Mystic Sri Chinmoy's Congressional Meditation

By Carol Krucoff

While most of Capitol Hill focused on the president's record \$305 billion defense budget request yesterday, a small man in a white set in dhoti called congressmen, senators and ambassidors together to medicate on peace.

"Peace, God's-besuty-is-in-hisoneness, on" intoned Indian mystic Sri Chimnoy at the inauguration of his Peace Meditation at Congress. Nearly 100 people gathered in the Rayburn building for the event, bified as "a twice-monthly interlude of contemplation and renewal for congressional members and staff' and modeled after the biweekly nondenominational meditations Chine moy has conducted at the United Nations for the peat 14 years.

"Congress is America's fatemaker," said the 52-year-old guru, who moved to New York from India in 1964 after spending 20 years at an ashram. "If here we can pray and meditate, we will bring forward peace that will inundate the length and breadth of the world."

See CHINMOY, CS, Col. 1



By James A. Parcell—The Washington Post Sri Chinmoy on the Hill yesterday

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CHINMOY, From CI

meditation started 15 minutes late to wait for sponsor Rep. Joseph P. Addabbo (D-N.Y.), who had spent the morning railing at Defense Secretary Caspar Weinberger in his capacity as chairman of the House Appropriations subcommittee on defense. (Despite word that Weinberger's security people had poked their heads into the room shortly before the meditation began, the defense secretary did not attend.)

Chinmoy began by bowing his head over prayer-clasped hands for several moments of silence—broken only by the insistent buzz of the House vote alert. Then a chorus of fresh-faced young women in saris and clean-cut young men in business suits sang several Chinmoy compositions including:

O Senators, O Congressmen, O great and good giant souls!

To hold our country's Himalayan heights

Yours are the supreme self-giving roles.

Addabbo took the podium next, calling the event "most appropriate" since "today we started our hearings on House defense appropriation dealing with death and destruand, hopefully, peace in the come."

Addabbo said he sor the peace initiated he area is sti.
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Deputy chie . . the Indian Embessy Peter Sinai offered this wis-

Sri Chinmoy

dom from the Bhagavad-Gita: "The trick to keeping peace of mind is to remain unattached to the results. Try to do right action, but keep your detachment from the fruit thereof."

Next, the choir offered a few Chinmoy aphorisms such as:

As there can be no war without the war mongers

There can be no peace without the peace lovers.

And:

World peace will begin when human expectation ends. World peace can dawn only when each individual realizes the supreme tru' Love is the revelation of Lif-Life is the manifestation of

Chinmoy then districted to the direction of the direction

meeting of
the late United
ary general U Thant,"
seri-clad Chinmoy followaching 15 minutes, of slides:
annoy with Pope John Paul II,
Chinmoy with Leonard Bernstein,
Chinmoy with Coretts Scott King,
Chinmoy with Muhammed Ali.

Chinmoy, who says he has published more than 350 books, composed more than 3,000 songs, completed more than 130,000 paintings,

lectured at more than 150 universities and runs 40 miles a week, has also met with a smorgasbord of superstars—with a photographer present.

The photos continued: Chinmoy with musician Pablo Casals, Chinmoy with New York Mayor Edward Koch, Chinmoy with sculptor Henry Moore, Chinmoy with runner Bill Rodgers, Chinmoy with Sen. Charles McC. Mathias (R-Md.).

Finally came the late greats: Chinmoy at a memorial to Eleanor Roosevelt, Chinmoy at a memorial to Albert Einstein, Chinmoy a memorial to Nelson Rockr

Afterward, he by against talking result of the a follow

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age to the American peo-

or goodness is peace. Amergreatness the world knows. But this goodness America can bring to the fore in infinite measure... and offer it to the world."

The best way to tap inner peace, he said, is "prayer and meditation ... not just by senators and congressman, but by all Americans ... The peace is within, we have to dig and dig."

Society's major problem, he said, is "to increase the heart power, not the power of the arms. We must not compete with any other country... When America sings the song of self-transcendence, the rest of the world will definitely, cheerfully plus faithfully follow."