Church Center for the United Nations. Sri Chinmoy opened the Conference with a silent meditation and offered a short prayer. Also on the programme were representatives of the Secretary-General and the Permanent Observer Mission of the Holy See to the United Nations, as well as other United Nations Secretariat and non-governmental organisation officials.

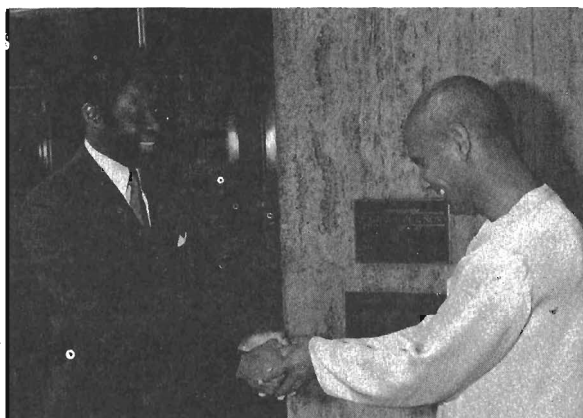
Below are Sri Chinmoy's opening words.

Sri Chinmoy: Father Supreme, we are Your oneness-loving children. It is a very special day for us. What can we give You, since You have everything and You are everything?

"My sweet children, you can give Me what you have, you can give Me what you are—nothing more. You can give Me your Eternity's flower-beauty. This is what you have. You can give Me your Infinity's tree-prosperity. This is what you are."



Sri Chinmoy offers the opening prayer for the Conference. To his left are Father Luis M. Dolan of the Movement for a Better World, the Conference organiser, and Sister Janet Richardson of the Permanent Observer Mission of the Holy See to the United Nations.



Sri Chinmoy greets Assistant Secretary-General James Jonah, one of the keynote speakers at the Conference.

THIRTEEN-DAY RUN FOR PEACE

In a triumphant display of determination and will-power, meditation group member Yasu Shimizu tested the limits of human endurance by running 18-20 hours a day around a quarter-mile track for thirteen consecutive days from 1-14 April 1982. His spectacular run persisted through driving rains—that left the track filled with ankle-deep water—and a freak spring snowstorm on April 3rd, said to be the first blizzard to come in April in a hundred years. The run was to honour the United Nations and its activities towards world peace, as well as the work of Sri Chinmoy at the United Nations during the last twelve years. Yasu completed the run on 14 April—the 12th anniversary of the meditation group at the United Nations—after completing a total of 718 miles.

A number of Yasu's friends served as his helpers on an around-the-clock basis—shoveling snow from the track, preparing his meals, offering massage and keeping him company. Overall, Yasu averaged about 55 miles per day.

Yasu made the following remarks about his run: "My daily schedule consisted of 18 hours of running, starting at 6 a.m., including breaks for meals and massage and four hours of sleep at night. I was attended at all times by at least four helpers who maintained a detailed logbook of laps and times, provided food and gave massage.

“Why did I choose a run as a means to honour the U.N.? I work as a messenger, and every day I see that all the staff members are working very hard to fulfil their duties. It is like a marathon. Throughout the busy day, everyone is running, not with their legs, but with their dedication and sense of responsibility. Each staff member is working as an instrument so that the United Nations as a whole can reach its goal, which is to establish a peaceful and perfect world. I wanted to honour the United Nations by constantly running with my own physical body and offering gratitude to the U.N., which is constantly and sleeplessly working for humanity.

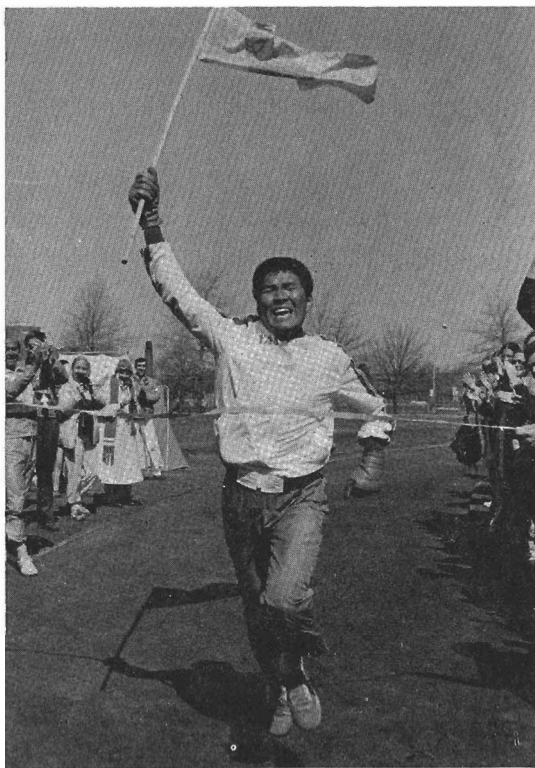
“I also wished to honour Sri Chinmoy who has been conducting meditations at the United Nations for the past 12 years. He has reminded me of the inner prayer for world peace which I can carry around in my heart as I work here at the U.N.

“Meditation has helped my running very much. Through meditation I have learned to have one-pointed concentration and the feeling of constant dedication. It has taught me to have a prayerful feeling in the things that I do in my day-to-day life. I feel that it is very important and that it would be wonderful if more people would not only work on papers and discussions but also pray and meditate for peace, because the real peace is already inside us.”

In a ceremony marking the end of the run, Sri Chinmoy told Yasu: “You are the radiant example to prove that the soul’s will can effectively and satisfactorily be executed in and through the body.” He also told Yasu, who had just turned 21 a few days earlier, “Japan’s beautiful garden has manifested itself in a unique way in and through you. Its

fragrance now will spread all over the world in a very special way."

Yasu has been a messenger at U.N. Headquarters in New York for the past two years. He was the winner of a 24-hour race in Greenwich, Connecticut in 1980 and has participated in a number of ultramarathon events since then.



Yasu Shimizu takes his final victory lap after completing 718 miles in a 13-day run.