

The United Nations Staff Recreation Council  
Music Appreciation Club

# MUSIC FOR PEACE

WITH

## SRI CHINMOY

Celebrating the 20th Anniversary of  
the Peace Meditation at the United Nations

TUESDAY, 3 APRIL 1990

*"There shall come a time when this world of ours will be flooded with peace. Who is going to bring about this radical change? It will be you: you and your sisters and brothers. You and your oneness-heart will spread peace throughout the length and breadth of the world."*

—Sri Chinmoy

# WELCOME TO THIS AFTERNOON'S PROGRAMME

of inspiring music and meditation for peace. We are grateful that you have come to share your own aspiration for a peaceful life in a peaceful world, and hope that the concert brings you a tangible experience of the peace that we all seek.

Sri Chinmoy's approach to a musical performance is unique. An entirely self-taught musician, he seeks not to dazzle the listener with technical virtuosity, but to inwardly inspire through the spiritual consciousness expressed in the music. In his own words: "In my case I do not just play music. I pray, I meditate, I contemplate while I am playing. I try to be in close communion with my Inner Pilot, who is the Supreme Musician. According to my capacity of receptivity, I try to offer His Light and Peace to the world through my music."

During a concert, Sri Chinmoy may play briefly on several instruments, some of them familiar and others exotic. He also sings in his native language, Bengali, and in English, and sometimes extemporizes in a very dynamic way on piano or synthesizer.

*"Let us not try  
to understand music  
with our mind.  
Let us simply and  
spontaneously  
allow the music-bird  
to fly in our heart-sky."  
—Sri Chinmoy*

*"The peace we bring  
to the fore from the  
inner world through our  
prayer and meditation is  
very powerful, and it  
lasts. When we have  
that peace in our inner  
life, the outer life is  
bound to be trans-  
formed. It is only  
a matter of time."*

—Sri Chinmoy

## A PHILOSOPHY OF PEACE

SRI CHINMOY'S approach to peace is dynamic, personal and apolitical. To him, peace is not simply the absence of conflict. He says, "Peace means the presence of harmony, love, satisfaction and oneness. Peace means a flood of love in the world-family." The world-family is all of humanity—you, me and every individual. Each of us can seek peace within ourselves, and when we discover

it, even a little of it, we can spread it to others. Gradually the quest for inner peace in countless individuals will spread the consciousness of peace throughout the world-community.

"Peace is the harmonious control of life. . . . If we open the right avenues within, then peace can be felt here and now," says Sri Chinmoy. Many have found that listening to peaceful music and meditating with others is an easy way to open these inner avenues. The intensity of many peace-seekers meditating together creates a flood of peace that is almost physically tangible.

"We say 'peace of mind', but actually we do not have peace in the mind," says Sri Chinmoy. "By staying in the mind we can never have even a glimpse of peace. If we want to have peace, we have to go beyond the realm of the mind." Spiritual music can take us outside the boundaries of the mind if we listen in a meditative consciousness. And the experience of peace within the heart can last for days, weeks—it can be an experience that is long treasured.

*"If each individual in each nation can consciously and devotedly feel that he does not belong to a little family called 'I and mine' but to a larger family called 'we and ours', then the message of love, of brotherhood, of peace, of soulful sharing, can easily be embraced by the entire world."*

—Sri Chinmoy

## ABOUT SRI CHINMOY

A NOTED author, musician, artist, meditation teacher and athlete, Sri Chinmoy is above all a devoted student of peace. In his tireless search for pathways to peace, both individual and collective, he has explored many different fields of human endeavour, touching the lives of thousands around the world.

Sri Chinmoy spent more than 20 years of his early life in a spiritual community, practising meditation and inner disciplines. In 1964, at the age of 32, he came to the United States to share his inner understanding with others, and to work toward the manifestation of his vision of a world of inner and outer peace.

Today Sri Chinmoy serves as a spiritual guide to students in over 100 meditation centres around the world. He leads an active life, demonstrating vividly that spirituality is not an escape from the world, but a powerful means of self-transformation and world-improvement. Since coming to America, he has offered hundreds of lectures, public meditations and concerts at universities and recital halls around the world, always free of charge. He has written more than 700 books, which include poems, plays, and essays, and has some 140,000 paintings and 6,000 devotional songs to his credit.

A gifted natural athlete and a firm believer in the mental and spiritual benefits of physical fitness, Sri Chinmoy has encouraged his students both to participate in sports and to organize athletic events for the public. The international Sri Chinmoy Marathon Team annually stages hundreds of road races and triathlons, and has twice organized a global relay run for peace, the Oneness-Home Peace Run.

Always one to practise what he preaches, Sri Chinmoy himself regularly exercises, plays tennis and trains at sprinting. His recent achievements as a weightlifter have earned him considerable renown.

*"The outer message of the  
United Nations is peace.  
The inner message of the  
United Nations is love.  
The inmost message of the  
United Nations is oneness."  
—Sri Chinmoy*

## THE PEACE MEDITATION AT THE UNITED NATIONS

**I**N THE SPRING of 1970, a group of staff members invited Sri Chinmoy to serve as leader of a meditation group consisting of staff, delegates and NGO representatives. The group is now called "Sri Chinmoy: The Peace Meditation at the United Nations." The late Secretary-General U Thant, himself a lifelong practitioner of meditation, appreciated Sri Chinmoy's efforts to foster the spiritual idealism of the world body as a foundation for its activities in the political, economic and social realms. The two succeeding Secretaries-General, Kurt Waldheim and Javier Pérez de Cuéllar, have also offered their encouragement.

The hour-long meditation sessions, held usually on Tuesdays and Fridays in U.N. conference rooms or the Dag Hammarskjöld Auditorium, consist of periods of silent meditation interspersed with meditative music, offering participants an opportunity for inner reflection and rededication to United Nations ideals.

In addition, the Peace Meditation group has organized an ongoing series of programmes, lectures and special events.

To celebrate our 20th anniversary, and to offer our very special gratitude to our many friends and supporters, the Peace Meditation Group is pleased to offer 20 "snack items" as a gift that our guests can take back to their offices.

For more information, or for a schedule of upcoming meditations and programmes, please call Mr. A. Keefe, 326-7667.