

U.N. Lecture

A nation is a limb of the universal body. Each limb is necessary, essential and indispensable. Each nation represents humanity's hope, humanity's promise and humanity's progress. Hope was our yesterday's treasure. Promise is our today's treasure. Progress shall be our tomorrow's treasure.

In size, in capacity, in receptivity, all nations may not have the same status. But each nation is indispensable in its own way. Each nation is like a drop, a tiny drop or a mighty drop, in the vast ocean of divine, fulfilling, fruitful consciousness. It is all the drops combined that make up the ocean. Again, it is the ocean that manifests or fulfills its existence through the different drops, small and big alike.

Each nation is humanity's conscious cry for perfect Perfection. It is in and through each nation that humanity can make the ultimate progress. This ultimate progress is spiritual brotherhood, divine reality, immortal life in the life of the mortal and infinite achievement in the heart of the finite.

Excerpts from a lecture delivered at the United Nations by Sri Chinmoy as part of the Dag Hammarskjold Lecture Series.

MEDITATION ON TV, RADIO

For the first time an Indian spiritual Master has been invited to join Protestant, Catholic and Jewish clergymen in offering daily prayers on television. WNEW-TV (Channel 5) in New York broadcasts morning and evening prayers by Sri Chinmoy in rotation with those of a minister, a priest and a rabbi. The color broadcast, which is run just after sign-on and just before sign-off includes music by Sri Chinmoy's disciple John McLaughlin.

Sri Chinmoy can also be heard each weekday morning at 7:10 on WNEW-FM. Disc jockey Dave Herman plays the morning meditation by Sri Chinmoy during which the Spiritual Master recites from his books Songs of the Soul, My Lord's Secrets Revealed or God's Hour. Background music for the meditation is provided



by Mahavishnu or disciple Devadip Carlos Santana.

Judging from the response WNEW has received, both these broadcasts are very much appreciated by New York area audiences.

PHILOSOPHERS WANT TO KNOW MORE

"There was such an intense interest in Sri Chinmoy that whatever information I had about him--his books, photographs, my papers--were all literally grabbed out of my hands."

Sri Chinmoy's disciple Chidananda (David Burke) describes the reactions of professor-delegates to the XV World Congress of Philosophy to the Spiritual Master's teachings. The Congress, recently held in Varna, Bulgaria, is held every five years to bring together philosophers from around the world to exchange ideas on a particular theme. The theme for 1973 was "Science, Technology, Man."

Chidananda attended the conference to deliver several papers dealing with the impact of a Spiritual Master on philosophy, morality and religion. So great was the response to these lectures on Sri Chinmoy that Chidananda was given special permission to waive the time limit for his presentations at the Congress session.

In addition, a special lecture was set up to enable him to speak more about the Spiritual Master and his teachings. A standing-room only

New Year's Meditation: Invitation To Peace

"IN 1974 THE SEEKERS OF THE TRANSCENDENTAL TRUTH SHALL DIVE DEEP WITHIN AND MORE WITHIN AND BECOME THE PERFECTION SMILE OF ASPIRATION-POWER, REALIZATION-LOVE, REVELATION-ONENESS AND MANIFESTATION-LIGHT." --Sri Chinmoy's New Year Message

Sri Chinmoy offered his annual New Year's Meditation Friday evening, December 21 at Hunter College, New York City. More than 1500 seekers attended this year's meditation, receiving the Master's inspiration while offering their own aspiration for the dawning year, 1974.

Sri Chinmoy offers the New Year's Meditation annually to inspire all seekers to fulfill the possibilities that each new year embodies. The New Year's Meditation has been held annually since 1970.

The evening was a mixture of music and meditation. "Music is next to spirituality," Sri Chinmoy teaches. Many of the Master's disciples are musicians, among them Mahavishnu John McLaughlin and Devadip Carlos Santana. Devadip played in the evening's program. Also performing were the Mahavishnu Choir and the Bengali Singers, an all-girl choir that sings Bengali songs written and set to music by the Master. "The whole evening flowed like music," one young girl from Toronto said afterwards.

In addition to the seekers of various paths from around the New York area, Sri Chinmoy's own disciples came from across the United States and Canada. For them it is one of the highlights of the year.

Sri Chinmoy says that each new year offers a unique and significant opportunity to make inner spiritual progress and to manifest the divine life in the outer world through aspiration and dedicated service.

audience attended this lecture with other people crowding the windows of the large hall from outside. "Many asked sensitive questions and wanted literature. A number were deeply moved," said Chidananda.

Sri Chinmoy Answers: How To Have Peace

Question: What is the best way of obtaining peace in our inner life and in our outer life?

Sri Chinmoy: In the outer life you cannot have peace unless and until you have first established peace in your inner life. Early in the morning, if you treasure a few divine thoughts before coming out of your home, then these thoughts will enter into the outer life as energizing, fulfilling realities. But they perform their task only according to their capacity. The peace you get from the inner world you offer to the world at large. But the outer world does not want it; the outer world does not care for it. The world says it needs peace, but when you give the world the peace-fruit, it just throws the fruit aside.

In the morning you pray to God for peace, and then you come to the United Nations. There your colleagues, who have not prayed or meditated, are quarrelling and fighting. They are in another world. Now you may say, "I prayed for peace. How is it that my colleagues today are still quarrelling over minor things?" But I wish to tell you that if you had not prayed for peace, it could have been infinitely worse. Your prayer has definitely made the situation better than it might have been. Again, if your prayer had been more intense, more soulful, then I wish to say that the turmoil in your particular department could have been less. And if you had had a most powerful meditation early in the morning, I assure you the power of your own prayer and meditation in the inner world could have easily averted the wrong forces, the misunderstandings, among your colleagues.

It is in the inner world that everything starts. The inner world is where we sow the seed. If we sow the seed of peace and love, naturally it will produce a tree of peace and love when it germinates. But if we don't sow the seed, then how are we going to have the plant or the tree? It is impossible! Unfortunately we do not all pray for peace. We pray for joy or for our personal

satisfactions. Of course, it is true that we need these things. Today we may need joy, tomorrow we may need love, the day after tomorrow we may need the fulfilment of a particular desire. But again, there is a desire, an aspiration which everybody has, and that is the desire for peace.

The peace we try to bring forward from the outer world is not peace; it is only temporary compromise. You see the political situation. For a few months or years, two parties remain at peace. They feel that while keeping an outer compromise they will secretly strengthen their capacity. Then, when they get the opportunity or when the vital urge compels them, they fight. I wait for the opportunity when I can more powerfully, most powerfully attack you. But the inner peace is a different matter. The peace we bring to the fore from the inner world through our prayer and meditation is very strong, very powerful, and it lasts. So when we have that peace in our inner life, the outer life is bound to be transformed. It is only a matter of time.

SRI CHINMOY SPEAKER AT HUMAN SOVEREIGNTY SYMPOSIUM

Sri Chinmoy was recently invited by the Committee of the Human Sovereignty Symposium to give the keynote address at the 1973 symposium. This event, held on the campus of Georgetown College in Georgetown, Kentucky, was a four-day symposium of lectures and activities "dedicated to the vision of Dag Hammarskjöld."

The Master's lecture, "How to Relieve the Ills of Humanity", was delivered to a packed audience at the College. The audience was deeply moved and at their request the Master conducted a silent meditation later in the evening.

Sri Chinmoy had been asked to speak at the symposium when Senator Edmund Muskie, scheduled to speak, found himself unable to honor his commitment. In approaching Sri Chinmoy, the symposium organizers pointed out that the symposium had been inspired largely by remembrance of the work of the former Secretary-General of the United Nations, Dag Hammarskjöld.

Because Sri Chinmoy could deliver the monthly Dag Hammarskjöld Lecture Series at the U.N., it seemed most fitting that he deliver the opening address at the symposium.

TWO THOUSAND PER YEAR.

The writing of 1,000 poems was Sri Chinmoy's avowed goal for 1973 and he applied himself to the task with all his yogic determination and concentration. On some days he was able to write 50 or 100. By September his 1,000 poem work, The Dance of Life was complete.

But even then Sri Chinmoy was not content to rest. He felt that he could write still another 1,000 poem work before the end of the year and immediately he started on the new work, to be called The Wings of Light. Entering into the spiritual stream of creativity, the Master again began to produce poem after poem, each one a model of beauty and depth.

On November 16 Sri Chinmoy broke all his previous records when he wrote 150 poems in a single day.

By the end of 1973 both twenty volume sets of The Dance of Life and The Wings of Light were completed. Two thousand poems in one year! An achievement not done before, and one not likely to be repeated by anyone else.

TWO CREATORS

Father Supreme,

I wanted to offer You
One thousand Love-Devotion-Surrender
blossoms

From my heart-garden.
I am so happy that my Dream
Has seen the face of Reality.

Today.

Father Supreme,

Are You not proud of me?
"Son, My praising Capacity
Is very limited.

Therefore
Either I have to praise
My creation --

You, My son --

Or

I have to praise

Your creation --
Your poetry, your child.
Son, I hope you do not mind,
I am and I want to remain proud
Only of My own creation."

The Dance of Life, Vol. XX



150-55 87th Ave.
Jamaica, N.Y. 11432

First Class Mail

Whence comes man, whither goes he?
He comes forth from God's Aspiration
into God's Realization



PUERTO RICO HONOURS SRI CHINMOY

Puerto Rican politics opened its heart to Indian spirituality a few weeks ago when the island's two largest cities honoured Sri Chinmoy in special mayoral ceremonies.

San Juan Mayor Carlos Romero presented Sri Chinmoy with the key to the city on Dec. 28, and five days later Ponce Mayor Luis Antonio Morales read out a resolution making Sri Chinmoy an official guest of honour.

Key to the City of San Juan

"Each time you come here, please inspire us as you have been inspiring all of humanity," Mayor Romero said, as he handed Sri Chinmoy the brass key to the city.

With these words, the city of San Juan--home of the first Sri Chinmoy Centre--officially acknowledged the Indian Master whose spiritual presence over the course of the years has spread around the world.

"Seven years ago," Sri Chinmoy said, "I started sailing my dream-boat across the Caribbean. Today, my dream-boat touches the Reality-shore in you, the beloved pilot of San Juan."

Salute from Ponce

In Ponce, Puerto Rico's second largest city, Mayor Morales told Sri Chinmoy, "I would like to present you with this resolution with all my hope that we Ponceons will receive your message; not only receive it and hear it, but practise it."

The Master replied, "I shall most soulfully love the heart of Ponce and most devotedly serve the soul of Ponce until I breathe my last. I shall become inseparably one with the aspiration-hunger of Ponce and her realisation-feast."

After thanking the mayor, Sri Chinmoy held a short silent meditation, which left the Ponce leader deeply moved.

"I felt. That is the only thing that I can say," the mayor said. "It is not too often that we can get some peace like this. What I have to do is hold it in my heart."

In both San Juan and Ponce, several of Sri Chinmoy's disciples accompanied their Master to the mayor's chambers. The women, dressed in brightly coloured saris, and the men, wearing white shirts and trousers, sang spiritual songs before and after the ceremony.

All in all, it was the kind of official event not often seen in the San Juan and Ponce city halls.



Sri Chinmoy with Mahavishnu John McLaughlin and Devadip Carlos Santana and their wives Mahalakshmi and Urmila. Mahavishnu and Devadip are holding the gold record awarded for their album Love, Devotion and Surrender produced by Columbia Records.

TROPHY FROM STAMFORD MAYOR

At a public meditation on Sunday, January 27, Mayor Lenz of Stamford, Connecticut will present Sri Chinmoy with a trophy in appreciation of the Master's devoted service to the people of his state.

Details will be presented in the following issue.

SRI CHINMOY ON CABLE TELEVISION

A weekly cable television program dedicated to the philosophy of Sri Chinmoy will begin in mid-February on channel C, 9:00 to 9:30 Saturday evenings.

The programs, to be produced by the Master's disciples, will include poetry readings, musical selections, discussions among disciples, and interviews with Sri Chinmoy, as well as sequences of meditation.

In addition, Sri Chinmoy's regular morning and evening prayer on WNEW-TV channel 5 N.Y. will continue

SRI CHINMOY'S WNEW-TV APPEARANCES IN JANUARY

Jan. 1 - Tues.	6:21 A.M.
" 2 - Wed.	2-4 A.M.*
" 11 - Fri.	6:21 A.M.
" 12 - Sat.	2-4 A.M.*
" 15 - Tues.	6:21 A.M.
" 16 - Wed.	2-4 A.M.*
" 21 - Mon.	6:21 A.M.
" 22 - Tues.	2-4 A.M.*
" 25 - Fri.	6:21 A.M.
" 26 - Sat.	2-4 A.M.*
" 29 - Tues.	6:21 A.M.
" 30 - Wed.	2-4 A.M.*

* denotes that evening prayer goes on after last movie of the night.

AT THE UNITED NATIONS*

The Inner Message of the United Nations

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. Peace we feel. Love we become. Oneness we manifest.

The United Nations has a mind, a heart and a soul. Its mind tries to offer flowing Peace. Its heart tries to offer glowing Love. Its soul tries to offer fulfilling Oneness. In the near future, a day will dawn when the message of the United Nations will be absorbing to the child, elevating to the common man, thought-provoking to the highly educated and inspiring to the seeker.

Here at the United Nations, what I feel is an inner voyage. In its inner voyage, the United Nations has to brave many temptations and setbacks. As we all know, defeats and failures are mere stepping-stones in our onward march to perfection. At the end of its voyage, there is every possibility that the United Nations will be the last word in human perfection. For then the United Nations can easily bloom in excellence and stand at the pinnacle of Divine Enlightenment.

*excerpt from the monthly lecture of the Dag Hammarskjold Lecture Series, January 1974.

RADIO BROADCASTS ACROSS THE U.S.

Sri Chinmoy's meditations are now being broadcast daily across the United States, backed by the music of disciple-musician Mahavishnu John McLaughlin and Devadip Carlos Santana.

The first station to air these meditations was WNEW-FM in New York. Presently, some 13 stations play these meditations regularly.

They include:

- Triad Radio, Chicago
- WMMR - Philadelphia
- WIOT - Toledo, Ohio
- KDKB - Mesa, Arizona
- KRST - Albuquerque, New Mexico
- KFMB - San Diego, Calif.
- KPFT - Houston, Texas
- KFML - Denver, Colo.
- WNAP - Indianapolis, Ind.
- WKTK - Baltimore, Maryland
- WHFS - Bethesda, Maryland
- WNEW - New York, N.Y.

SRI CHINMOY ANSWERS

Question: What is the difference between astrology and Yoga?

Sri Chinmoy: Astrology does not have the power to change our fate, but spirituality or Yoga does have this power. The difference between astrology and Yoga is that astrology only indicates; it indicates the future on the basis of the past, but it does not change it. Yoga, however, can actually defeat the past and shape the future. Astrology plays its role most effectively until one has entered into deeper spirituality. There astrology bows down, as you bow down to me. Before one accepts spirituality, astrology is very powerful, like a lion. Then when one enters into a deeper spiritual life, astrology becomes a tiny household cat.

Question: Why is it that some people seem to search for years and years and never seem to find the right Guru?

Sri Chinmoy: First of all, if one is absolute sincere, the Master is bound to come. It is only a matter of time. There is no seeker on earth who will remain without a Teacher if he is desperately in need of one. If his aspiration is intense, if his inner cry is constantly mounting and he desperately needs a spiritual Master, how can God remain asleep? It is God who has kindled the flame of aspiration in that particular seeker, and it is God who will bring a spiritual Master to him or place him at the feet of a spiritual Master. No sincere seeker will be denied. God does not want a sincere seeker to remain unfulfilled, unrealized. The very purpose of God's Divine Game is to make everyone realize the highest Absolute Truth. Since this is His aim, He is bound to bring the Teacher to the aspirant. but God does it only when the seeker has genuine aspiration.

LECTURE TOUR IN THE WEST

Sri Chinmoy will be offering a series of lectures and public meditations in six western states this spring. The series, to be coordinated by the San Francisco Centre, will run from April 17 - April 25.



It is your soul's illumination that makes you a perfect God.
It is your heart's aspiration that makes you a perfect man.

RECENT PUBLICATIONS BY SRI CHINMOY

- America in her Depths
- Silence of Death
- The Son
- Astrology, the Supernatural and the Beyond
- Death and Reincarnation
- Promised Light from the Beyond
- Animal Kingdom
- Colour Kingdom
- Lotus-Petals from Nolini, Part II

11 LECTURES IN 11 STATES - JANUARY

As part of a fifty-state lecture tour for the year 1974, Sri Chinmoy lectured in eleven states in the month of January. These talks were extremely well received, indicating the growing spiritual aspiration on university campuses.

The following is a list of the talks given by Sri Chinmoy in chronological order:

University	Title of Lecture	Date
Brown Univ.	"Thought Waves"	1/9/74
Harvard Univ.	"Realisation, Revelation and Perfection"	1/9/74
Dartmouth	"The Inner World and the Outer World"	1/11/74
New York Univ.	"God you want, God you need, God you have, God you are."	1/12/74
Univ. of Conn. at Storrs	"Self Examination"	1/14/74
Univ. of Maryland	"Choice"	1/16/74
Univ. of Delaware	"Meditation and Inner Education"	1/16/74
Princeton Univ.	"The Inner Experience"	1/22/74
Univ. of Penn.	"The Heart"	1/22/74
Univ. of Maine	"Power"	1/25/74
Marlboro College Marlboro, Vermont	"Time"	1/25/74

HIGH SCHOOL ESSAY CONTEST UNDERWAY

Disciples of Sri Chinmoy are offering talks on yoga and meditation to high school classes in the greater New York metropolitan area. Those students interested in participating in the contest are invited to write a short essay on the subject of meditation and Sri Chinmoy's philosophy.

The students ranging from ninth graders to seniors have shown a remarkable interest in this subject. The winners will be presented with their awards by Sri Chinmoy at a special meditation for young people.

VEGETARIAN LUNCHEONS AT THE U.N.

Exploring new avenues to bring spiritual seekers together at the United Nations, the U.N. Meditation Group now offers vegetarian lunches to all interested delegates and staff.

COLUMBIA UNIVERSITY POETRY READING

A program of poetry reading from the Master's writings will be offered to students, faculty and the public at Columbia University on Wednesday, Feb. 13th. This program is being presented by the disciples of Sri Chinmoy who are attending that university.

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ANAHATA NADA



" THE SOUNDLESS SOUND "

February 28th, 1974 Vol. I, No. III

DECATHLON POET: 200 POEMS IN 22 HOURS

The yogi's concentrated power and the poet's soaring vision joined for a brief interlude earlier this month to produce a truly unparalleled achievement.

In a 22-hour period on Feb. 2, Sri Chinmoy wrote 200 poems in one sitting. That comes to one poem every six and a half minutes. In point of fact, however, the pace was even faster, since he interrupted his writing stride for at least one hour when he left his house to conduct a meditation for his Manhattan Centre meeting that evening.

The Master began writing at one minute after midnight, and concluded at 10:01 that evening. Then, in the next few minutes--just for the joy of it--he dictated an additional eight poems.

He does not find it difficult to write poetry, he said afterwards. Normally when one writes, he explained, one must wait for "the bird of inspiration to make its appearance." But because of his own spiritual power, he said, when the bird flies by "I just grab it."

Some of the poems he wrote while lying on his bed; others he wrote or dictated while sitting downstairs on his living-room chair. The whole house, but especially his bedroom, was literally charged with concentration, and the force was so palpable and intense that those required to disturb him for one reason or another did so with almost a muted sense of awe.

At 5:30 in the morning two disciples began typing up the poems he had written up to that point. They were the first of a long procession of typists, proofreaders, artists, printers, collators and binders--all disciples--who transformed the handwritten manuscripts into actual printed books in a massive cooperative effort.

As Sri Chinmoy was writing his third group of 50 poems, for example, two disciple-owned printing operations--Sri Chinmoy Lighthouse and Vishma Press--were getting ready to print the first two 50-poem series. Beginning at 12 noon that day, they worked all through the night and by noon the following day, Feb. 3, had printed four volumes of 50 poems each. In this way the Master's spiritual children helped bring their Guru's achievement to full fruition.

The four volumes became part of a new 1,000-poem series Sri Chinmoy is writing called "The Golden Boat." The first volume was printed by AUM Press of the San Juan, Puerto Rico Centre, and these four books constitute volumes two through five.

A large group of disciples were gathered at the Master's house

as the boxes of books were brought in from the two presses, ink still wet. As each group of printers arrived, they were greeted with loud applause. This joyful atmosphere persisted into the next week, when there was a big party to celebrate the achievement. Many of the disciples brought their Master gifts, which were carried up to him inside a large wooden boat. The disciples sang songs and told jokes, mimicked one another in impromptu skits, and performed feats of magic. The evening was topped off by a meal cooked by the New Jersey Centre.



WHIRLWIND LECTURE TOUR

Sri Chinmoy delivered 11 talks over a five-day span earlier this month as part of his nationwide university lecture tour this year. Six of the talks were given in the Midwest and five in the South.

An additional four talks were scheduled for the end of February. At that time he will have lectured at 26 states so far this year, completing more than half of his 50-state series.

OFF TO THE MIDWEST

The first series of talks this month began Feb. 12, a Tuesday, when the Master left New York to give a morning talk at the University of Michigan in Ann Arbor. One of his disciples then drove him to Toledo, Ohio, where he spoke that afternoon at the University of Toledo.

The following morning found him at Newsallaer, Indiana, where he delivered an address at St. Joseph's College. The day was

PROMETHEUS COMES TO STAMFORD

"It was Prometheus, the Greek god who chose to defy the other gods and bring the symbolic light of fire from Mount Olympus to the unilluminated world of mankind..... Today a giant of a different type walks the earth, and like Prometheus he has come to offer his own light to mankind." With these words Stamford (Conn.) Mayor Frederick Lenz, Jr. welcomed Sri Chinmoy to his city late last month.

Eight hundred people were in the Rippowam High School auditorium during the Jan. 27 function, which marked the Master's first large public meditation in the state of Connecticut. To celebrate the event, Mayor Lenz presented him a trophy.

Connecticut has always been particularly responsive to Sri Chinmoy's message. The University of Connecticut at Storrs was the first university to offer a credit course in the Master's spiritual philosophy two years ago. Since then, a number of other U.S. colleges have followed suit. And Connecticut also the home of the largest Sri Chinmoy Centre in the United States and in the world.

In accepting Mayor Lenz's trophy with deep gratitude, Sri Chinmoy drew an analogy between the fire Prometheus brought down to mankind and the aspiration-flame he, himself, seeks to offer mankind. "Inner Pilot, the Supreme, has commanded me to steal aspiration-flame from His Compassion-sky to my heart's content, and serve mankind with it. Most devotedly I have obeyed His command."

...And Then Visits Waterbury

Two weeks later, on Feb. 11, Sri Chinmoy held a public meditation in Waterbury, Conn. in a visit that coincided with the city's 300th anniversary celebration. Earlier that day, Sri Chinmoy went to city hall at the invitation of Mayor Victor Manbruno, who presented him with five commemorative anniversary coins.

"According to my inner awakened said Sri Chinmoy, "these five coins embody friendship, appreciation, trust, love and oneness."

"Your heart of love has enlightened us beyond your imagination," told the mayor. "The Absolute Supreme is blessing you with His divine, celestial Pride, and I, earthly brother of yours, a humble lover of mankind, offer you my heart's unalloyed and ceaseless flow of appreciation and admiration."

Mayor Manbruno, visibly moved said: "This has been a real experience, a delightful experience."

rounded out with an afternoon lecture at Roosevelt University and an evening lecture at Loyola University, both in Chicago.

After a drive to Milwaukee the next morning, Sri Chinmoy gave a short talk at the University of Wisconsin and then caught an afternoon flight back to New York in time for his Thursday evening meditation at his church in Bayside, Queens.

THEN TO THE SOUTH

The following Wednesday, Feb. 20, he left New York again for a morning talk at Georgia Tech University in Atlanta, Georgia. That afternoon found him speaking at Clemson University, Clemson, South Carolina, and then that evening he lectured at the University of North Carolina in Asheville.

The next morning he was at Berea College in Berea, Kentucky, and then off to the University of Tennessee in Knoxville, where he spoke in the afternoon, leaving in time to return to New York for his Thursday evening meditation.

On February 27 he is scheduled to speak at Tulane University in New Orleans, Jefferson Davis Junior College in Gulfport, Mississippi and the University of Southern Alabama in Mobile.

And the month will end with a talk the following day at Wheeling College in Wheeling, West Virginia.

The Master's schedule for March and April, though still tentative, follows:

Tuesday, March 5

University of Nebraska, Omaha- 12:30 p.m.

Iowa Western College, Council Bluffs-

University of Missouri, Kansas City- 2:00 p.m.

University of Kansas, Kansas City- 9 p.m.

Wednesday, March 6

University of Arkansas, Fayetteville, Ark.- noon

University of Tulsa, Tulsa- 4:00p.m.

Thursday, March 7

Southern Methodist University, Dallas- 9 a.m.

NOTE: From March 16 to March 30

Sri Chinmoy will be on a cross-Canada tour. Details are not yet available.

Thursday, April 18

Reno, Nevada- details not yet available.

Friday, April 19

Stanford University, Palo Alto, Calif.

Monday, April 22

Reed College, Portland Ore.-10 a.m.

Gonzaga University, Spokane, Wash.- 4 p.m.

North Idaho Junior College, Cour d'Alene- 7:30 p.m.

Tuesday, April 23

University of Montana, Missoula- 9:30 a.m.

Denver University, Denver- 6 p.m.

University of Wyoming, Cheyenne- 9 p.m.

Wednesday, April 24

Brigham Young University, Salt Lake City, Utah- 10:30 a.m.

Phoenix, Arizona- details not yet available

Albuquerque, New Mexico- details not yet available

NEW BOOKS BY SRI CHINMOY

Flame-Waves - A series of short aphorisms, one for each day of the year.

My Rose Petals, Part II- The second volume of the Master's European lectures, covering such topics as desire and aspiration, spiritual purity, spiritual strength and divine surrender.

Wings of Light, Volume I- A book of spiritual poems, second series.

The Golden Boat, Volumes I-V - The first five volumes of the Master's third 1,000-poem series.

A Sri Chinmoy Primer - Questions commonly asked by spiritual seekers and new disciples, and Sri Chinmoy's answers.

AT THE UNITED NATIONS

God expresses Himself through silence and sound. Silence is Reality's height; silence is His Reality's depth. Sound is His Reality's length; sound is His Reality's breadth. In silence is all assurance. In sound God all confidence. In self-assurance God builds the Kingdom of Light. In self-confidence God invites His lit, obscure, unassuming creation to enter into His Kingdom of Light.

A seeker who is a child in spiritual life finds it quite easy to appreciate, admire and adore God's length and breadth. But a seeker who is advanced in the spiritual life inwardly feels that God's height and God's depth must be appreciated first, and only then His length and breadth be truly properly appreciated, admired and adored.

* excerpts from Sri Chinmoy's February 1974 Dag Hammarskjold Lecture at the United Nations.

SRI CHINMOY ANSWERS

QUESTION: What kind of death & rebirth occurs when a person enters the spiritual life?

SRI CHINMOY: When we wholeheartedly and unreservedly accept the spiritual life, we feel that is the real death of ignorance, desire, of limitation. It is the death of our limited, strangling, unfulfilled and obscure consciousness in the vital. It is the vital that is craving to fulfill all of desires, not the physical, so this death takes place in the vital plane. When we really launch into the spiritual life, we have an inner death. This death is the death of our past, of the way we formed our past.

HIGH SCHOOL TALKS

Sri Chinmoy's disciples have been invited to give a number of talks on their Master's philosophy at high schools in the metropolitan area.

By mid-February, five talks have been given in schools in New York, New Jersey and Long Island.

At Grover Cleveland High School in Queens, six students participated in an essay contest in which they gave their impressions of Sri Chinmoy's recent book.

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ANAHATA NADA
150-30 86th Ave.
Jamaica, N.Y. 11432



February 28th Meditation

The real Guru is he who is the Son of God and the slave of mankind.

ANAHATA NADA



" THE SOUNDLESS SOUND "

MARCH 27, 1974

Vol. I, No. IV

THE CONNECTICUT GURU:

Three Official Welcomes

Three more Connecticut cities have offered Sri Chinmoy a royal official welcome and honoured the Master for his work in the state.

Danbury Mayor Charles Ducibella gave Sri Chinmoy the seal of the city. Greenwich Selectman Richard Webb presented the Master with a proclamation of appreciation and gratitude, and Norwalk Mayor Donald Irwin gave him a certificate of honour.

A few weeks earlier, Sri Chinmoy received a trophy from the mayor of Stamford and five commemorative coins from the mayor of Waterbury.

A Master's Inner Cry

In welcoming Sri Chinmoy to Danbury, Mayor Ducibella said: "We have invited many great men to come here and visit us, but this is the first time a great spiritual Master has come. I am deeply moved and touched that you have come to our little town."

Then he added: "Maybe sometimes in your meditation you will pray for the welfare of all our people in Danbury."

Sri Chinmoy meditated for a few minutes, invoking the blessings of the Supreme for all the aspiring souls of Danbury and for the mayor.

Then he told the mayor that "yours is the heart of love that has touched me most deeply. Your soul's inner wisdom and your open heart have made me feel that I belong to you, to your city."

Sri Chinmoy then said he was offering his own inner cry to the soul of Danbury and to the mayor's soul in order to become inseparably one with them.

That evening, Sri Chinmoy held a public meditation in Danbury.

Inside the Heart of Greenwich

In Greenwich, after receiving an official welcome, Sri Chinmoy told Selectman Webb: "I have been inundated with your inner wealth, and this inner wealth is love... You, as the representative of this town, have offered me a place inside the heart of Greenwich, and my earthly existence offers its eternal gratitude to you."

Selectman Webb, quite moved, confessed that he found it difficult to respond. "It is very moving," he said, "when someone as prominent as yourself has made love the absolute necessity of your life. Those of us who are involved in politics find it difficult to stop and meditate, to remember our ultimate goal of love and peace."

Later that evening, March 11th, Sri Chinmoy conducted a public meditation in the auditorium of the Greenwich public library.

Two Servers, One Goal

A few days later, Norwalk Mayor Irwin offered Sri Chinmoy an official declaration of honour for "his efforts to promote inner peace through meditation and spiritual discourse...and for bringing the fruits of the East's ancient truths and his own inner realisations and revelations" to the city.

Earlier in the month, Mayor Irwin had visited the Sri Chinmoy Centre which is located in Norwalk and participated in one of the meditations.

Referring back to that visit, Sri Chinmoy said: "You came to our Centre not in the capacity of a mayor, the master leader of Norwalk, but as a genuine seeker, a true lover of humanity, a divine believer in all faiths and a supreme promoter of all paths leading to one destined goal."

Furthermore, the Master continued, "the server in you and the server in me are one, running toward the same Goal: two complementary souls fulfilling the Inner Pilot with the same dream."

This dream, he said, "is our conscious service, dedicated service, to aspiring humanity."



Mahavishnu and Devadip are giving a concert for Sri Chinmoy, who is listening in from the other end of the telephone.

TELEPHONE CONCERT

There was a rather unusual concert at the Sri Chinmoy Centre Church in Queens earlier this month: the main audience was at the other end of a telephone.

Mahavishnu John McLaughlin, Devadip Carlos Santana and Turiya Alice Coltrane sat in a semi-circle at the front of the church and played into a telephone receiver resting on the carpeted floor. At the other end of the receiver, listening to the music, was Sri Chinmoy.

The Master had just returned from a speaking tour in Texas, and was physically exhausted and ill. So rather than his coming to the concert, the concert came to him.

Mahavishnu and Devadip, both Sri Chinmoy disciples, played the guitar, while Turiya - one of the Master's admirers - played the harp. They were accompanied by another disciple, Prabuddha, who played the tamboura.

The following evening, when Sri Chinmoy was feeling somewhat better, Turiya gave another concert at the Church, which the Master did attend.

Afterwards, she spoke a little about her music and that of her late husband, John Coltrane, and then Sri Chinmoy blessed her.

New Books by Sri Chinmoy March 1974

Chandra and Tandra - a spiritual story.
Wings of Light, Vol. II - second volume of a 20-volume series of poems.

Friendship-Life with the Unknown - a small book of spiritual drawings.

CANADIAN LECTURE TOUR

Sri Chinmoy embarked on a two-week Canadian lecture tour mid-March that took him to fifteen universities in four eastern provinces. A book containing these lectures is to be published in Canada.

His schedule follows:

- March 16 - Dalhousie University in Halifax, Nova Scotia
- March 17 - University of New Brunswick in Fredericton, New Brunswick
- March 19 - Laval University in Quebec City
- March 20 - Sir George Williams University in Montreal
- March 21 - in Sherbrooke, Quebec
- March 22 - Queens University in Kingston, Ontario (noon)
University of Ottawa in Ottawa (8 p.m.)
- March 23 - Trent University in Peterborough, Ont.
- March 24 - University of Toronto in Toronto (noon)
McMaster University in Hamilton, Ont. (7:30 p.m.)
- March 25 - University of Guelph in Guelph, Ont.
- March 26 - Wilfred Laurier University in Waterloo, Ont.
- March 27 - University of Windsor in Windsor, Ont.
- March 28 - University of Western Ontario in London, Ont.
- March 29 - York University in Toronto

Elementary School Yogis

One of Sri Chinmoy's disciples who teaches in a New Jersey public school has introduced his Master's writings to his fifth grade class.

Each day Nilaya (David Gershon) puts on the blackboard a short spiritual aphorism from one of Sri Chinmoy's books. Then he encourages his students to write their interpretations and comments on "the thought of the day," as it's called.

A number of the ten-year-olds in the class participate in this activity. And, in fact, now a few are writing their own spiritual thoughts of the day for their teacher to ponder over.

Recently part of the class expanded its spiritual vistas beyond thoughts of the day to the reading of one of the Master's full-length plays, Siddhartha Becomes the Buddha. The class plans to stage their favourite parts of the play.

CONNECTICUT RADIO BROADCASTS

Radio listeners throughout Connecticut can hear the message of Sri Chinmoy broadcast several times a week.

Richard Navroth, a disciple of the Sri Chinmoy Connecticut Centre, is moderator of two half-hour programs focused on the Master. One, called "Profile, Message of Sri Chinmoy," is heard every Tuesday afternoon from 1:30 to 2:00 over WSHU, 91.1 FM in Bridgeport. And the other, called "The Message of Sri Chinmoy," is broadcast every Sunday morning from 7:30 to 8:00 over WPLR, 99.1 FM in New Haven.

These two stations also play a short morning meditation by Sri Chinmoy, which is accompanied by Mahavishnu John McLaughlin's music.

In his shows, Richard plays tapes of Sri Chinmoy singing and answering questions and he reads from the Master's various writings. Interviews with other disciples who relate their own personal experiences with Sri Chinmoy are also included in the program.

AT THE UNITED NATIONS

The following are excerpts from Sri Chinmoy's March 1974 Dag Hammarskjold Lecture at the United Nations:

"The spiritual seeker realises that God is everywhere, both in Heaven and on earth. When he thinks of God in Heaven, he immediately feels that God is a dream-fulfilling Reality. When he thinks of God on earth, he feels that God is the reality-illuminating Dream..."

"The life of a spiritual seeker is not the life of a stagnant pool. His is the life of a fresh spring, a spring of ever-flowing Consciousness-Light. When the seeker feels that his life is ever-flowing Consciousness-Light, he feels that Heaven - which is dream - is being manifested on earth, and that earth - which is cry - is being transformed into the ceaseless smile of the Supreme..."

SRI CHINMOY SCHOOL

Plans are underway to start a small spiritual school for the children of Sri Chinmoy's disciples.

This is the first step of what could some day be expanded into a fully-accredited ashram school.

The school, named Sri Chinmoy Vidyalaya (School), is expected to open sometime this spring.

In the beginning, classes will be held once a week for children between the ages of three and twelve. There will be spiritual stories and plays, short meditation sessions, outings and a variety of creative activities.

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March 27. Meditation

When You make friends with doubts
you are bound to lag behind, and when
you lag behind you are bound to shed bitter tears.

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ANAHATA NADA



" THE SOUNDLESS SOUND "

APRIL 27, 1974

Vol. I, No. V



The April 13th public meditation

TENTH ANNIVERSARY CELEBRATION

Some four hundred disciples from Europe, Canada and across the United States converged in New York to celebrate the tenth anniversary on April 13 of Sri Chinmoy's arrival in the West.

The festival began the evening of April 12, with a performance of the Master's drama, The Son, and continued past midnight on Sunday, April 14. The "puja" included a public meditation, a bazaar, a circus and a six-hour celebration of spiritual music and drama, which was capped off by a major feast Sunday night.

At the public meditation, which allowed the residents of the New York community to share in the celebration, Sri Chinmoy said: "The aspiration-child of the West is no longer crawling, stumbling, walking, marching. It is running... fast, faster, fastest towards the...

Golden Shore of the ever-transcending Beyond."

He said that he has learned two significant things during his ten years in the West: "how to admire the soul of the West most devotedly (and)...how to love the heart of the West most soulfully."

"The soul of the West," he said, "is for Divinity's full manifestation on earth. The heart of the West is for humanity's totally transformed perfection."

Sri Chinmoy concluded his April 13th message by saying that even if he offered ten million flowers of gratitude to the Western soul, it would be inadequate. "But to each of you I wish to say that my fervent prayer to the Supreme was to be of you and for you. And the Supreme, out of His infinite Bounty, has granted my prayer to be implicitly of you and to be unconditionally for you."

MEETINGS WITH COMMUNITY LEADERS

Sri Chinmoy was officially welcomed by the mayors or political heads of nine New York and Connecticut cities this past month. Some of their comments follow:

--"The work that you're doing is magnificent ... I think we're all a little bit better for your having come in today to see us." Mayor Joel Baldwin of Milford, Conn.

--"It is encouraging to me to

see a moral leader...I am most appreciative and I consider myself very fortunate meeting you today."

City Manager Joel Housser of Newburgh, N.Y.

--"I'm hopeful that as your work continues there (at the United Nations) that more delegates and more citizens of the city of New York...will come in contact with yourself, listen to your message and be guided and affected by it."

Mayor Henry V. Kensing of Mount Kisco, N.Y.

FOUR YEARS AT THE U.N.

A historic marriage between the hectic world of United Nations politics and the meditative calm of Indian mysticism celebrated its fourth anniversary this month.

It was on April 14, 1970 that Sri Chinmoy held his first U.N. meditation as Spiritual Director of the United Nations Meditation Group. That happened to be exactly six years and one day after the Master first arrived in America.

Since that first April session, his weekly lunch-hour meditations for U.N. delegates and staff have been attracting a growing following. And about a year and a half ago, they were expanded to twice-weekly sessions - one in the U.N. Church Center Chapel and one in the U.N. Secretariat building.

During a special meditation commemorating the anniversary, Sri Chinmoy said that in silence he was offering his soulful gratitude to the Supreme, his sincere gratitude to the soul of the United Nations, his loving gratitude to the seekers at the U.N. and his oneness-gratitude to the members of the U.N. Meditation Group.

A spokesman for the group, Uddipana (Maureen Guiney), said: "Your arrival at the United Nations was most timely and necessary, for we are already seeing that the decisions of its delegates are increasingly influencing the destiny of our planet and the goals and aspirations of its inhabitants."

Further, she added, "Those of us who are deeply committed to the ideals of the United Nations believe that there can be no greater blessing for this great organization than to have its staff and delegates receive your enlightened guidance."



Sri Chinmoy at the U.N.

THE CHEF SUPREME

The sense of spiritual intimacy that comes from having a Guru became strikingly apparent during the April 13th celebration when Sri Chirmoy's disciples were offered a home-cooked dinner by the Master.

Sri Chirmoy worked all through the night - unassisted - to prepare ten separate dishes for the huge anniversary dinner which was held at his home. Approximately four hundred persons attended, arriving in groups of fifty or sixty. This was the second time that day they had come to his house. Earlier in the morning they had meditated with him there in groups.

As the procession filed in, Sri Chirmoy stood off to one side, smiling. He was wearing a white chef's hat one of his disciples had bought him for the occasion.

The personal effort that went into preparing the food was Sri Chirmoy's way, on the physical plane, of offering his gratitude to the Supreme in each of his disciples...gratitude for being allowed to serve God within them during his ten years in the West. It was his way, he said, of offering his love, as earlier he had offered his love in another way - through soulful meditation.



MADAL CIRCUS

There was everything from acrobatics to karate exhibits... From the disciplined aesthetics of folk dancing to the rough and tumble chaos of "clown ashram" in the Madal Circus performance this month.

The circus, first presented in May 1972, has now become a twice-yearly affair. It is put on entirely by Sri Chirmoy's disciples, and each showing consists of entirely new acts. This month's performance was the sixth so far.

"Madal Circus," says Sri Chirmoy, "is part and parcel of our vision, realisation and manifestation."

He described the circus as an offering of love and joy, and this offering, he said, is a form of real meditation. Anything, in fact, that is "sweet, pleasant, innocent and spontaneous," he added, or "anything that liberates us from depression and frustration is nothing short of meditation."

"God wants us to show Him a happy face," Sri Chirmoy continues. "We pray to God for many, many things - to fulfil our countless teeming desires. But every day He prays to us to offer Him a cheerful heart and a happy face."

According to Swadhin (Gary Falk), ringmaster and circus director, "having a circus shows that yoga and meditation can embrace all of life's activities. Depending on the attitude one has, any undertaking - including a circus - can be part of the discipline."

The next performance is scheduled for August.

CHRIST PLAY PREMIERES

Sri Chirmoy's play based on the life of Jesus, The Son, had its premiere performance the evening of April 12. It was staged by the Master's disciples.

This particular troupe, as well as groups from other Sri Chirmoy Centres around the country, will be giving a number of public showings of the play in schools and churches in their areas. The play, translated into Spanish and French, is also to be performed in Puerto Rico and Canada.

The Son is the sixth play in Sri Chirmoy's avatar series, which is drawn from the lives of the world's spiritual giants. The other five dealt with Rama, Buddha, Krishna, Chaitanya and Ramakrishna.

The first public showing of the Ramakrishna play, Drink, Drink My Mother's Nectar, was staged on April 14 as part of Sri Chirmoy's tenth anniversary celebration.

NEW BOOKS BY SRI CHIRMOY - APRIL '74

My Maple Tree - the sixteen talks from the Master's March lecture tour across Canada.

Fifty Freedom Boats to One Golden Chord - the first ten university talks from the Master's 50-state U.S. tour.

Wings of Light, Vol. III & IV - third and fourth volume of a 20-volume series of poems.

Beyond Within - anthology of the Master's writings during his ten years in the West.

WEST COAST LECTURE TOUR

Sri Chirmoy's 50-state lecture tour continued this past month with talks at ten Western universities: Stanford University in Palo Alto, Calif.; Portland State College in Portland, Ore.; Gonzaga University in Spokane, Wash.; North Idaho Junior College in Coeur d'Alene; University of Colorado in Boulder; University of Wyoming in Laramie; University of Utah in Salt Lake City; University of New Mexico in Albuquerque; and universities in Arizona and Montana.

While in California, the Master held a public meditation in San Francisco and conferred with the mayors of Berkeley and Palo Alto.

For information about Sri Chirmoy and his published writings, please contact:

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April 27, Meditation

He who enquires about the way that leads to the Supreme will never be lost.

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" THE SOUNDLESS SOUND "

MAY 27, 1974 VOL. 1, NO. 6



Mayor Longo greets Sri Chinmoy in his chambers.

SALUTE FROM BRISTOL

BRISTOL, CONN. -- The Indian spiritual Master Sri Chinmoy has inspired this Connecticut city to proclaim May 8th as "India Day."

In an official proclamation, Mayor Frank J. Longo Sr. of Bristol cited Sri Chinmoy's work toward world peace and the calming influence India has had over the years in international politics.

Moved by the Master's example of Indian spirituality, the mayor likened his activities to those of renowned leaders such as Mahatma Gandhi, Jawaharlal Nehru and Prime Minister Indira Gandhi.

"Sri Chinmoy has travelled to many parts of the globe, presenting his most beautiful and exceptional meditations on God, love and peace (both interior and exterior) to the leaders and people he has met throughout the world..." the proclamation declares.

The city, which is known the world over for its chrysanthemum

flowers, also plans to name a special flower after Sri Chinmoy, the mayor said.

Mayor Moved to Tears

Mayor Longo said his hour-long meeting with Sri Chinmoy left him moved to tears. "You are one of the very few people who practises and preaches the world's greatest product: love of God and love for your fellow man," Mayor Longo said. "It is indeed a great pleasure for me to meet a gentleman of your stature."

Sri Chinmoy told Longo that America's dynamism and India's love for peace--the American brother and Indian brother--go easily together inside the mayor's own heart. "I feel that our meeting is the meeting of divine oneness, the oneness that is treasured by God Himself," Sri Chinmoy said. "When two sons of His are amalgamated in the same ideals and goals, God feels that the manifestation of His divinity has already taken place in the hearts of His devoted children."

LITERARY TRIUMPH: 360 POEMS IN A DAY

JAMAICA, N.Y. -- In an unprecedented literary achievement, Sri Chinmoy has written 360 poems during a single 24-hour period.

Using his yogic powers of concentration developed during 20 years of meditation in an Indian ashram, Sri Chinmoy accomplished the feat "just for the joy of it." He said he wanted to show the remarkable limits of human capacity when guided by inner willpower and the soul's Light.

Beginning at the stroke of midnight April 28th, Sri Chinmoy wrote continuously around the clock at the grueling pace of one poem every four minutes.

This easily topped his previous record of February 2nd, when he wrote 208 poems in a little over 22 hours.

That time a small group joined Sri Chinmoy midway during his task to type up his manuscripts and prepare them for printing. But this time disciples worked alongside him right from the beginning, and the entire book was typed, proofread, printed, collated and bound by the next day.

The following evening, during a large outdoor celebration honouring the book, Sri Chinmoy explained why he titled the book The Goal Is Won. "About 20 years ago the sprinter in your Guru won the race," he said, referring to the time he became decathlon champion in his Indian ashram. "And yesterday the poet in your Guru again won the race."

He went on to say how he often uses the symbolism of the Dream-boat and the Golden Shore. "Our first series of poems was entitled The Golden Boat. But this book now has touched the shore."

A Spiritual Master's Gratitude

Offering his gratitude to the disciples for their soul's inspiration, Sri Chinmoy said his achievement was also theirs. "It was your soul's inner vision that ran within me and through me for the ultimate Reality's Oneness. And that is why I won the race...yesterday."

"Divinity is great because divinity gives," he continued.

"Humanity is good because humanity receives. Who gave the poet in me the capacity? The Supreme in you. Who gave you the receptivity? The Supreme in me."

He then declared that the proper spelling of the word 'Supreme' is G-R-A-T-I-T-U-D-E.

The literary achievement, he said, was "the illumining and fulfilling accomplishment of Heaven on earth and earth for Heaven... Heaven offered its vision; earth offered its aspiration." And this combination, he declared, "enabled us to become the Supreme Reality for the Supreme Reality--for its constant, perfect, ever-transforming, ever-

SRI CHINMOY DAY

WEST HARTFORD, CONN. -- Earlier this month "Sri Chinmoy Day" was proclaimed in West Hartford, Conn.

Mayor Catherine C. Reynolds said the city wanted to honour Sri Chinmoy because he "is helping many people in the state of Connecticut find more inner peace and meaning in their lives."

The city proclamation called attention to the Master's United Nations activities and his work toward peace, and gave official recognition to his "philosophy on

the nature of man and God, which is taught at the University of Connecticut."

illumining and ever-widening manifestation."

During the evening, a number of disciples delivered tributes or gave their impressions of what it was like to work on the book. These, and later comments by other disciples, are being gathered together into another book.

FILM FESTIVAL AWARD

NEW YORK -- Radha (Susan Honig), an 18-year-old disciple of Sri Chinmoy, has won second prize in the citywide WNET Young Filmmakers Festival.

Her four-minute original animated film, After Silence, deals with the theme of music and creation. Improvised cello music by Philip Hirschi, another disciple, makes up the sound track.

The film received a public showing earlier this month at the five-day School Art League Expo '74 in Manhattan. And it has been submitted to the International Animation Festival being held next month in Yugoslavia.



A scene from After Silence.

NOTE TO ALL SUBSCRIBERS

If you would like to continue receiving complimentary copies of Anahata Nada, please fill out the attached post card and mail it back to us. Thank you.

AT THE UNITED NATIONS

The following has been excerpted from Sri Chinmoy's May 1974 Dag Hammarskjöld Lecture at the United Nations:

"Unification and perfection go together. They complement and fulfill each other. Unification and satisfaction go together. They, too, complement and fulfill each other. Unification is the song of the many for the one. Perfection is the song of the one for the many. Satisfaction is the song of the one in the many and the song of the many in the one..."

"A real seeker feels that he is growing from perfection to greater perfection to infinite perfection; from Light to more Light to abundant, infinite and Immortal Light."

SRI CHINMOY ANSWERS

Question: Is man unique in the whole universe?

Sri Chinmoy: In the whole universe, in all of God's creation, man is unique because next to man is total perfection, complete unveiling consciousness. Man is unique because he has the absolute potentiality to realize God, and when we realize God, who can be superior?

There are thousands of cosmic gods. If I get a headache, and if I pray to a certain cosmic god, that god will take away my headache. If I get a stomach ache, I have to pray to a different god. But these gods are not superior to me. They are all super-natural entities in the vital world with capacities higher than those of ordinary men. These beings are usually good, but they are all finished products. They do not make any progress because they do not care to enter into the world for the transformation of their nature.

Question: So they cannot become God, they cannot reach God?

Sri Chinmoy: No, they cannot. In that world they are stuck at one point. They have to come into a human body and accept human life like us with its bondage, suffering, suppression and humiliation if they wish to evolve.

NEW BOOKS BY SRI CHINMOY--MAY 1974

The Goal is Won - the historic volume of 360 poems Sri Chinmoy wrote during a 24-hour period.

Why the Masters Don't Mix - a volume of short stories about spiritual Masters and their disciples.

50 Freedom-Boats to One Golden Shore, Vol. II - the second series of ten university lectures from the Master's 50-state U.S. tour.

Wings of Light, Vol. V - fifth volume of a 20-volume selection of lyrical poems dealing with spiritual subjects.

Reprints

Astrology, the Supernatural and the Beyond - Sri Chinmoy answers various questions on astrology, the occult, psychic power, the supernatural and other cosmic forces.

Death and Reincarnation: Eternity's Voyage - a spiritual Master who has journeyed during his meditation to the different planes of reality answers questions on death, reincarnation and life after death.

Yoga and the Spiritual Life - a general introduction to Sri Chinmoy's own philosophy, dealing with various aspects of the spiritual life.

SIDDHARTHA BECOMES THE BUDDHA-- AT THE AGE OF TEN

ENGLEWOOD, N.J. -- Fourteen fifth-graders from a New Jersey elementary school are to perform one of Sri Chinmoy's plays about the life of Lord Buddha.

In order to capture the spirit of the play, says Nilaya (David Gershon), their teacher, "the children have asked me to teach them meditation."

The thought that Sri Chinmoy will himself be attending the performance has added a certain excitement to the project, Nilaya adds. "They want to make their performance as spiritual as possible."

The ten-year-olds became inspired to stage the play, Siddhartha Becomes the Buddha, after studying it in class.

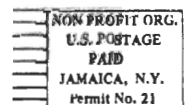
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"Sri Krishna meditated. He became God, the Love Divine.
The Buddha meditated. He became God, the Light Divine.
The Christ meditated. He became God, the Compassion Divine.
Now God wants you to meditate. He wants you to become
God, the Life Divine."

- Sri Chinmoy



ANAHATA NADA



" THE SOUNDLESS SOUND "

JUNE 27, 1974 VOL. 1, NO. 7

AN ASHRAM WITHOUT WALLS

NEW YORK -- Garbed in a flowing white robe, his face transfixed in a meditative trance, he stands in the dimly lit chapel of the United Nations Church Center and brings down what he describes as spiritual Light, Peace and Bliss.

For a full hour, in total silence, the Indian spiritual Master Sri Chinmoy slowly turns his head from person to person, gazing into each one's eyes for several seconds. Occasionally the pupils of his eyes flick back and forth very rapidly, or roll back and disappear behind his upper eyelids. "Like a bird moving from one branch of a tree to another, my consciousness is moving from one plane to another," he'll explain afterwards. "Each branch gives a special satisfaction to the bird: Light, Peace, Bliss, Power and so on. Similarly, each plane of consciousness which I enter offers me its wealth, which I then bring down to my disciples and those meditating with me."

Later, after the meditation has ended, Sri Chinmoy tells what he seeks to accomplish with these twice-weekly meditations, which are now in their fourth year. "When I hold meditation, I invoke Peace and Light from the Supreme, and I feel that if I can offer inner peace to humanity then the outer peace will automatically come. The U.N. delegates are trying to bring about peace through political means, which is absolutely right according to their understanding and enlightenment. I feel, according to my own realization, that the way I am bringing down peace will be most effective. Each of us knows how he can be of service to mankind."

Besides holding meditations for U.N. delegates and staff, Sri Chinmoy also conducts meditations at a small church in Queens, N.Y., which was purchased in 1972 when the Guru's home became too small to accommodate his growing number of disciples. Except for his Saturday evening meditations in Manhattan, which are open to newcomers, and his occasional open public meditations, most of Sri Chinmoy's spiritual activities are closed to non-disciples.

"I am not interested in collecting thousands of followers," he says. "I am interested in quality, not quantity. When I accept a person as a disciple, I take full responsibility for his



Fifth-graders from a New Jersey elementary school peer over one another to get a glimpse of Sri Chinmoy during a meditation following their performance of the Master's play, Siddhartha becomes the Buddha. The ten-year-olds, who studied the play in class, staged it last month. Their teacher, Nilaya (David Garshon), stands behind Sri Chinmoy.

spiritual life and make an inner promise that I will take his soul to God. I only want sincere, dedicated seekers, seekers of the Infinite Truth." There are other Gurus and other paths to God, he declares. "I want only those who are meant for my path, the path of love, devotion and surrender." All told, Sri Chinmoy has about 700 disciples in some 50 spiritual centers throughout the United States, Canada, Western Europe and the Far East.

A Thriving Spiritual Community

A small community has sprung up in the vicinity of Sri Chinmoy's home in the Jamaica Hills section of Queens -- almost an ashram without walls, so to speak. A number of disciples have taken apartments in some of the two-family houses in the area, and on any given day a stray passer-by is likely to see groups of women in brightly colored saris or men dressed all in white shopping in the local stores or walking down the tree-lined streets.

At the Guru's request, some of the disciples have given up their jobs in the nine-to-five world to open up small shops in the neighborhood called "Divine Enterprises." Within a few blocks of each other on Parsons Boulevard just off Hillside Avenue are about a dozen "enterprises," including a bookstore, boutique, craft shop, health food store, ice cream parlor, publishing house, stationery

store, vegetarian Indian restaurant, flower shop, record shop and a grocery.

"We're not here to make a lot of money, though we do try to make a living," explains Kanan, a former truck driver and now proprietor of Garland of Divinity's Love flower shop. "Kanan" is his spiritual name -- reflecting his soul's paramount quality -- given him by Sri Chinmoy. "We try to create a spiritual atmosphere in which people can also deal with their material needs." These enterprises are individually owned by the different disciples, and have no financial ties with the Guru, he continues. "But in the inner world we feel he owns these stores and we are serving him through our work. Everything belongs to God, and men only work as His agents, His caretakers. By working devotedly, we are serving God devotedly."

The disciples look upon one another as spiritual brothers and sisters, often helping one another out at the stores and spending much of their time together. "Sure we're together a lot, for we're like a real family," says Swadhin, an ex-stockbroker who owns Smile of the Beyond ice cream parlor. "But that doesn't close us off from the world. Mary

NEW BOOKS BY SRI CHINMOY - June

Wings of Light, Vol VI - sixth volume of a 20-volume selection of lyrical poems on spiritual subjects.
365 Father's Day Prayers (1974) - a series of 365 poems written for Father's Day, one for each day of the year.

continued on next page, column 1

AN ASHRAM...

of the disciples hold regular coat-and-tie jobs in Manhattan. Some are college students; others are musicians and house painters. We have to live in society and try to bring spirituality to others -- not by grabbing people by the collar, but just by the example we offer through our own lives. We feel we have found something. If others are interested, let them look. But we don't go proselytizing."

Meditations with the Master

No matter how diversely the group expresses itself in its outer life, the community's one main focus is meditation. What happens during a meditation session differs from day to day, and from person to person. "It's not the kind of thing where each time you'll come away with fire in your eyes," says Hashi, a secretary at the United Nations and Kanan's wife. "Sometimes when you're not receptive or in a bad consciousness, you don't feel anything at all, though your soul is still receiving. But when you're open to it, there's really no describing it. Sometimes you feel your head expanding with Light, and afterwards you'll walk around in a daze. Sometimes you'll feel energy shooting down through the top of your head, and at times like this you just try to open yourself to the force and go with it. But it's best when you feel Guru (this is how the disciples refer to their Master) reach inside your heart with his consciousness and lift you. It's such an intense, sharp, beautiful feeling that it takes your breath away, and for a few moments you have the sensation that you have actually stopped breathing."

Is this what is called cosmic consciousness, or some kind of Nirvana? "No, of course not," laughs Savyasachi, another disciple. "We're all just beginners. This is only the tiniest drop of the ocean of Bliss that is Guru's consciousness." He explains that Sri Chinmoy doesn't actually "teach" meditation per se, but instructs inwardly. "During our meditations, he enters inside us and feeds our soul whatever it hungers for. It all really takes place between Guru and our soul. We just try to remain very quiet and let it happen

without interfering."

"My relationship with my disciples is the relationship of an Eternal Friend," says Sri Chinmoy. "My wealth is their wealth. They can rightly claim my wealth as their very own since I am their eternal friend."

The disciples, in turn, look upon Sri Chinmoy as a pure emanation of the divine. During meditation, they will meditate on the Master and try to identify with his consciousness. "But what we're worshipping and meditating on is not the man, Sri Chinmoy, but the divine consciousness that he embodies," explains Swadhin. "During his meditation, Guru goes into a high trance that makes him totally one with the Supreme. At these times, when we touch his feet, we are not touching a man's feet, but God's feet. Sri Chinmoy, the man, has disappeared, and all that remains is the divine Light shining through his physical frame."

"I am not the Guru," Sri Chinmoy declares. "God is the only Guru. I am just a servant of mankind." He says his aim is to serve the divinity in humanity and help guide mankind to the Infinite Truth. "The goal of life is to become consciously one with one's own Reality, the Inner Pilot. Inspiration is the door. Aspiration is the road. Realization is the goal. Inspiration will lead us to the path. Aspiration, the intense inner cry, will carry us along the path. And realization will take us to the very Heart of our Supreme Beloved. But we must go further. Then comes revelation and manifestation. We must reveal the Truth to our struggling brothers and sisters, and we must manifest the Truth in the physical world. Only then will life be divinely transformed and God supremely fulfilled."

EUROPEAN LECTURE TOUR

Sri Chinmoy has begun a month-long lecture tour that will take him to England, Scotland, Ireland, Wales, Italy, Switzerland, Sweden, France and Iceland. There are twenty talks and one large public meditation scheduled.

This marks the Master's third European tour. His lectures from the previous two years have been collected in *My Rose Petals*, Parts I and II. The lectures this year are to be published in a subsequent volume.

A capsule summary of Sri Chinmoy's schedule follows:

June 24	Cambridge University in Cambridge, England (12.30 p.m.) University College in London (8.00 p.m.)
June 25	Oxford University in Oxford, England (12.30 p.m.) University Students Union in Birmingham, England (7.30 p.m.)
June 26	Sherwood Hall Boys School in Forest Town, Nottinghamshire, England (7.30 p.m.)
June 27	Newcastle upon Tyne, England (7.30 p.m.)
June 28	University of Edinburgh in Edinburgh, Scotland (7.30 p.m.)
June 29	Glasgow University in Glasgow, Scotland (8.00 p.m.)
July 1	Trinity College in Dublin, Ireland (8.00 p.m.)
July 3	Biblioteca Comunale in Milan, Italy (8.30 p.m.)
July 5	Hörsaal 101 in Zürich, Switzerland (8.00 p.m.)
July 8	Universite de Geneve in Geneva, Switzerland (8.00 p.m.)
July 9	ABF-Huset in Stockholm, Sweden (7.30 p.m.)
July 10	University of Uppsala in Uppsala, Sweden (7.30 p.m.)
July 11	St. Thomas's Church Hall in Västerås, Sweden (7.30 p.m.)
July 12	F.I.A.P. in Paris (8.00 p.m.)
July 15	Friends House in Brighton, England (7.30 p.m.)
July 16	University Union in Bristol, England (7.30 p.m.)
July 17	University of Swansea in Wales (7.30 p.m.)
July 19	Public meditation in London (7.30 p.m.)
July 21	Reykjavik, Iceland (8.00 p.m.)

For information about Sri Chinmoy and his published writings, please contact:

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150-30 86th Ave.
Jamaica N.Y. 11432



The real transformation of human nature comes not through an austere, ascetic life or a complete withdrawal from the world, but through a gradual and total illumination of life.

— Sri Chinmoy

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Sri Chinmoy confers with President Eldjarn of Iceland in the presidential offices in Reykjavik.

INDIA AND ICELAND: TWO SPIRITUAL BROTHERS

REYKJAVIK—A meeting between India's great spiritual emissary, Sri Chinmoy, and the president of Iceland, Dr. Kristjan Eldjarn, might strike some as a little far-fetched. But Sri Chinmoy found it all perfectly natural.

"I really feel an Indian atmosphere here in Iceland," he told the President during his visit to Reykjavik last month. "In Iceland I see 75 per cent Indian peace, 20 per cent European clarity and five per cent American dynamism."

At his university talk the preceding day, Sri Chinmoy said "the whole atmosphere of Iceland entered into us. It was aspiring and helping us at the same time."

This peace, he continued, comes from both the people and the country of Iceland. "The people are the expression of the nation and the nation is the expression of the people."

President Eldjarn, who had been an archeologist and museum curator before entering politics, discussed Vedic poetry and Sanskrit etymology with the Indian Master. Sri Chinmoy explained about the esoteric meaning of the Vedas, which he said is usually ignored by scholars.

"Its significance is understood," Sri Chinmoy said, "through prayer and meditation."

Asked what brought him to this remote North Atlantic island-country, Sri Chinmoy replied that everything seems remote when one lives in the mind. But "when we live in the heart, the world is very small...We feel that since we are God's children, everything belongs to us."

NEW BOOKS BY SRI CHINMOY — July

One Lives, One Dies—a volume of short stories about spiritual Masters and the inner life.

50 Freedom-Boats to One Golden Shore, Vols. 3 & 4—third and fourth volumes in a series of ten university lectures each from the Master's 50-state tour.

Wings of Light, Vols. 7 & 8—parts seven and eight of a 20-volume series of poetry.

The Golden Boat, Vols. 6-14—new volumes of a second 20-volume poetry series still being written.

IRISH PRESIDENT MEETS INDIAN MASTER

DUBLIN—An Indian Guru and an Irish politician exchanged views on meditation last month as Sri Chinmoy met with President Erskine Childers of Ireland in the President's Palace here.

It was Sri Chinmoy's second visit to the presidential palace. Like last year, when he conferred with then President Eamon de Valera, the meeting came in the course of one of the Master's European lecture tours.

President Childers told the Indian Master that he, too, believes in meditation. "But as President, I

continued on next page, column 3

BECOMING SCHOOLCHILDREN AGAIN

NEW YORK—(Rijuta) Carol Tooker is a 36-year-old schoolteacher. (Mukuli) Margaret Crager is a 15-year-old who could easily pass for one of her students. But on July 28th they were both students—taking an exam on their spiritual Master's poetry.

It was an unusual affair, to say the least. Sri Chinmoy took on the role of professor, preparing a 40-question test—part short answer, part essay. And his disciples—lawyers, businessmen, journalists, housewives—became schoolchildren once again.

Sri Chinmoy told his disciples that it would be of great help and inspiration to him on the inner plane if his spiritual children did well and showed that they really cared for his writings.

And the disciples spent many hours studying the Master's approximately four thousand poems, some even closing down their businesses the day before the exam in order to do some last minute cramming.

"Studying Sri Chinmoy's writings help us in our spiritual discipline," Rijuta said. "His poems contain his aspiration, his inspiration, his realization, which will become our aspiration and our inspiration and our realization. By holding this exam, Sri Chinmoy is giving us an opportunity to progress in our inner life."

"But underlying this serious mood," said (Ashrita) Keith Furman, "was a feeling of real childlike delight that conveyed, more than anything else, a sense of what it is like to be a disciple of a spiritual Master—the joy that comes in joining him in the various facets of his Cosmic Game."

"There was a real sweetness there," he continued. "That Sunday is a day I'll always cherish in my memory."

After the three-hour exam, Sri Chinmoy invited all the participants to his home for a sumptuous feast. But while the disciples sat around eating and joking, Sri Chinmoy remained wrapped in concentration, grading the exam papers. He worked through the night, personally reading and marking each of the approximately 50 tests.



The three highest scorers in Sri Chinmoy's poetry exam, from left to right: (Nemi) Vivian Fredner, with an 80½; (Lavanya) Wendy Brown, with an 80; (Nilima) Gail Gershon, with a 78.

The following evening, he awarded prizes to those who received the ten highest marks.

A similar exam, this one focusing on the Master's short stories, will be held during Sri Chinmoy's birthday week later this month. Several hundred disciples from a number of countries are expected to participate.



President Childers of Ireland leafs through a book presented to him by Sri Chinmoy.

TEN-DAY BIRTHDAY FESTIVAL

NEW YORK—About 500 disciples from around the world are expected to converge in New York this month for a ten-day festival celebrating Sri Chinmoy's 43rd birthday.

Spiritual plays, concerts, picnics, athletic functions, and a circus will be combined with meditation as the festival seeks to interweave outer as well as inner experiences.

The general public will be invited to participate at an open meditation to be held at 7:30 p.m. August 23rd at New York's Hunter College.

The out-of-town disciples who have been followers of Sri Chinmoy for at least a year will be guests at the homes of New York area disciples. This is expected to take up all available space, and dormitory rooms at a local college has been booked for the newer disciples.

The "Sports Day" will be patterned after the track and field events that Sri Chinmoy used to participate in during his 20-year stay in a south Indian ashram.

A decathlon champion in his youth, Sri Chinmoy still practices athletics and each morning, for the

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A real aspirant is he who in the sunset hours of his life meditates on absolute surrender to God's Will and not on God's Peace and Bliss.

—Sri Chinmoy

past few months, has been joining his disciples on a local track field to prepare for the event.

The festival will culminate with an all-day birthday meditation August 27th.

UNICEF CALENDAR

UNITED NATIONS—UNICEF has selected several quotations by Sri Chinmoy along with quotes by Shakespeare, Plato, Tagore, Keats and others for use in its 1975 illustrated calendar.

The Master's quotations, which appear in four different languages, are reprinted here in English:

Knowledge manifested, wisdom grows.
Wisdom manifested, spirituality soars.

Human achievements are relative but not man's divine worth. His divine worth is the absolute Truth of his inner Self.

Conviction can be enlarged and surmounted. Don't halt. There is no end to your discovery.

am not in a position to talk to people about meditation." So, he explained, he speaks to them "about what I call **relaxology**, which is essentially the same thing as meditation."

"When I say this," he continued, "the teachers—often priests or nuns—clap or sometimes just smile. But no one has felt the real importance of putting it into practice."

Sri Chinmoy explained that the President was doing a form of meditation in serving his country. "Your heart is doing things that your mind is not yet aware of," Sri Chinmoy said, pointing out that "when you serve your country and your people, you are serving God inside those people."

He told the President that there is no feeling of sacrifice in this kind of service, because it is inspired by a feeling of oneness and love. "You are offering your love to the Source, and the Source is God."

Before Sri Chinmoy departed, President Childers brought out a book of spiritual writings that had been collected by his grandmother. "I was looking through it this morning, to try and find something to read you from it," he said.

Then the Irish President read out to the spiritual Master a poem about a Bodhisattva who began meditating one evening and achieved enlightenment at daybreak.

To help humanity is to see Unity.

To serve humanity is to earn Divinity.

To possess humanity is to welcome Multiplicity.

QUESTIONS AND ANSWERS

Question: How can we use meditation to get rid of pain?

SRI CHINMOY: You should try to invoke Light in order to cure pain. Pain is, after all, a kind of darkness within us. When the inner Light or the Light from above starts functioning in the pain itself, then the pain is removed or transformed into joy. Really advanced seekers can actually feel joy in the pain itself. But for that, one has to be very highly advanced. In your case, during your prayer or meditation you should try to bring down Light from above and feel that the pain is a darkness within you. If you bring down Light, then the pain will either be illumined and transformed or removed from your system.

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CIRCUS

"On circus day in Heaven
God puts on His finest cloak..."

—Devashish

NEW YORK —The new Madal Circus was probably not only the longest circus ever performed, but also the most spiritually oriented.

The 70 different acts from Sri Chinmoy Centres across the United States, Canada, Europe and the Caribbean lasted over 12 hours, and it wasn't until well after midnight
continued on next page, column 1

THREE ENCOUNTERS

NEW YORK —The widespread and deep-rooted respect that some spiritual Masters are accorded among the general public in India is rarely seen in the West. But some recent experiences of Sri Chinmoy indicate that this may be changing.

While shopping last month in an Indian boutique in New York, Sri Chinmoy was recognized by the proprietor, who said he had often watched him on television. The man was very moved by this encounter and did not want to charge the Master for his purchases. "All I want is your blessing," he declared.

When Sri Chinmoy insisted that the store owner take what he called "Blessing-money," the man took a bill out of the Master's hand and asked him to sign it, saying he would always treasure it. He then begged the Master with such insistence to take more items that Sri Chinmoy finally agreed to accept a small spiritual book and a souvenir. The man then promised to come to the Master's meditations.

A couple of weeks later another incident took place in an African book store, where Sri Chinmoy accidentally discovered some of his aphorisms in an anthology of spiritual writings. When the proprietor heard Sri Chinmoy remark on this, he insisted that the Master take that book and a few others he had selected at only a fraction of their cost, despite the Master's sincere protestations. This was similar to an experience Sri Chinmoy had earlier this summer in Stockholm, where his efforts to make a purchase were thwarted by the bookstore owner, who recognized the Master and insisted that he accept the books for free.



Sri Chinmoy is presented with a six-and-a-half-foot-high birthday cake weighing 245 pounds as his disciples sing "Happy Birthday."

SRI CHINMOY BIRTHDAY FESTIVAL

NEW YORK —They came from Iceland and Ireland, from Switzerland and Scotland, from Italy, France, England, Canada, Sweden, Puerto Rico and across the United States. And all gathered here last month for a ten-day festival celebrating their Guru's 43rd birthday.

A Neighbourhood Suddenly Transformed

The predominantly Greek and Italian section of Jamaica, N.Y. where Sri Chinmoy lives suddenly took on a new complexion, as sari-clad women and men garbed in white congregated at the disciple-owned "shopping center" and moved to and fro the various functions.

Guru Stationery Store became an impromptu operations centre, where visiting disciples checked in and learned whose home they would stay at, where questions were

continued on next page, column 3

OLYMPIC-STYLE "SPORTS DAY"

NEW PALTZ, N.Y. —Sri Chinmoy stood in the centre of the field, clad in gold shorts and a gold sleeveless shirt, as his athlete-disciples, wearing the colours of their own particular Centres, circled around him on the quarter-mile track.

Trumpets and drums set the tempo, blaring out a Bengali marching song, as the 1974 Olympic-style "Sports Day" officially opened on August 21st in New Paltz, N.Y.

Sports Day is the annual track and field competition in which disciples from around the world compete against one another. Sri Chinmoy, who had been a decathlon champion 15 years ago in the Indian ashram where he grew up, always joins in the competition.

There were few upsets this year, as 25-year-old Lelihan, a page at NBC television, won the top men's prize and 23-year-old Ranjana, who runs a boutique, came in first among the women. Both have won top honours in previous-year competitions.

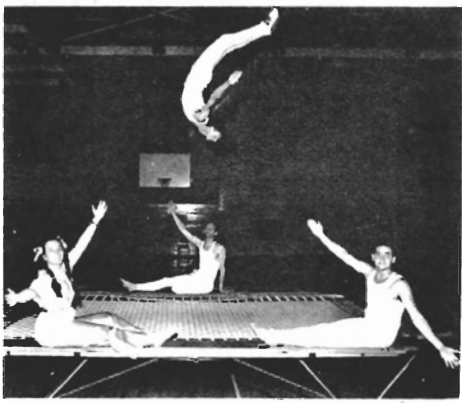
"Our aim is not to become the world's best athlete," Sri Chinmoy says. "Our aim is to keep the body fit, to develop dynamism and to give the vital innocent joy."

The value of competitive sports, he continues, is that it helps one bring forward his own best capacity. "If we can learn to participate in competitive sports devotedly," he adds, "then we will get real joy and make real spiritual progress. But if we compete egoistically, then we are bound to suffer both inwardly and outwardly."

The Sports Day events are open only to the best athletes in the Sri Chinmoy Centres. But a few days later, a "Games Day" was held in Greenwich, Conn. for all disciples wanting to participate. Sports included soccer, baseball, tennis, archery and croquet.



Sri Chinmoy during "Sports Day."



A disciple in the Madal Circus performs a backwards flip.

Circus
that the dazed spectators—their bodies tired but their hearts still laughing—began straggling home.

The circus, part of last month's Sri Chinmoy Birthday Festival, was a roller coaster mixture of fun and spirituality. It had everything from acrobatics to spiritual skits, folk dancing to fire-eating, clown acts to mime. And, of course, soda pop, cookies, popcorn and "vegi-dogs."

"The goal of Madal Circus is Joy. The goal of Madal Circus is Progress. When we bring Joy into life with our circus, we make real Progress in our life of aspiration," says ring-master Swadhin.

In Sri Chinmoy's view, anything that brings out one's childlike innocence and sweetness, anything that helps one conquer depression and frustration, is a form of meditation.

In one of his poems, the Master says that he loves Madal Circus because it "enchants my heart-eye...revives my mind-life...disciplines my vital-energy...perfects my body-machine...heralds my soul-promise...manifests my God-Dream."

Madal Circus, first put on in May 1972, has now become a twice-yearly spectacular, performed entirely by the Master's disciples. It consists each time of all new acts.

The circus draws its name from the affectionate Bengali nickname Sri Chinmoy was given during his childhood. *Madal*, in Bengali, means "Kettledrum."

NEW BOOKS BY SRI CHINMOY - AUGUST

Europe-Blossoms—

a volume of 1,000 poems Sri Chinmoy wrote during his recent month-long European lecture tour.

My California Redwoods—

a small selection of poems the Master dedicated to his California disciples.

The Garden of Love Light, Book I—

one hundred of Sri Chinmoy's songs—some in English, some in Bengali with English translations—with musical notations.

Supreme, I Sing Only for You—

the 105 Bengali songs Sri Chinmoy composed for his birthday celebration, with English translations.

Wings of Light, Vols. 9, 10 & 11—

parts nine through 11 of a 20-volume series of poetry.

The Dance of Life: Selected Poems for Children—

selections from Sri Chinmoy's 20-volume *Dance of Life* series suitable for children, with illustrations.

ALSO:

The Expanding Light—

a collection of all the newspaper articles that have been written about Sri Chinmoy during the past seven years.

BIRTHDAY FESTIVAL...

answered and messages were delivered, where old friendships were renewed and new ones established.

At any one time, there might have been as many as 40 or 50 disciples inside the store or spilling out onto the sidewalk. And nearby, there always seemed to be one of the Sri Chinmoy Centre school buses loading or unloading passengers.

Meals were served at the disciple-owned Annam Brahma restaurant, where a handful of volunteers worked virtually around the clock in eight to 15-hour shifts preparing 800 to 1,000 meals a day. Some of the food was donated by a disciple who owns a nearby farm; the rest was purchased during early morning trips to the city's sprawling fruit and vegetable markets.

Besides the meditations, highlights of the week included separate concerts by the Mahavishnu (John McLaughlin) Orchestra and Devadip (Carlos Santana), spiritual plays, a public meditation, a circus, athletic meets and, of course, the festive 15-hour birthday celebration on August 27th.

A Guru's Birthday Party

For the birthday function, Sri Chinmoy had composed 105 Bengali songs, which were performed by different groups of disciples. Sri Chinmoy, who sings quite well, joined a group of tone deaf male harmonists known as "Eternity's Patience Pride." He also sang a song with a group of Indian disciples.

Near the end of the evening, the Master gave a remarkable performance of the first act of his own drama about Christ, *The Son*, playing both the Son and the Father.

The celebration also included another play, a magic show for the children and the presentation of a six-and-a-half-foot-high birthday cake.

For information about Sri Chinmoy and his published writings, please contact:

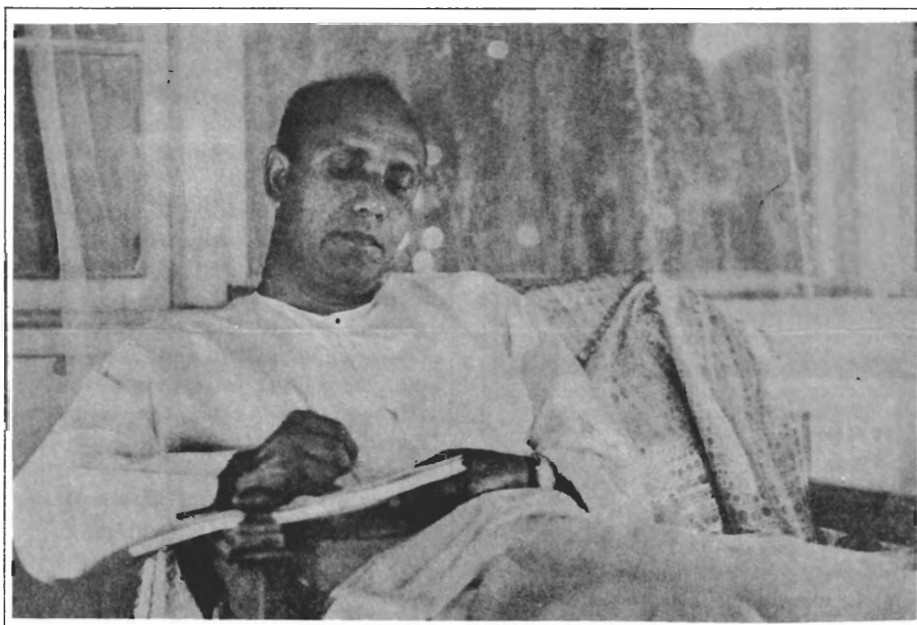
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First call Him your Lord;
then only can you have
union with God.

- Sri Chinmoy



Sri Chinmoy at work on a new book. The Master either dictates his books, or writes them out in longhand in lined notebooks, which are then typed out by some of his secretaries. (Photo by Sarana)

NEW LITERARY VENTURE

JAMAICA—Sri Chinmoy embarked on a new literary venture last month when he began writing ten books in one day.

That evening, Sept. 20th, he read out the first chapter or section of each book to a gathering of disciples.

The books, which range from spiritual aphorisms to Bengali poetry to discussions of Indian scripture, are expected to be completed within the next several weeks.



Interested in Sri Chinmoy's writings? A monthly journal, *Aum Magazine*, consisting of stories, poems, talks and questions and answers by Sri Chinmoy is available at a yearly subscription cost of \$5.00.

Please send your name, address and zip code, along with a check or money order made out to "Sri Chinmoy Centre" to:

Sri Chinmoy Centre
P. O. Box 32433
Jamaica, New York 11431



WINDING UP A 50-STATE LECTURE TOUR

JAMAICA—Sri Chinmoy completes his 50-state university lecture tour this month with talks in five states.

His 44th lecture in the series this year was delivered at the University of Miami on Sept. 30th.

Talks will be given in October in North Dakota, South Dakota, Minnesota, Hawaii and Alaska.

The lectures are being collected in a five-volume series called *50 Freedom-Boats to One Golden Shore*. Four have been published so far this year.

UNIVERSITY LECTURE TOUR SCHEDULE

- Oct. 25—1:00 p.m. *North Dakota State University* (Fargo, North Dakota); Student Centre
- Oct. 25—2:30 p.m. *Moorhead State College* (Moorhead, Minnesota)
- Oct. 25—8:30 p.m. *Augustana College* (Sioux Falls, South Dakota); Student Centre
- Oct. 27—*University of Hawaii* (Honolulu); details unavailable
- Oct. 28—*Alaska*; details unavailable

PUBLIC MEDITATION IN SAN FRANCISCO

SAN FRANCISCO—Sri Chinmoy will hold a public meditation in San Francisco on October 26th.

This will come during a one-day stopover in California before the Master flies off to Hawaii and Alaska to complete his 50-state university lecture tour.

Details on the public meditation may be obtained from the San Francisco Sri Chinmoy Centre, 2622 45th Avenue. The telephone number is 664-3552.

YOGA IN THE BLACK COMMUNITY

NEW YORK—The Chosen Children, a group of Sri Chinmoy's black disciples, are planning a series of spiritual events for the black community.

The group recently completed a program of meditation and hatha yoga classes at a New York drug rehabilitation center, Daytop Village. It is currently preparing a dramatic and musical program for churches, hospitals and similar organisations.

"We're dealing with the Universal, but because we're black, we do it in our own particular way," says Lelihan (Hugh Brown), one of the members.

"Your truth is my truth ultimately, but we each express it in our own way," he explains.

OFF TO CANADA

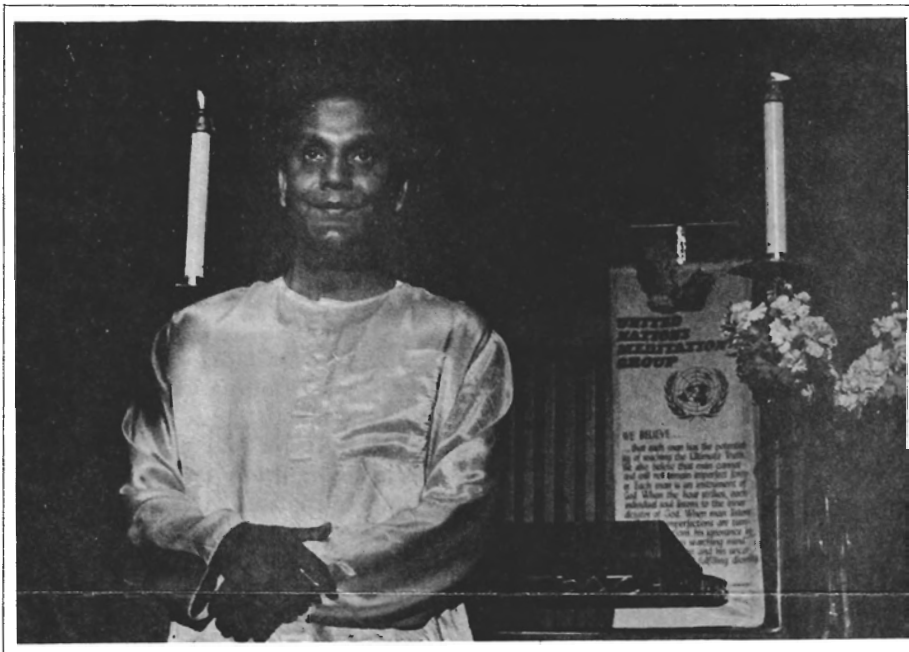
OTTAWA—Before the Canadian winter sets in, Ottawa and Toronto will feel the brief touch of an Indian summer when the Bengali spiritual Master Sri Chinmoy visits the country for a week-long lecture tour.

Tentative plans call for Sri Chinmoy to visit some of his east Canadian Centres in the second week of November, giving a series of lectures and public meditations.

FOR EARLY BIRDS ONLY

NEW YORK—Early risers in the New York-Long Island area can listen to the philosophy of Sri Chinmoy Sunday mornings at 5:30 a.m. over WLIR-FM Radio (92.7).

The show, called *The Message of Sri Chinmoy*, is produced by one of the Master's Connecticut disciples, Rich Navroth.



Sri Chinmoy meditating at the Church Center for the United Nations before delivering a talk to gathered U.N. delegates and staff. (Photo by Manohar)

AT THE UNITED NATIONS

UNITED NATIONS—Sri Chinmoy delivered a short talk to the United Nations Meditation Group on Sept. 17th, the day the General Assembly opened its twenty-ninth session. An excerpt follows:

"The General assembly is a family gathering of a very special family. Unlike most families, this family knows what to say, what to do and what to become. It knows how to love, how to serve and how to fulfil ...

"The General Assembly signifies interdependence. It represents a song of the community of nations, a song of group-souls. While singing this song, these souls will climb high, higher, highest until they one day reach the transcendental Vision of

world union. While singing this song, these souls will march far, farther, farthest until they one day reach the transcendental Reality of universal peace.

"...Today the General Assembly begins with new hope, new determination and new aspiration to discover something more illumining and more fulfilling. We, too, the seekers of infinite Truth and Light, can begin today with new hope, new determination and new aspiration as we try to become more spiritual, more sincere, more dedicated. In this way we can serve the Inner Pilot of the United Nations and 'the Inner Pilot of the entire world-family in a most illumining and fulfilling way."

For information about Sri Chinmoy and his published writings, please contact:

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Jamaica N.Y. 11432



Patience is the expansion of receptivity.

—Sri Chinmoy

NEW BOOKS BY SRI CHINMOY —SEPTEMBER

The Body, Humanity's Fortress—a series of questions and answers on the physical and subtle body, diet, sleep, breathing exercises and physical transformation.

Gopal's Eternal Brother—a collection of children's stories.

Perfection-World—a series of questions and answers on all aspects of perfection.

Life-Enquiry and Self-Discovery—Sri Chinmoy's answers to a broad range of spiritual questions asked him by his disciples.

Fortune-Philosophy—The Master's elaboration on his own aphorisms, which were placed inside fortune cookies.

Matsyendranath and Gorakshanath: Two Spiritual Lions—a five-act play about a spiritual Master and his disciple who realises God and becomes a Master himself.

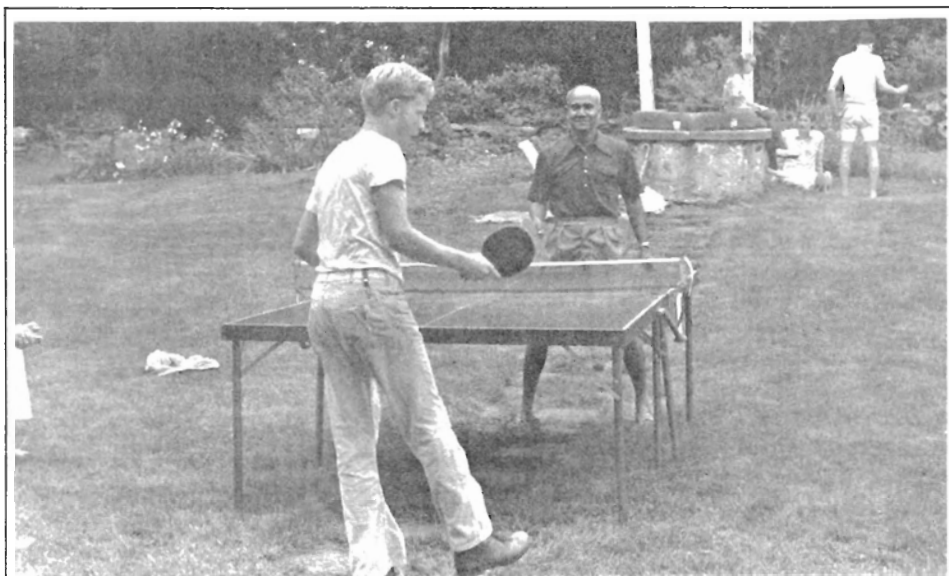
God's New Philosophy—a volume of short stories about spiritual Masters and their relations with God and their own disciples.

The Ambition-Deer—a volume of short stories about the day-to-day life of spiritual Masters as they try to perfect their disciples' natures.

The Wings of Light, Vols. 12-20—remaining volumes in a 20-volume series of poetry.

The Golden Boat, Vols. 15-16—new volumes of another 20-volume poetry series.

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Sri Chinmoy takes a few minutes off to play a game of ping pong with Devashish, one of his disciples, during a recent Joy Day. (Photo by Lewis Kahn.)

TALES FROM PUERTO RICO

SAN JUAN—Sri Chinmoy wrote a book of ten short stories during a six-hour period in the course of a visit to his Puerto Rican Centre here.

The book, called *A Yogi's Justice, An Avatar's Justice and God's Justice*, was published last month. The stories were written on Sept. 27 between 8 a.m. and 2 p.m.

NETWORK TELEVISION DOCUMENTARY

NEW YORK—Sri Chinmoy had a featured role in a half-hour documentary on religion in America broadcast Oct. 27 on network ABC-TV.

The program, called *Directions*, is part of a world religion series being prepared by ABC.

The Master also appeared last month on two half-hour religion programs broadcast over WFSB-TV in Hartford, Conn.

The programs included interviews with Sri Chinmoy as well as recitals of the Master's songs and poetry by some of his disciples.

In man's divine necessity is God's supreme ability.

— Sri Chinmoy

JET-AGE GURU

ANCHORAGE, Alaska—If a politician on the campaign trail thinks he has it tough, he ought to take a look at the schedule of an Indian spiritual Master named Sri Chinmoy.

Working to complete his 50-state university lecture tour, Sri Chinmoy delivered talks in three Western states on Oct. 25, held a public meditation in San Francisco on the 26th, rested a day, then flew off to Hawaii for a talk the 28th, and finally set down at Anchorage for a talk on the 29th.

The talk at Alaska Methodist University here marked the end of the Master's 50-state tour, begun earlier this year and carried on sporadically in brief spurts whenever time permitted.

The lectures are being collected in a five-volume series called *50 Freedom-Boats to One Golden Shore*. Four volumes have been published so far and the fifth will be out shortly.

SRI CHINMOY DRAMA FESTIVAL

JAMAICA—A Sri Chinmoy drama festival was held last month when 11 short plays were staged in one single evening.

The plays were adapted from stories written by the Master and were acted out by his disciples.

Similar festivals will be held from time to time over the next several months.

EASTERN LIGHT IN THE NORTHERN SKY

OTTAWA—Sri Chinmoy will be holding four public meditations this month in three Canadian cities.

This is the Master's second major visit to eastern Canada this year. Last March, he delivered a series of lectures at Canadian universities in four Eastern provinces.

A tentative schedule of Sri Chinmoy's upcoming tour follows:

Nov. 15—Public Meditation at Sir George Williams University in Montreal.

Nov. 18—Tree planting ceremony in Federal Parkland in Ottawa.

Nov. 19—Public meditation at the University of Ottawa.

Nov. 20—Public meditation at Carleton University in Ottawa.

Nov. 21—Public meditation at the University of Toronto.

TREE PLANTING IN OTTAWA

OTTAWA—Arrangements have been made with the Canadian authorities for Sri Chinmoy to plant a tree in Federal Parkland here.

The ceremony will take place during the Master's week-long Canadian tour later this month.

Two years ago, Sri Chinmoy planted a tree in San Francisco as a blessing-offering to the San Francisco Centre and the people of California.

SANTANA CONCERT

NEW YORK—The Santana Band gave a special concert in Sri Chinmoy's honour last month at the Academy of Music in New York.

The band is directed by Devadip (Carlos Santana), one of the Master's disciples.

Another well-known music group—the Mahavishnu Orchestra, which is under the direction of Mahavishnu (John McLaughlin)—had given a concert for the Master and his disciples last August.

Mahavishnu and Devadip often play together at spiritual functions. They were recently awarded a gold record for their album *Love, Devotion, Surrender*.

NEW YORK—An unusual book consisting of Sri Chinmoy's answers to questions about samadhi, Nirvana, transcendental Bliss, liberation, illumination and the higher planes of consciousness was published last month by Agni Press, a printing operation run by disciples of Sri Chinmoy. The book is called *The Summits of God-Life: Samadhi and Siddhi*.

Simon & Schuster also came out last month with Sri Chinmoy's new book of spiritual essays, *The Inner Promise*.

Other new books by Sri Chinmoy published in October are:

The Journey of Silver Dreams—questions and answers on the occult significance of dreams.

Earth's Dream-Boat Sails—another series of questions and answers on the meaning and significance of dreams and different dream symbols.

Mind-Confusion and Heart-Illumination, Parts I and II—questions and answers on the role of the mind and the heart in the human psyche.

The Tears of Nation-Hearts—lectures delivered at the United Nations.

A Yogi's Justice, An Avatar's Justice and God's Justice—a collection of spiritual short stories.

Gratitude-Sky and Ingratitude-Sea—short stories about spiritual Masters and their disciples.

Lightless Soldiers Fail—short stories about the inner and outer lessons a spiritual Master gives his disciples.

Earth's Cry Meets Heaven's Smile, Parts I and II—Sri Chinmoy's answers to countless spiritual questions covering a broad range of subjects.

For information about Sri Chinmoy and his published writings, please contact:

ANAHATA NADA
150-30 86th Ave.
Jamaica N.Y. 11432



Patience is the expansion of receptivity.

—Sri Chinmoy

UNITED NATIONS—The following has been excerpted from Sri Chinmoy's Dag Hammarskjold Lecture at the United Nations last month:

"The United Nations is the seed. World union is the fruit. Both are equally important. Both are of supreme importance. God-vision embodies the seed. God-reality reveals the fruit..."

"The United Nations tells us where the truth is and world union tells us what the truth is. Where is the truth? Truth is in self-giving. What is truth? Truth is man's transformation of his earthbound nature..."

"The United Nations and world union have an evolutionary faith and a revolutionary life. This revolutionary life wants to challenge the untold poverty and teeming ignorance of the world....But the outer poverty can be transformed only when the inner poverty is removed. Inner poverty is our lack of faith in our divine reality, our lack of faith in our realisation of the ultimate Truth.

"In the evolutionary process of human life, the first rung is the United Nations, the second rung is world union and the third rung is man's total and perfect Perfection. But if we do not place our foot on the first rung and then the second, it will be simply impossible for us to climb up to the Highest."

AN INDIAN YOGI
IN A SUFI BOOKSTORE

NORTHPORT, N.Y.—Indian spirituality and Sufi mysticism converged here last month when the Indian spiritual Master Sri Chinmoy was invited to give a

lecture at the Sufi-oriented bookstore *Food for Body, Mind and Soul*.

Sri Chinmoy said that his path and the Sufi path both focus on the lover divine and the Beloved supreme, who are constantly playing hide and seek and changing their respective roles.

The lover's cry and the Beloved's smile are like the obverse and the reverse of the same coin, Sri Chinmoy said. "Both express the same inner oneness.

"When earth-consciousness cries and Heaven-consciousness smiles...the Inner Pilot is fulfilled and God the Fulfiller is complete...."

SRI CHINMOY ANSWERS

The following has been excerpted from Sri Chinmoy's new book: *The Summits of God-Life: Samadhi and Siddhi*.

Question: In the highest state of samadhi, when you look at other human beings, what kind of consciousness do you feel in them?

Sri Chinmoy: When one is in the highest transcendental samadhi, the physical personality of others disappears. We do not see others as human beings. We see only a flow of consciousness, like a river that is entering into the ocean. He who is in the highest trance becomes the ocean, and he who is in a lower state of consciousness is the river. The river flows into the sea and becomes one with the sea. But there is no individuality, no personality that the one who is enjoying the highest samadhi notices in others. A human being who is not in this state of samadhi is a flowing river of consciousness, while the one who is in samadhi has become the sea itself, the sea of Peace and Light.

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"THE SOUNDLESS SOUND"

December 1, 1974

Vol. I, No. 12

HERCULEAN PUBLISHING VENTURE: 51 BOOKS IN TWO WEEKS

JAMAICA—In one of the most unusual and remarkable publishing ventures ever attempted, Sri Chinmoy directed the preparation and publication of 51 of his books within a 15-day period last month.

When the Master first called about 40 disciples over to his house the morning of Nov. 1, the material for the books lay piled up in huge cartons. The cartons contained transcriptions from shorthand notes and tape recordings of the Master's various talks and answers to questions during the past several years.

These thousands of pages of material had to be sorted and compiled into separate, self-contained books.

This required hundreds of hours of analysing, typing, proofing and organising. Where points were unclear, Sri Chinmoy would elaborate. Where ideas were repetitious, deletions would be made.

The disciples occupied virtually every room of the Master's house, from basement to attic, each with his own particular job.

Amid the commotion and bustle, Sri Chinmoy calmly directed the whole operation and, as time permitted, dictated a number of additional books.

Many of the disciples took a week's leave of absence from work. Others continued their regular jobs and came to the Master's house straight from the office.

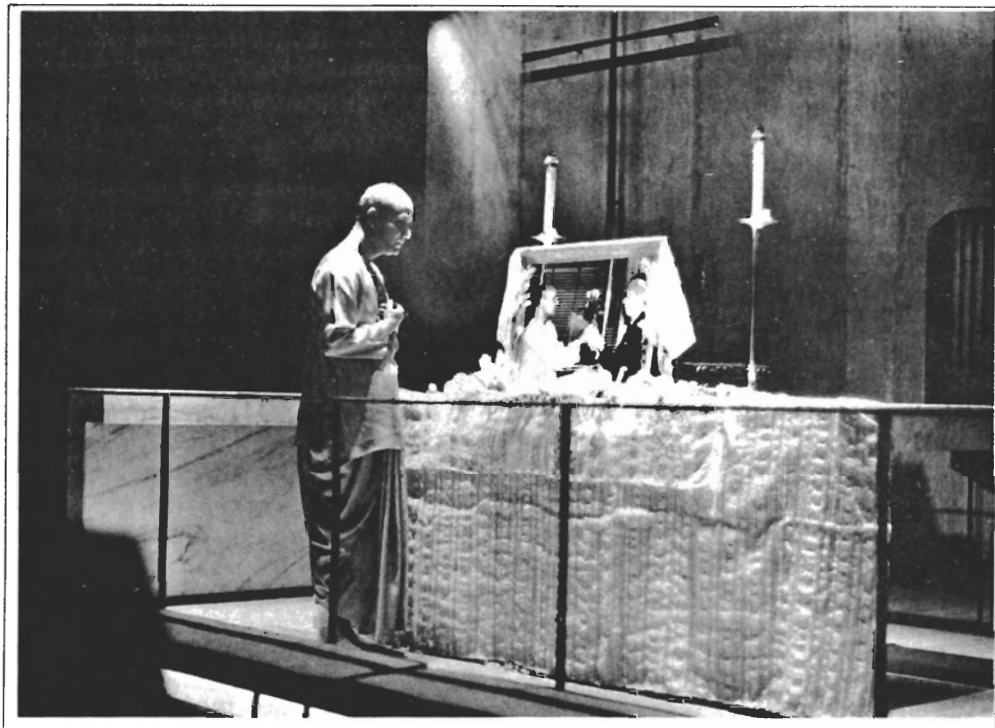
To carry out the task—which in the normal course might have required years to complete—the disciples worked virtually around the clock, usually getting home around 1 a.m. for a couple of hours sleep before returning at 4 a.m.

Twice daily, once before the work began and then just before everybody went home, Sri Chinmoy conducted a short meditation. "If you receive my light," he told the disciples, "you will not need sleep."

The Master himself normally sleeps only two hours a night, and often goes days at a time without any sleep at all. He says that through meditation one can conquer sleep, and his disciples that week proved the truth of his philosophy.

As each book was completed, a messenger brought it over to a group of phototypesetters in Jamaica and nearby Manhattan, also disciples, who prepared the manuscripts for final printing.

After the various proofreading stages, the book then went to one of the three disciples—*continued on next page, column 3*



Sri Chinmoy meditates on the photograph of U.N. Secretary-General U Thant during a commemoration service at the United Nations Church Center chapel.

(Photo by Lelihan)

FAREWELL TO A SPIRITUAL BROTHER

UNITED NATIONS—Sri Chinmoy conducted a special meditation at the U.N. Church Center chapel last month to commemorate the death of former U.N. Secretary-General U Thant.

A photograph of U Thant and Sri Chinmoy, taken shortly before the Secretary-General's retirement, stood upright on a table in front of the silent gathering of U.N. officials and staff.

For about a half hour, Sri Chinmoy concentrated on the photograph of U Thant, and then said: "Divinely great he was; supremely good he is. The greatness of his earth-height his body-consciousness is carrying. The goodness of his Heaven-Delight his soul has left for...Mother Earth to claim as her very own and treasure forever and ever."

Sri Chinmoy, who is Director of the United Nations Meditation Group, said the Group has a special place "for our beloved brother U Thant in the inmost recesses of our gratitude-heart for he has helped us unreservedly with his aspiring heart and with his illumining soul, both inwardly and outwardly."

Sri Chinmoy spoke of his frequent cor-

respondence with the former Secretary-General, who many times offered his encouragement and inspiration for the Master's service to the soul of the United Nations and aspiring mankind.

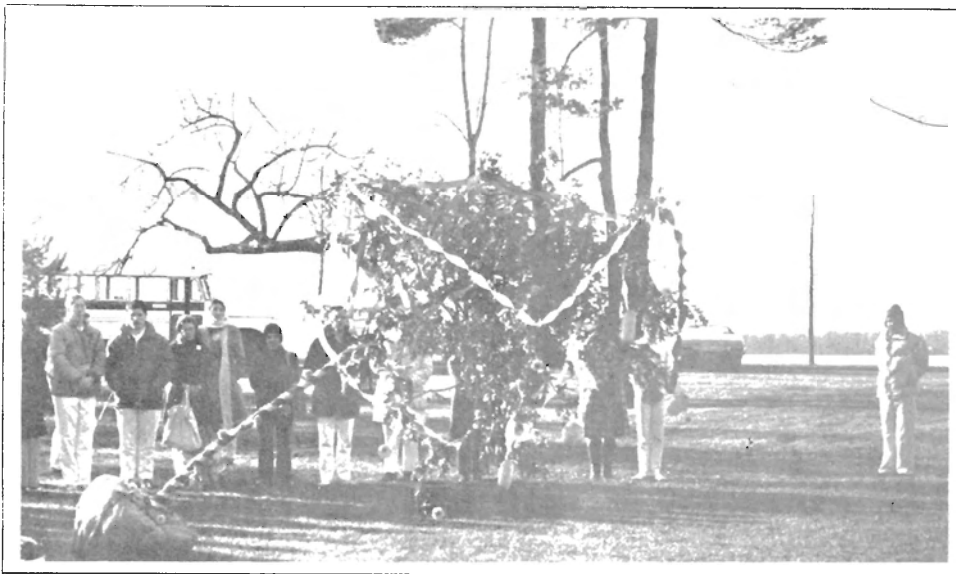
Afterwards, Sri Chinmoy invited tributes from U.N. staff. One speaker, Donald Keys, U.N. representative of the World Association of World Federalists, spoke of U Thant's sadness "that he was unable to serve more, do more, be received more by mankind. We will all endeavour to take up more effectively the little part that we may play in realising these dreams for him."

NEW YEAR'S MEDITATION

NEW YORK—All sincere seekers are invited to join Sri Chinmoy in a public meditation to welcome in the new year.

The evening of silent meditation and spiritual music will be held Friday, Dec. 27, at 7:30 p.m. at Hunter College Auditorium, 69th Street and Park Ave., in New York City.

Admission is free.



Shortly before the official planting, Sri Chinmoy stands before the oak tree which he is dedicating to the soul of Canada.

(Photo by Sarama)

A TREE GROWS IN OTTAWA

OTTAWA—There's a small oak tree in Federal Parkland here that will soon become a spiritual gathering point for visitors to Canada from around the world.

Sri Chinmoy planted the tree Nov. 18 as an offering to the soul of Canada and asked his Ottawa disciples to once a month visit this "divine child of ours" for 15 minutes of meditation.

He also requested that visiting disciples from all parts of the world make it a special point to come to this spot and "offer their aspiration-dedication."

In dedicating the tree, Sri Chinmoy said: "O Aspiration-dawn of Canada, you will succeed. The universal earth-cry you will embody. You will proceed. The transcendental Heaven-Smile you will reveal. You will become. Infinity's all-illuminating vision you will become. You are. Immortality's oneness-reality you eternally are."

For information about Sri Chinmoy and his published writings, please contact:

ANAHATA NADA
150-30 86th Ave.
Jamaica N.Y. 11432



Each inner experience is God's descending Compassion and man's glowing and fulfilling transformation.

— Sri Chinmoy

THANKSGIVING DINNER AT N.Y.U.

NEW YORK—The Sri Chinmoy meditation group at New York University served a vegetarian Thanksgiving dinner last month for interested students and professors.

Lavanya (Wendy Brown), an N.Y.U. graduate student who coordinated the event, said the dinner was an expression of gratitude for being allowed to serve the university community over the past year.

MUSICAL SALUTATIONS TO CANADA AND AMERICA

JAMAICA—Sri Chinmoy has written and dedicated special songs to Canada and the United States.

The Canadian song, *My Salutation to Canada*, was offered by the Master during his 10-day tour of that country last month.

The song to the soul of America, called *My Salutation to America*, was offered on Thanksgiving Day, Nov. 28, following a meditation at the New York Centre.

...PUBLISHING VENTURE

owned or run printing presses in the area.

The 51 books of poetry, short stories, lectures, essays and questions and answers bring the total number of books Sri Chinmoy has written since coming to the West to more than 200.

The current group of 51 books includes four books of poetry, which complete the 20-volume *Golden Boat* series; four books of short stories, several books of lectures and essays, and quite a few books of questions and answers.

Eight books consist of questions and answers on meditation. Other subjects include the nature of God, the cosmic silence and sound, the cosmic gods, aspiration, surrender, prayer and mantra, negative qualities and hostile forces, purity, the soul, music and human time and eternal time.

A YOGI'S ART EXHIBIT

JAMAICA—A one-day exhibit of 1,000 original paintings and drawings by the Indian spiritual Master Sri Chinmoy will be held here sometime during Christmas week in what is probably the first such show of its kind.

Sri Chinmoy began the paintings during his Canadian tour last month and will be completing them sometime in early December.

Some of the works are whimsical and delicate expressions of the Master's inner playfulness; others present unique visual perspectives on different aspects of inner and outer reality.

During the one-day exhibit, disciples will be able to order reproductions of any of the 1,000 paintings they wish. Afterwards, orders will be accepted on only a limited selection which the Master will himself choose.

Disciples unable to personally attend the showing may wish to place their orders through friends in the New York area.

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KEEPING A NEW YEAR'S RESOLUTION

NEW YORK—What does an Indian Yogi do when he's not meditating?

In the case of the Indian spiritual Master Sri Chinmoy, the answer is thousands of things—about six thousand to be exact.

As part of his New Year's resolution for 1974, Sri Chinmoy wrote 4,000 poems, a couple of hundred short stories and nearly 100 books.

He also painted 1,000 pictures, composed 200 songs, lectured at some 100 universities and met with about 20 U.S. mayors and two European heads of state.

All this, of course, was in addition to his twice-weekly meditations for United Nations delegates and staff and the responsibilities of guiding the spiritual life of disciples throughout the world.

Why did he do all this? "To inspire and feed my spiritual children," Sri Chinmoy says. "Each of my children likes a different kind of food, so if I offer some variety I will know that all my children will eat."

To honour the Master, a number of Sri Chinmoy Centres presented him with boxes of six thousand gifts—home-baked cookies, pencils, aphorism cards and flowers—and one Centre wrote six thousand letters telling various people about his achievements.



One of Sri Chinmoy's original paintings.

INDIAN GURU HOLDS ART EXHIBIT

HOLLIS, N.Y.—"C.K.G.", known in the spiritual world as Sri Chinmoy, held an exhibition of 1,000 original watercolours and drawings. He called it *Jharna Kala*—Fountain-Art.

It was probably a first for an Indian Guru, and also for the nearly 500 disciples and art lovers who filed into the Unitarian Church of Hollis Dec. 28 for this unusual show.

Throughout the day, C.K.G. sat behind a table inscribing photographs of himself making a painting. The day ended with a high-spirited auction of a few C.K.G. originals. Proceeds went to the Master's religious organisation.

GURU GIVES NEW YEAR'S MESSAGE

NEW YORK—Spiritual seekers from the New York metropolitan area welcomed in the new year at a special meditation Sri Chinmoy conducted here Dec. 27.

At the conclusion of the meditation, Sri Chinmoy described what he says are the inner possibilities and potentialities of 1975.

"The message for the New Year:

The year 1975 will be the year of the seeker's outer success and inner progress. With his outer success he will love and serve the Supreme Pilot. With his inner progress he will manifest and fulfil the Supreme Pilot."

Each new year, the Master explained afterwards, represents the dawn of a new consciousness on earth. "God once again inspires each human being, each creature, with new hope, new light, new peace and new bliss."

Each new year, he continued, "is like a rung on the ladder of consciousness that we have to climb up."

CELEBRATING NEW YEAR'S EVE WITH 100 BENGALI SONGS

PORT WASHINGTON, N.Y.—Some spent New Year's Eve at parties. Others went to 42nd Street to watch the famous Times Square ball descend and signal the start of the New Year.

But Sri Chinmoy and his disciples celebrated the occasion with a seven-hour recital of the Master's Bengali religious songs.

Sri Chinmoy wrote the songs during the last two weeks of December, especially for the occasion.

Accompanying himself on the harmonium, the Master began the recital shortly before 6 p.m. and continued straight through to 1 a.m., with only a 10-minute intermission.

From time to time, various disciples came on stage to accompany him instrumentally or to join him in the singing.

A minute or so before midnight, Sri Chinmoy rose from his seat for a silent meditation. Then he repeated his New Year's Message: "This is the year of inner progress and outer success. This is the year of outer success and inner progress."

He called 1975 "a most momentous year," adding, "Let us avail ourselves of this golden, unparalleled opportunity."



Sri Chinmoy stands garlanded with 200 flowers in front of his Vidya Bhavan of 200 books.

TWO HUNDRED FLOWERS FOR 200 BOOKS

PORT WASHINGTON, N.Y.—An 11-foot-long garland containing 200 flowers was presented to Sri Chinmoy last month here at a celebration marking his publication of 200 books.

The books—consisting of spiritual plays, short stories, aphorisms, lectures and poems—were written by the Master during the 10 years he has been living in the U.S. He had previously written another 200 Bengali books in India.

Sri Chinmoy said that "the Supreme has created Himself in and through these books according to each seeker's power of receptivity."

The books, he continued, "belong to each individual seeker present here and also to each seeker on earth."

Thanking his spiritual children for their help in typing, printing and distributing the books, the Master described himself as a football that the Supreme constantly is playing with.

"This football has no individuality of its own. You children have more individuality than I have. My individuality and personality I sold to the Supreme many centuries ago. He was kind enough to buy it from me with His infinite Compassion."

**INDIAN YOGI
CONDUCTS UNUSUAL CONCERT**

JAMAICA, N.Y.—Four internationally and professionally known musicians—one from the symphonic world and three in the jazz-rock field—gave a concert of music specially composed for them by their Guru, Sri Chinmoy.

Sri Chinmoy also conducted the concert.

Violist Sol Montlak (Dulal), trumpeter Joe Shepley, and guitarists Mahavishnu John McLaughlin and Devadip Carlos Santana each played a solo and then played together in an improvisation of their solos.

Sri Chinmoy said he concentrated on the soul of each musician for 10 or 15 minutes before composing so he could create music particularly expressive of each one's inner being.

The Master named the group *Gaurishankar*, which means Mt. Everest.

The Christmas Day concert also featured a performance of some of Sri Chinmoy's previously composed music by the all-disciple band, *Shrinvantu*. The Master conducted this performance as well.

PUBLISHER'S CORNER

New books by Sri Chinmoy published in December:

- The Prayer of the Sky*—poems
- God's Vision-Promise*—poems
- Immortality's Dance*—poems
- Giving and Becoming*—poems
- Eternity's Silence-Heart*—poems
- My Canadian Fruits*—poems written in Canada
- Light-Delight-Journeys*—meditative poems about different divine qualities

For information about Sri Chinmoy and his published writings, please contact:

ANAHATA NADA
150-30 86th Ave.
Jamaica N.Y. 11432



*The mind uncovers teeming questions.
The heart discovers fulfilling answers.*

— Sri Chinmoy



Nilaya running Phila. Marathon [photo by Lelihan].

SRI CHINMOY ANSWERS

Question: Is it desirable to bring to our conscious mind things from our subconscious?

Sri Chinmoy: There are many things in our **subconscious mind** which need not and should **not come to** the surface. In the subconscious there is obscurity, there is impurity, there is negation. These things should be purified, transformed and perfected from within without being brought into the physical or conscious mind. It is better not to disturb the subconscious mind at all.

*Question. But orthodox psychology states **that** the subconscious has to be brought to the fore and illumined.*

Sri Chinmoy: Here you are **making** a mistake. If you bring down the **Light from above or bring forward your soul's light**, automatically the subconscious will be **illumined**. At that time the subconscious will enter naturally into the conscious plane. **But if you try to bring forward the subconscious without illumining it first**, you will **only create more problems** for yourself.

THE TALK OF THE ASHRAM

Pranavananda (N.Y.), owner of C mic-Sound-Delight film studio, took 6 still photographs in a 10-hour period 1 month. "New York is so vast that I became frustrated trying to photograph it," he said. "The only way to do it was to jump right in." ... Nilaya (N.Y.), a 28-year-old schoolteacher, ran the 26-mile Philadelphia Marathon in two hours 58 minutes. He said he runs for "the pure joy of it." ... Sri Chinmoy's disciples presented a recital of classical music during the Christmas festivities. Final performer was Sri Chinmoy, playing his own composition on the piano.



Sri Chinmoy playing his own composition during Centre classical music recital.

[photo by Saram]

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**COMPLETES 4,000 PAINTINGS
IN SIX WEEKS**

JAMAICA, N. Y. [Feb. 3]—Sri Chinmoy completed his four thousandth painting today as part of a project that began just over six weeks ago.

Working almost around the clock, he did about 2,700 of the pen and ink drawings, watercolours and acrylics during the month of January.

Delighted at his achievement, the Master held a party at his Connecticut Centre meeting, and many of his disciples brought him gifts. About 150 of the pictures were exhibited, and afterwards the Guru passed out prasad, or "blessing-food."

**GURU'S PAINTINGS
EXHIBITED IN PUERTO RICO**

RIO PIEDRAS, Puerto Rico—The first public exhibit outside the continental U.S. of Sri Chinmoy's paintings and drawings was held here during the last three days of January at the well-known Plaza de las Americas mall.

Another exhibit of works by "C.K.G.", which is Sri Chinmoy's artistic pen name, is to be held in Toronto later this month.

**PUBLISH COMMEMORATIVE
U.N. BULLETIN FOR U THANT**

UNITED NATIONS—Sri Chinmoy has dedicated a special issue of the monthly U.N. Bulletin to the memory of former U.N. Secretary-General U Thant.

Sri Chinmoy, who is spiritual Director of the U.N. Meditation Group, got brief statements from the Vatican, Vice President Rockefeller and various world leaders and U.N. dignitaries.

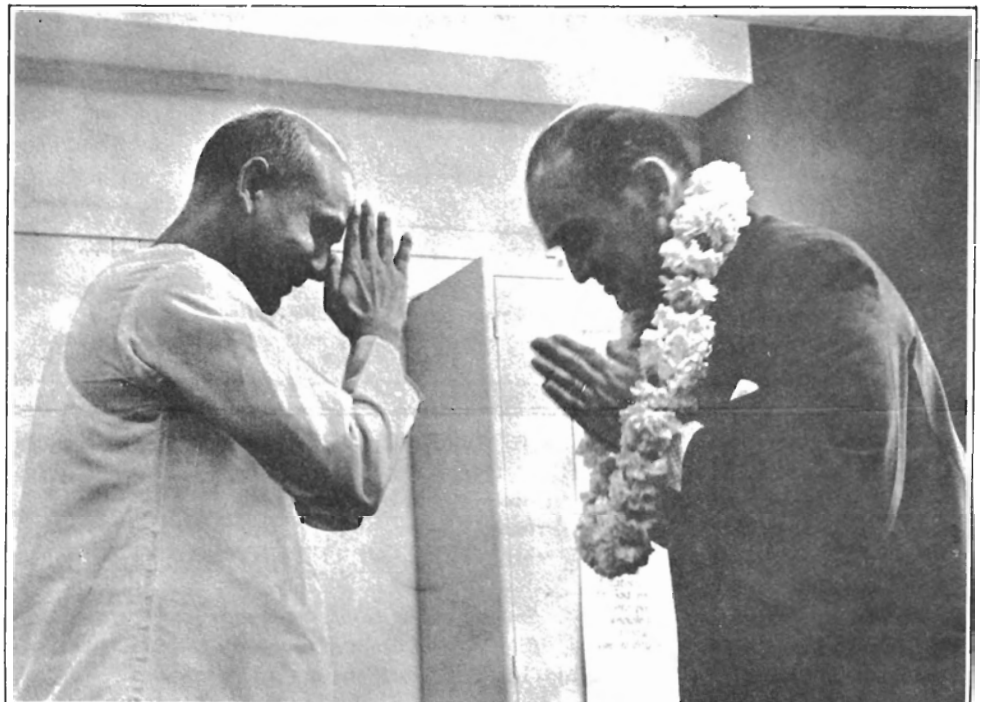
Part of the issue includes a series of letters from U Thant to Sri Chinmoy written over the past three years.

SEVEN SONGS IN 45 MINUTES

JAMAICA, N. Y.—Struck one day last month by a spiritual mood, Sri Chinmoy sat down and began singing spontaneously, composing the music as he sang.

At the end of 45 minutes, he had composed seven quite subtle and haunting songs in the classical Indian style.

The Master's dictaphone was running at the time, and the songs were recorded and later played at one of the New York Centre meditations.



U.N. Under-Secretary-General C.V. Narasimhan greets Sri Chinmoy at a session of the United Nations Meditation Group last month (photo by Lelihan).

**SRI CHINMOY RECEIVES
GOLD RECORD FROM COLUMBIA**

NEW YORK—Sri Chinmoy has been awarded his second gold record by Columbia Records.

It came at the request of his disciple, Devadip Carlos Santana, whose "Welcome" album has now exceeded \$1 million in sales.

Devadip asked Columbia to send his Guru the gold commemorative record in appreciation for the Master's spiritual influence on his music.

Last year, Devadip and Mahavishnu John McLaughlin asked Columbia to send him a gold record for their album "Love, Devotion and Surrender".

**A SPIRITUAL WATER-DRINKING
CONTEST**

JAMAICA, N. Y.—Followers of Sri Chinmoy had a vivid reminder last month that the spiritual life is not all formal meditation when the Master decided to hold a water-drinking contest at his main New York Centre.

In the past, the Master has held head stand contests and similar events to give his disciples joy and allow them to test their capacities in traditional yogic disciplines.

So after one of the regular Thursday meditations, everyone went down to the Centre basement for the contest. Sri Chinmoy asked that strict silence be maintained so that those participating could concentrate more effectively.

Twenty-year-old Ashrita downed 22 glasses of water to come in first among the men. Sarama, a 48-year-old Yoga teacher, placed first among the women, drinking nearly 16 glassfuls in the 10-minute period.

After the contest all returned to the meditation room where Sri Chinmoy, showing his oneness with the spirit of the evening, himself drank 10 glasses of water, much to the delight of his disciples. Afterwards, he explained that drinking water is a yogic method of purification.

The Master ended the evening with another meditation.

COMING EVENTS

March 15—Sri Chinmoy is tentatively scheduled to hold a public meditation in Chicago.

March 22—Sri Chinmoy will be holding a public meditation in Boston.

Later this month, details will be available from *Anahata Nada* in New York (tel. 212-523-3471) or the Chicago Sri Chinmoy Centre (tel. 312-495-1168). In Boston please call 617-776-6924.

YOGI WINS
MENTOR POETRY AWARD

NEW YORK—Sri Chinmoy's translation of a Bengali poem he wrote in India at the age of 13 has won the 1974 annual Mentor Poetry Award.

The award, sponsored by North American Mentor Magazine, was given for the Master's poem *O Bird of Light*



The Chosen Children, a group of Sri Chinmoy's black disciples, appeared on New York's WNEW-TV "Black News" Feb. 1 to discuss their spiritual efforts in the black community (photo by Lelihan).

PUBLISHER'S CORNER

A collection of 30 of Sri Chinmoy's short stories about the day-to-day life of spiritual Masters as they try to transform and perfect the inner life of their disciples has recently been published.

The book, called *Love Realised, Surrender Fulfilled, Oneness Manifested*, offers psychological and spiritual insights into the mysterious bond that forever links the Guru and disciple.

Other recent books by Sri Chinmoy:

Eternity's Silence-Heart—An anthology of 200 poems drawn from six recently published books by Sri Chinmoy

Selections from The Golden Boat—A selection of what Sri Chinmoy considers to be the 200 best poems from his 1,000-poem *Golden Boat* collection

A Service-Flame and a Service-Sun—Sri Chinmoy's personal diary from the latter part of his ashram days, just before he came to America

The Garden of Love-Light—Selected songs drawn from Sri Chinmoy's hundreds of Bengali songs, which have been translated by the Master.

AT THE UNITED NATIONS

The following has been excerpted from Sri Chinmoy's *January Dag Hammaraskjold Lecture at the United Nations*:

"By offering to the Transcendental Supreme what we have, we shall achieve outer success, divine success. By offering to the Transcendental Supreme what we eternally are, we shall achieve ever-increasing, ever-transcending progress ...

"When we think of our outer success, we have to know that success means offering to the Lord Supreme what we have: love, concern and the feeling of universal oneness. When we think of our inner progress, we have to realise that inner progress means our constant, conscious, glowing and undying gratitude to the Absolute Supreme ..."

THE TALK OF PARSONS BOULEVARD

Joe Shepley plays the fluegelhorn on the record "Mandy", which has been number one on the singles charts for several weeks. Two other albums Joe plays on have been nominated for a Grammy Award ... Albums featuring *Mahavishnu* ("Smile of the Beyond") and *Devadip* ("Santana's Greatest Hits") have also been nominated for Grammy Awards ...

Ashok was awarded a trophy by Sri Chinmoy naming him "the best artist of all the Sri Chinmoy Centres" ... *Swadhin*, who owns *The Smile of the Beyond* ice cream parlour on Parsons Boulevard in Jamaica, also won a trophy from the Guru—for being the most popular worker in a disciple-owned "divine enterprise" ... *Ashrita*, who runs *Guru Stationery*, a couple of stores away, came in second ...



Sri Chinmoy awards Ashok a trophy for being the best artist of the Sri Chinmoy Centres (photo by Sarama).

For information about Sri Chinmoy and his published writings, please contact:

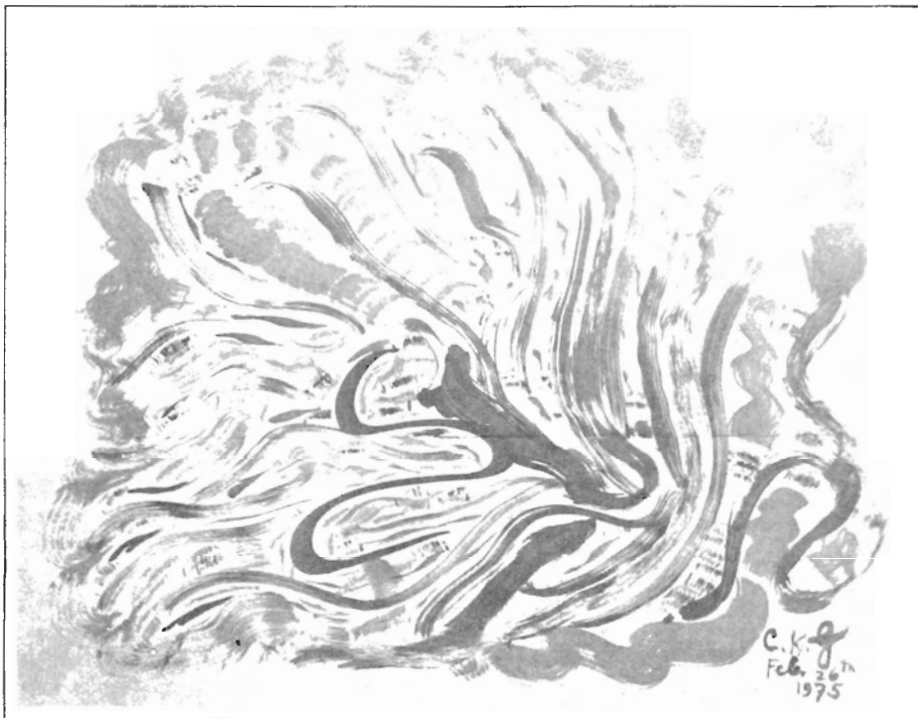
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To separate fruitful reality from wishful thinking we all need only one thing: God's Grace

— Sri Chinmoy



After completing his ten thousandth painting, Sri Chinmoy did one more. That one, pictured here, was unveiled at a party the disciples held in Sri Chinmoy's honour.

10,000 PAINTINGS IN 100 DAYS

1,000 PAINTINGS IN 21 HOURS

JAMAICA, N.Y.—The Indian Yogi Sri Chinmoy has painted ten thousand pictures in 100 days.

The final thousand paintings in this project, which began Nov. 19, were completed in a 21-hour period on Feb. 26.

"For the human in me this would have been impossible," Sri Chinmoy says. "But when one becomes a surrendered instrument and invokes the Supreme to work in and through him, everything is possible."

At that time, he explains, "the outer speed and inner perfection can easily go together."

So far, the Musee del Arte in Ponce, Puerto Rico and the Ingber Gallery on New York's fashionable upper East Side are planning to exhibit his works. The Caribbean exhibit will run from May 19 to June

17 and the New York exhibit is scheduled to begin sometime in late July.

Two New York banks have also asked to exhibit his works.

Sri Chinmoy says he paints many of the worlds he has seen during meditation, and that his paintings represent actual realities in some inner or spiritual world.

The paintings range from whimsical pen-and-ink drawings to abstract acrylics to subtle and delicate watercolours. Many have an unusual dream-like quality.

An exhibit of the Master's first thousand paintings in this series took place in New York this past December. It took him several weeks to complete these works. Commenting on his increase in speed, Sri Chinmoy says that constant self-transcendence is part and parcel of the spiritual life.

WEEKLY U.N. LECTURES BEGIN IN PEACE ROOM

NEW YORK—Sri Chinmoy has begun a series of weekly lectures in the Peace Room of the United Nations Church Center.

These lectures, open to all U.N. delegates and staff, will be held at 11:30 a.m. every Tuesday.

The Master also conducts meditations twice-weekly for U.N. delegates and staff and delivers the monthly Dag Hammarskjöld Lecture Series at the U.N.

ART EXHIBIT IN MANHATTAN

NEW YORK—A month-long exhibit of paintings and drawings by Sri Chinmoy will be held in April in Manhattan by the Sri Chinmoy Centre.

This exhibit of *Jharna-Kala* ("Fountain-Art"), which is how Sri Chinmoy refers to his paintings, will be at a special gallery at 152 Wooster St. (at Houston St.). Further details can be obtained later this month by calling (212) 523-3471.

GURU HOLDS SPECIAL MEDITATION FOR PUERTO RICO GOVERNOR Honoured by Senate

SAN JUAN, Puerto Rico—An Indian Guru who normally conducts meditations for United Nations delegates and staff held a private meditation last month for Gov. and Mrs. Hernandez Colon of Puerto Rico in the governor's country home.

Sri Chinmoy, who is Director of the United Nations Meditation Group in New York and spiritual head of some 50 religious centres around the world, also held private meditations for two former governors of Puerto Rico during his four-day visit to the island.

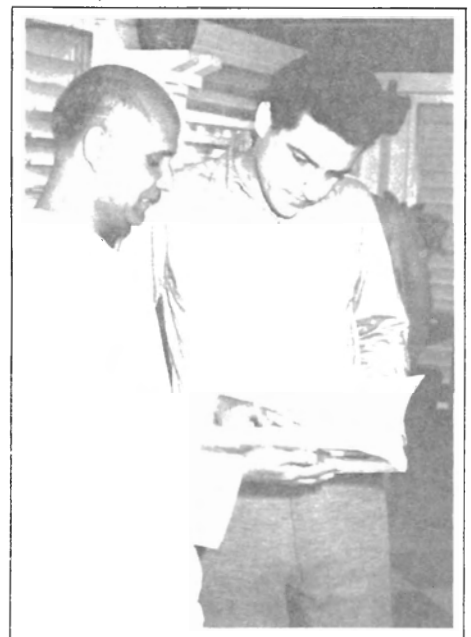
In addition, he was invited to the Senate chambers where Senate President Juan Cancel Rios and several other senators paid him tributes. He also conferred briefly with President Ernesto Ramos Yordan of the House of Representatives and hosted a special meditation at the San Juan Sri Chinmoy Centre for the consuls of several foreign countries.

Sri Chinmoy was brought to Gov. Colon's home in Cayey in the governor's private limousine. Some of his Puerto Rican disciples accompanied him to the mansion, but did not participate in the meditation.

The other two governors Sri Chinmoy meditated with were former Gov. Sanchez Vilella and former Gov. Munoz Marin.

He has met former Gov. Ferre several times on previous visits but was unable to visit him this trip.

Puerto Rico is the home of the first Sri Chinmoy Centre.



Sri Chinmoy shows one of his books to Gov. Colon of Puerto Rico.

**TRIBUTES FROM
PUERTO RICAN LEADERS**

The following tributes to Sri Chinmoy were among those delivered by Puerto Rican officials during the Master's visit last month:

"...I hope that I will be able to receive all the fruits that can be received from (your visit) in order to guide my country. I appreciate very much the help you have given me and I am sure that it will be a great contribution to the tasks that I have ahead."
— Gov. Rafael Hernandez Colon

"...the visit of this illustrious son of the world...honours and distinguishes the people of Puerto Rico and our Senate. His very presence is an inspiration to the Senate of Puerto Rico and to every Senator."
— Senate President Juan Cancel Rios

"I think that your philosophy is a substantial contribution to peace of mind and peace among men."
— Senate Floor Leader Hipolito Marcano

"...Sri Chinmoy is one of the persons who has the profoundest realisation and extraordinary simplicity that denote the highest knowledge of God."
— Senator Ruth Fernandez

• • •

SEVEN-HOUR MEDITATIONS

JAMAICA, N.Y.— Sri Chinmoy conducted two seven-hour meditations for his disciples last month and promised that even longer ones are on their way.

The meditations, which began at 3 a.m. on two consecutive Sundays, consisted of one three-hour part and two two-hour parts, with recesses in between.

One was held at Sri Chinmoy's own home and one at his main church in Bayside,

N.Y. Both meditations ended at 5 p.m. in time for the normal three-hour Sunday evening meditation which begins at 7 p.m.



Sri Chinmoy's artistic achievements are the subject of a WPIX-TV news spot in New York.

**SRI CHINMOY CENTRE OBTAINS
U.N. AFFILIATION**

UNITED NATIONS, N.Y.— The Sri Chinmoy Centre—Sri Chinmoy's religious organisation—has been accredited as a Non-Governmental Organisation at the United Nations.

Sri Chinmoy will serve as the NGO representative to various U.N. conferences and briefings.

NGO status permits the Centre to monitor different U.N. activities and become more acquainted with the inner workings of the world body.

A monthly report on U.N. activities will be made each month in AUM Magazine. In addition, discussions of the U.N. and its various efforts toward world peace will be included in the regular Sri Chinmoy Centre public affairs and lecture programmes.

COURSE ON GURU'S PHILOSOPHY

MIAMI— A course in Sri Chinmoy's philosophy is being offered at the School of Continuing Education at the University of Miami.

The course is being taught by two disciples of the Master, Tom Pliske and Stan Samole, who teach at the university.

• • •

THE TALK OF PARSONS BOULEVARD

The prestigious library reference book, *Current Biography*, plans to include a biographical sketch of *Sri Chinmoy*. . . Sri Chinmoy Centres in five continents are planning simultaneous celebrations March 8 to celebrate their Master's completion of ten thousand paintings . . .

England's leading music newspaper, *Melody Maker*, says the *Mahavishnu Orchestra's* new album, "Visions of the Emerald-Beyond", has enough music power to satisfy anybody for a full year. A Stockholm newspaper predicts it will be voted the best record of 1975. . . *Devadip* and his band, now working on a new album, will be touring the East Coast in April. Meanwhile, *Devadip* and his wife, *Urmila*, have given two concerts of spiritual music on the West Coast. . .

The San Francisco branch of the *Chosen Children*—a group of black disciples—has given a series of six spiritual programmes in conjunction with Black History month. . . Four of Sri Chinmoy's disciples have formed a mountain climbing group. "We feel there are many parallels between the outer ascent in mountaineering and the inner ascent of the spiritual life," says *Devashish*, a member. They hope to climb Mt. McKinley, North America's highest mountain, in 1976. . .

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*He who loves never grows old.
God is a shining example.*

— Sri Chinmoy



Lavanya and Ranjana lead Jharna-Kala parade up Madison Avenue.
 [Photo by Ruth Kamen]

GALA PARADE AND CONCERT MARK GURU'S ARTISTIC ACHIEVEMENT

NEW YORK—Disciples of Sri Chinmoy held a gala parade up Madison Avenue and a free Central Park concert last month with Mahavishnu John McLaughlin and Devadip Carlos Santana to celebrate their Guru's recent artistic triumph.

Festivities commemorating Sri Chinmoy's completion of 10,000 paintings in 100 days also took place March 8 in several cities around the world.

In the parade here, sari-clad women and men dressed in sparkling whites marched under sunny skies in 40 degree temperatures to the sound of bagpipes and drums, while Sri Chinmoy walked alongside.

The parade included a horse, several clowns and a motor-driven float carrying Mahavishnu and Devadip, whose guitar music attracted crowds from blocks away.

Adding colour to the event were thousands of flowers, flags and helium balloons marked "Jharna-Kala," meaning Fountain-Art, the term Sri Chinmoy uses to refer to his artistic output.

HEAVEN COMES TO EARTH DAY

NEW YORK—An Indian Yogi brought a little bit of heaven to Earth Day this year.

Sri Chinmoy inaugurated the event in New York's Battery Park with a silent meditation and short talk.

To the lunch hour crowd, numbering several hundred, Sri Chinmoy said the earth is God's favourite creation because earth loves Him only, needs Him only, suffers for Him only and prospers in Him alone.

"Mother Earth, you are at once God's silence-creation and God's sound-creation. With your sound-might you are telling us, your children, how divinely great God is. With your silence-height you are telling us, your children, how supremely good God is."

Police escorting the parade entered into the spirit, tying Jharna-Kala balloons to their squad cars and motor scooters.

The parade turned into Central Park near the Mall, where the two musicians gave a concert of spiritual music to the massed spectators.

In the U.S., the affair was covered on nationwide radio and television by the Associated Press radio wire and TVN's television service. New York broadcast coverage included WNBC and WPIX television and WBAI and WQIV FM-radio.

Articles also appeared in the New York Times, Washington Post, Norwalk (Conn.) Hour and Associated Press.

The evening of March 8, Sri Chinmoy invited all his disciples to a special meditation, where 100 additional paintings—2-2/3 ft. by 3-1/3 ft. in size—were displayed.

These works were completed in a 19-hour period beginning one minute after midnight on the day of the parade.

Following Sri Chinmoy's opening talk, the Earth Day Committee arranged for speeches by government officials and ecology groups. Afterwards came entertainment, which included a recitation by the all-disciple band *Shrinvantu*.

HARVARD LECTURE SERIES TO BEGIN

BOSTON—Sri Chinmoy will be giving a series of seven Wednesday evening talks at the Harvard Divinity School this spring.

The series, which is dedicated to the memory of the late President John F. Kennedy, will begin April 16 and run for seven consecutive weeks.

The talks will be held at 7 p.m. in the Sperry Room.

YOGI'S ART EXHIBIT OPENS AFTER FESTIVE PREVIEW

NEW YORK—Sri Chinmoy's Jharna-Kala gallery opened to the public in a special March 31 preview that drew celebrities from both the art and entertainment world.

Two thousand of the Guru's paintings were placed on exhibit at the renovated gallery at 154 Wooster St. (at the corner of Houston St.) in Manhattan's famed Soho art district.

Opening night brought a varied crowd including artist Paul Jenkins, well-known art collector Robert Scull and actress Ultra Violet—star of many Andy Warhol movies.

Just before the doors were opened, Sri Chinmoy conducted a short meditation with a small gathering of disciples in the gallery and said:

"My Lord Supreme, to You I offer my eternal gratitude for having painted in and through me out of Your infinite Bounty over ten thousand paintings in 100 fleeting days."

He added that God has played the role of aspiration in and through him, and now will be playing the role of inspiration in and through those who view the works of art.

As the guests walked through the gallery, Sri Chinmoy sat off to one side, working on a series of miniature drawings. As each visitor departed, Sri Chinmoy exchanged a few words of greeting with him and offered him an orange as *prasad*, or blessed food.

During the month the gallery is being operated by Sri Chinmoy's disciples, it will remain open seven days a week from 10 a.m. to 6 p.m. On Fridays and Saturdays it will be open until 9 p.m. The Jharna-Kala (Fountain-Art) exhibit of Sri Chinmoy's paintings will run through the end of April.



Sri Chinmoy discusses his paintings with a group of friends at the opening of his Jharna-Kala exhibit
 [Photo by Sarama]

THE TALK OF PARSONS BOULEVARD

Devadip When I meditate, God talks and I listen. [Sri Chinmoy]

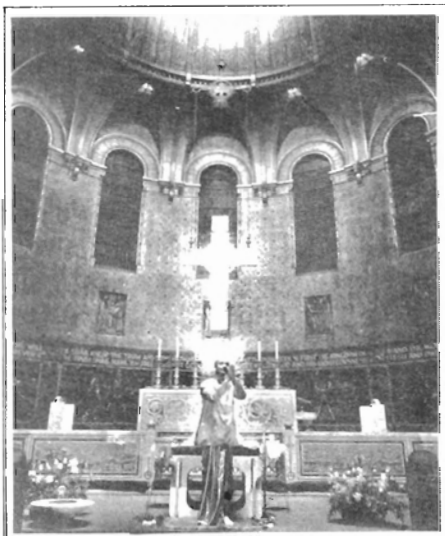


Urmila. When I pray, I talk and God listens.. [Sri Chinmoy]

In a recent write-up in *The Daily Titan*, *Devadip* was quoted as saying: "In the last two years I have been able to look at myself in the mirror and like what I see ... we are instruments of God and have realised the truth. Now, we must offer this realisation to all mankind." The article featured photos of Devadip and his wife, *Urmila*, in a presentation of spiritual music in Westwood, Calif.

Mahavishnu has formed a new musical group—in addition to his regular orchestra—which Sri Chinmoy has named *Turyi-ananda Sangit*, meaning the Bliss of the highest consciousness in music. The quintet, which specializes in Indian music, includes *Mahalakshmi* and three Indian musicians—L. Shankar, R. Raghavan and Zakir Hussein. So far it has given concerts in Boston and New York.

The Sri Chinmoy Mountaineering Group climbed Massachusetts' highest mountain last month, 3,491-foot-high Mt. Greylock, reports *Devashish*. The group also took a day-long course in snow and ice-climbing sponsored by Eastern Mountain Sports in New Hampshire. An expedition to Colorado is planned for later this spring.



Sri Chinmoy during his public meditation at Boston's Trinity Church. Photo by Pranacanananda.

WESTERN MOTHERS FETED AT EASTERN LUNCHEON

JAMAICA, N.Y.— A child of the East hosted a special luncheon last month for a group of mothers from the West.

The mothers were all parents of Sri Chinmoy's women disciples, and they came with their daughters to their children's spiritual Master to hear a short lecture and ask him questions.

Sri Chinmoy was all charm, presenting each mother a corsage, several gifts and an inscribed copy of one of his books.

"I am your Indian son and you are my American mothers," he told the group.

He told the mothers that their inner voice wanted their children to "accept a spiritual path, to lead a better life and feel God as their very own at every moment of their existence."

He said that they have given their daughters "love, affection, concern, compassion, earthly attainments and achievements for many years. You have given them everything that you have and everything that you are."

Now, he continued, the daughters are offering inwardly all that they have and are to their mothers. What they have and are, he said, "is a golden flame, a climbing flame, which we call aspiration."

The luncheon was held in the disciple-owned restaurant *Annam Brahma*.

YOGI-ARTIST HONOURED WITH 46-COURSE DINNER

JAMAICA, N.Y.— A 46-course dinner was prepared by a group of Sri Chinmoy's male disciples last month to honour their Guru's painting achievement.

The dinner—including seven hors d'oeuvres, three soups and three main courses of six or seven items each—was served to Sri Chinmoy and a gathering of

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disciples by dhوتي-clad waiters in white chef hats.

Juice, tea and 13 belt-loosening deserts topped off the evening, which featured dinner music by Phil Hershey on the cello and Carol Shive on the viola and piano, and Ribhu's band *Shrinvantu*.

The entire meal lasted several hours.

The project was organised by Devashish, who was assisted by 32 chefs.

HOLDS PUBLIC MEDITATIONS

JAMAICA, N.Y.— Sri Chinmoy held two public meditations last month—one in Boston's historic Trinity Church and one in Chicago.

This month he will hold a public meditation at Columbia University in New York. This will be part of the week-long celebration commemorating the eleventh anniversary of his coming to the West.

The Master came to the West on April 13, 1964.

PUBLISHER'S CORNER

JAMAICA, N.Y.— A new revised edition of *Beyond Within*, a 500-page anthology of Sri Chinmoy's writings, has just been published. The new edition contains excerpts from Sri Chinmoy's latest books, as well as photographs illustrating different states of consciousness.

Other recently published books by Sri Chinmoy include:

Supreme, Teach Me How To Cry— a songbook with Bengali words and musical notation for the 100 songs Sri Chinmoy sang this past New Year's Eve, with English translations.

Father and Daughter— a selection of poems.

Transformation-Night, Immortality-Dawn— questions and answers.

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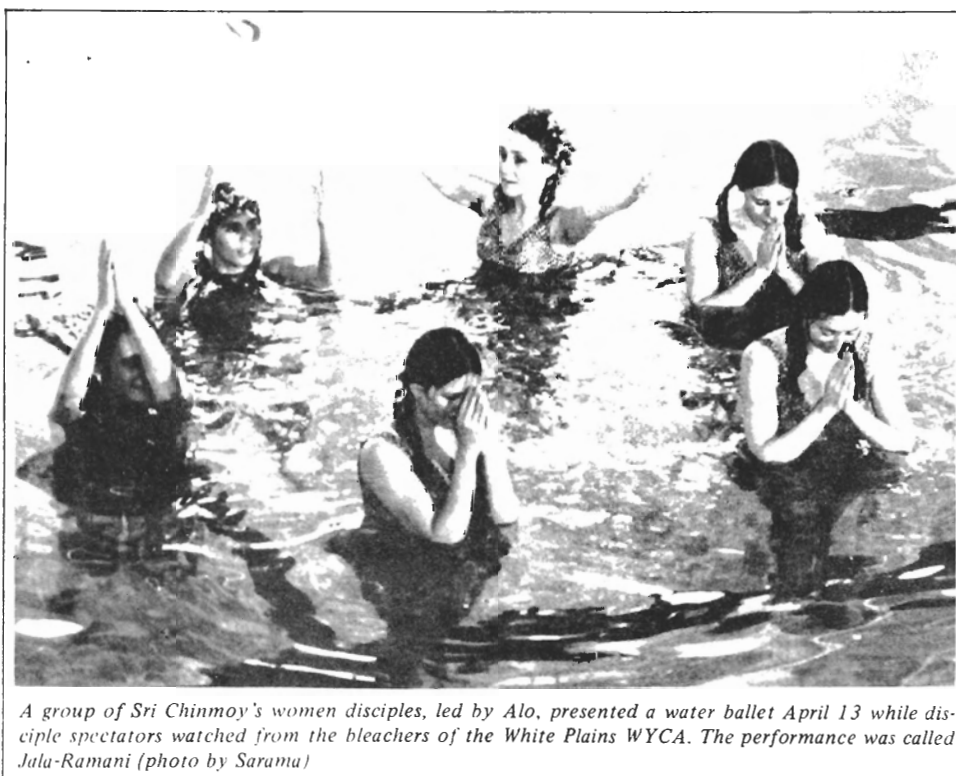
Disciples hold up one of the 11 paintings Sri Chinmoy dedicated to the soul of America during a public meditation at Columbia University (photo by Lloyd Hart)

ELEVEN PAINTINGS FOR ELEVEN YEARS OFFERED TO SOUL OF U.S.

NEW YORK—To mark his eleventh anniversary in the United States, Sri Chinmoy painted 11 gigantic pictures and dedicated them to the soul of America as an expression of gratitude to the country which has adopted him.

The four-by-eight-foot paintings were carried onstage one at a time by his disciples during a public meditation the evening of April 12 at Columbia University.

The Master did the pictures the previous day.



A group of Sri Chinmoy's women disciples, led by Alo, presented a water ballet April 13 while disciple spectators watched from the bleachers of the White Plains WYCA. The performance was called *Jalu-Ramani* (photo by Saramu)

FESTIVAL COMMEMORATES GURU'S ARRIVAL IN U.S. 11 YEARS AGO

JAMAICA, N.Y. — A week-long festival that drew disciples from across the United States, Canada and overseas was held last month to celebrate the anniversary of Sri Chinmoy's arrival in the West 11 years ago.

In addition to the meditations and spiritual activities, there were performances of the Guru's plays by disciples from his different Centres, a circus, a water ballet

and various indoor and outdoor excursions in the New York area.

Sri Chinmoy came to the United States on April 13, 1964 after spending 20 years in an ashram in southern India.

During his first years in New York, he held an administrative post in the Indian consulate.

Later, when he acquired his residence visa, he gave up his post at the consulate and devoted himself full-time to his spiritual pursuits.

JHARNA-KALA EXHIBIT ENDS

NEW YORK — The Jharna-Kala Gallery ended its month-long exhibit of seven thousand Sri Chinmoy paintings with a gala April 28 send-off.

For the occasion, Sri Chinmoy painted his largest picture ever—a 9-by-16-foot canvas. He did the painting earlier that day, in an hour's time, working from a ladder.

Also on display that night were some of the Master's newer canvasses, which had been painted in a series of rapid-fire sessions in the gallery basement during the previous few days.

Sri Chinmoy would stand in the center of a circle, surrounded by a half dozen or so canvasses, and rotate from one easel to the next until all the pictures in the group were done.

While he was painting, disciples would be stretching blank canvasses onto blocks of wood for new pictures.

The April 28 function brought a variety of guests from the United Nations and the artistic world, including artist Peter Max.



Artist Peter Max pays his respects to Sri Chinmoy at the April 28 closing of the Jharna-Kala Gallery (photo by Lloyd Hart)

After it was over, the paintings were taken down and brought to the Master's house for storage. They joined seven thousand other paintings he had completed over the past few months.

The 9-by-16-foot canvas had to be dismantled from its wooden backing for transit and, for a while, was spread out across the Guru's living room floor until finally put away.

PUBLISHER'S CORNER

Recently published books by Sri Chinmoy include:

Father and Son—a selection of poems.

Supreme, I Sing Only for You—a song-book with Bengali words and musical notation for 85 songs which Sri Chinmoy sang on his birthday last year, with English translations.

A TYPICAL DAY IN THE LIFE OF A NOT-SO-TYPICAL GURU

WASHINGTON—Sri Chinmoy paid a short visit to Capitol Hill last month and held a public meditation at Georgetown University here in a day that lasted a full 24 hours, and then some.

The Guru and a few disciples left New York at 4:30 a.m., a few hours after the function at his Jharna-Kala Gallery ended, and reached the capital in time for a morning appointment.

In the course of the day Sri Chinmoy met briefly with Connecticut's two Senators, Sen. Abraham Ribicoff and Sen. Lowell Weicker, and visited Congressman Jonathon Bingham of New York.

After the public meditation that evening, he stopped off at his Washington Centre for an informal gathering with disciples and dinner.

He left around midnight for the drive back home, reaching New York at 5 a.m.

A few hours later he was back on the road again, en route to Boston for an evening lecture at Harvard Divinity School.

*Real joy is the realisation
of eternal aspiration.*

— Sri Chinmoy

COMING EVENTS WITH SRI CHINMOY

May 24—Sri Chinmoy will be delivering a lecture sometime this weekend in Reykjavik, Iceland at a conference sponsored by the Institute for Consciousness Research.

May 28—Lecture at 3 p.m. and 7 p.m. at Harvard University.

June 4—Lecture at 3 p.m. and 7 p.m. at Harvard University. (Note: The May 7 and May 14 lectures at Harvard previously

scheduled have been cancelled. Further information on the May 28 and June 4 lectures is available from the Boston Centre 617-776-6924.)

Sri Chinmoy begins his annual month-long European lecture tour in mid-June. A schedule follows.

June 16—Stockholm

June 17—Uppsala, Sweden

June 18—Hamburg

June 19—Den Haag, Holland

June 20—Brussels

June 21—Paris

June 23—Zurich

June 24—Berne and Lausanne

June 25—Geneva

June 26—Dublin

June 27—Manchester, England

June 28—Glasgow

June 30—Edinburgh

July 1—Newcastle, England

July 2—Mansfield, England

July 3—Birmingham and Oxford,
England

July 4—Cambridge and Colchester,
England

July 5—London

THE TALK OF PARSONS BOULEVARD

The Museo del Arte in Ponce, Puerto Rico begins an exhibition of Sri Chinmoy's paintings this month ... In the New York area, Bonwit Teller held a month-long display of the Guru's artwork at its Eastchester store ... April 28 was the first anniversary of Sri Chinmoy's completion of *The Goal Is Won*, a collection of 360 poems written in a single day ...

Nilaya ran in the 26-mile Boston Marathon last month. On hand to cheer him on was his Guru, Sri Chinmoy, who drove up from New York with a group of disciples ... Karuna and her family were written up in the February issue of Ebony Magazine, which tells how they trace their ancestry back through generations and across two continents—Africa and North America ... Ujjala and Premika performed some Indian dances for an all-disciple audience; joining them was their dance instructor, Manjusri ... The Madal Circus had another gala performance during April, and rehearsals have already begun for the next one. Ringmaster Swadhin says the August performance will be tied in with the American Bicentennial.

Turiyananda Sangit, a musical group consisting of Mahavishnu, Mahalakshmi, and two Indian musicians, gave a special performance for disciples during the April anniversary celebration ... Devadip and Urmila also performed during the function. They also gave a concert of spiritual music in San Luis Obispo, Calif. Two similar concerts are scheduled this month for Tuscon and Phoenix.

Two new disciple-run meditation groups are now meeting on Wednesday evenings at 7:30 p.m.—one at Old Mill Farm on West Street in Harrison, N.Y. and one at Bill and Elaine Herdes' home at 25 Fisherman Drive, Port Washington.



Irving Konopiaty displays his fire-eating talents during a performance of the Madal Circus (photo by Lelihan)

For information about Sri Chinmoy and his published writings, please contact:

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A FIRST FOR THE MILITARY



Capt. Jack G. McDonell, commanding officer of the Naval Air Station at Willow Grove, examines books presented him by Sri Chinmoy during a meeting in the Captain's office.

INDIAN YOGI HOLDS MEDITATION AT U.S. NAVAL BASE

WILLOW GROVE, PA. — For what was probably the first time in U.S. military history, an Indian Yogi conducted last month a meditation at an American military installation.

Sri Chinmoy held the meditation May 3 at the Naval Air Station at Willow Grove, Pa., in the station chapel.

He dedicated the meditation to the memory of those who have died serving their country, and concluded with a talk on "The Quintessence of Patriotism," which discussed the relationship between love of country and love of God.

True patriotism, the Indian Master said, can be defined as the "real love for what God has already given us out of His infinite bounty. True patriotism realises the undeniable fact that an individual patriot and his country are but pure instruments of the Absolute Supreme."

To destroy a country, he said, "we need power. This power is undivine, unilluminated and ill-founded."

To love a country, he continued, we need a greater power, which he said lies in our heart's self-offering. But to claim all nations as our own, he concluded, we need the greatest power.

"This power is the all-illuminating, all-immortalising, all-fulfilling God-power, which is always crying and trying, trying and crying, to come to the fore in the in-

most recesses of our hearts."

He quoted the Indian patriot and spiritual figure, Sri Aurobindo, who said that patriotism is a religion from God. Sri Chinmoy then defined that religion as the "beauty of today's self-giving and the duty of tomorrow's God-becoming."

In conclusion, Sri Chinmoy spoke about war and peace: "War we invent. Peace we discover. War we invent from without. Peace we discover from within. War forgets peace. Peace forgives war. War is the end of the life-human. Peace is the birth of the life-divine."

During the course of his talk, Sri Chinmoy paid tribute to Willow Grove's commanding officer, Capt. Jack G. McDonell, saying, "Unlike most human beings, you are a most intimate friend of the sea and the sky. That means your loving heart, your aspiring heart, your God-fulfilling heart is synonymous with vastness above, vastness below."

Earlier, the Guru and some of his followers had met with Capt. McDonell in the Captain's office, where they discussed Eastern and Western concepts of spirituality. The base commander presented Sri Chinmoy with a plaque, and Sri Chinmoy offered him some books of his writings.

He also dedicated a Bengali song of his own composition to the Captain, which he

continued on next page, column 1

NEW ORGANISATION SEEKS TO COMBINE SPIRITUALITY AND PATRIOTISM

JAMAICA—A group of spiritually concerned Americans, inspired by the teachings of their Guru, Sri Chinmoy, are seeking to join the values of spirituality and patriotism through a newly formed organization called *The Sacred Fire*.

"The life of patriotism and the life of spirituality must go together," says Savyasachi, one of the leaders.

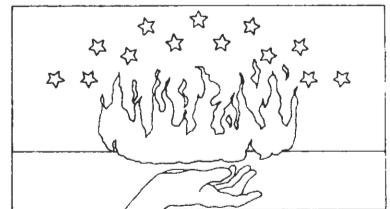
One of the group's goals, he explains, is to celebrate the U.S. Bicentennial and reawaken in Americans a true love for their country.

"America shall one day be the torch-bearer of spirituality," he declares, "and we feel a great pride in our country."

Lavanya, another leader in the organization, says Sri Chinmoy is offering the group his full inner support.

"Sri Chinmoy feels patriotism is a real divine blessing from God," she says. "He was very happy with our proposal to take part in the Bicentennial and offer America our dedicated, devoted service."

Some of the Bicentennial activities last month included a patriotic play on the steps of the Capitol in Washington, D.C.; dramatic readings from the works of American patriots and silent prayer during a Meditation for America in Greenwich, Conn.; and participation in the Memorial Day parade here.



THE SACRED FIRE

BANKERS TRUST EXHIBITS GURU'S PAINTINGS

NEW YORK—Bankers Trust on East 53rd Street in Manhattan is holding an exhibit of Sri Chinmoy's artwork in its lobby and windows.

The showing of reproductions from the Master's "Jharna-Kala" exhibit will end in mid-June.

To date, Sri Chinmoy has completed more than 16,000 paintings.

A new catalogue of Sri Chinmoy's published writings—lectures, essays, aphorisms, poems, plays and questions and answers—is now available from AUM Publications, 150-30 86th Avenue, Jamaica, N.Y. 11432.

... WILLOW GROVE

and his followers sang while the naval officer listened intently from behind his desk.

The officers and men working in nearby offices gathered in the hallway and at the Captain's door to listen. The song, "Pilgrims of the Lord Supreme," tells of divine soldiers entering the land of Immortality and then, "carrying aloft the Banner of the Lord Supreme," making the promise to return to earth to transform it.

Later, Lt. Cmdr. Albert L. Marcantonio escorted Sri Chinmoy on a tour of the air station. The Guru practiced flying in a flight simulator, visited the air control tower and was taken through a P-3 Orion aircraft.



Sri Chinmoy sits in the pilot's seat of a P-3 Orion aircraft during a tour of the Naval Air Station at Willow Grove.

THE TALK OF PARSONS BOULEVARD

Sri Chinmoy conducted a public meditation at Barry College in Miami last month... Scenes from Sri Chinmoy's play, "Siddhartha Becomes the Buddha," were performed at the United Nations May 22 to

commemorate the Buddha's birthday the following day. The performance in the Dag Hammarskjold Auditorium was sponsored by the *U.N. Meditation Group*... There was also a showing of a film by *Yvonne Hannemann*, called "Vesak," about a Buddhist celebration in Sri Lanka... *Annam Brahma* hosted a special dinner for United Nations staffers last month. The restaurant also holds a dinner once a month for new seekers. The evening includes a short meditation with *Sri Chinmoy*...

Disciples of Sri Chinmoy held a *country fair* in May at Manhattanville College in Purchase, N.Y., with everything from rides and children's games to country music and circus acts... A group of disciples attended the Second International Conference on Transpersonal Psychology in Iceland last month. *Brahmananda* gave a talk on will as a unifying planetary force and evolving planetary consciousness... His wife, *Martha*, spoke on seven aspects of godhood... *Nilaya*, a schoolteacher, lectured on spirituality and the education of children... *Hank Levine* from Portland led an experiential music session... And *Mahalakshmi* joined *Brahmananda* in a roundtable discussion on the societal impact of people who are living a spiritual life.

COMING EVENTS WITH SRI CHINMOY

June 17—A short meditation at Annam Brahma Restaurant in Jamaica, Queens, at 7:30 p.m.

July 11 & 18—Public meditation at St. Matthew's Church, White Plains, across the street from the YMCA, at 7:30 p.m. (tentative)

July 12—Public meditation at Southampton College, Southampton College Theatre, on Route 27 in Southampton, Long Island, at 7:30 p.m.

July 26—Public meditation at Greenwich Civic Center, Greenwich, Conn. at 7:30 p.m.



The Mahavishnu Choir at one of its two performances at the Museum of Modern Art's Sculpture Garden in New York.

MAHAVISHNU CHOIR OPENS SUMMERGARDEN SEASON

NEW YORK—The 40-voice Mahavishnu Choir opened this year's series of free "Summergarden" performances at New York's Museum of Modern Art with two evening concerts last month.

The choir, directed by Tanima, sang a selection of devotional music written primarily by Mahavishnu, the group's founder. Mahavishnu and the members of the choir are disciples of Sri Chinmoy.

The concert, which was held in the museum's Sculpture Garden, was arranged by Apeksha.

THE HONORABLE SRI CHINMOY MAKES ITS DEBUT

BRISTOL, CONN.—A new variety of chrysanthemum which has grown here for the first time has been named *The Honorable Sri Chinmoy*.

Bristol Mayor Frank J. Longo Sr. named the flower after the Indian spiritual Master in a special proclamation.

He said the flower is growing in a Bristol nursery and that a cutting will also be given to the Queens Botanical Gardens, near where Sri Chinmoy makes his home.

Bristol is known the world over for its chrysanthemum flowers.

Last year, Mayor Longo proclaimed May 8th "India Day" in honour of Sri Chinmoy's work toward world peace.

For information about Sri Chinmoy and his published writings, please contact:

Anahata Nada
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Jamaica, N.Y. 11432



He who loves never grows old. God is a shining example.

— Sri Chinmoy

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27,000 PAINTINGS IN EIGHT MONTHS



Sri Chinmoy in his Jharna-Kala Gallery (photo by Sarama)

500 DONE IN 100 MINUTES

JAMAICA, N.Y. — Sri Chinmoy reached his goal of 27,000 paintings on June 27, less than eight months after taking up the challenge.

In one intense 100-minute burst on June 26, the Master did 500 acrylics—which averages out to one painting every 12 seconds.

Seven thousand of the works were to go on exhibit July 7 at a renovated warehouse in Manhattan's Soho art district at 220 Mercer Street. The gallery is a block long with 20-foot ceilings.

Commenting on his achievement, the Yogi said, "In the spiritual life we have always to transcend ourselves."

MEDITATIONS WITH SRI CHINMOY

Sri Chinmoy is holding meditations every Wednesday and Friday evening for the next several weeks in the New York area.

The Wednesday meditations are held at St. Francis Xavier School, 122 West 17th Street and the Friday meditations are held at the First Baptist Church, on North Street and Bryant Ave. in White Plains.

Both begin at 7:30 p.m. and the public is cordially invited.

Sri Chinmoy is also giving brief meditations every other Tuesday evening at the disciple-owned Annam Brahma Restaurant in Queens. The program, which will be held this month on July 15 and July 29, also

He referred to his New Year's Message, in which he described 1975 as the year of inner progress and outer success.

The Master first began painting on Nov. 19, and 100 days later had completed 10,000 works.

His speed increased with the next 17,000 and for the entire series averaged about 122 works a day.

Sri Chinmoy said he chose 27,000 paintings as his goal because he was born on Aug. 27.

As he was nearing his goal on June 26, he mustered his intense yogic powers of concentration and finished 250 paintings between 1:15 p.m. and 2:55 p.m. Then,

continued on next page, column one

includes a movie and a speaker. Reservations should be made by calling (212) 523-2600.

And on July 26 Sri Chinmoy is conducting a large public meditation at the Greenwich, Conn. Civic Center.

GURU COMPLETES HARVARD LECTURES

BOSTON—Sri Chinmoy completed his series of seven lectures at the Harvard Divinity School last month with two talks on June 9.

Afterwards, the disciples prepared a full dinner which was served to all present at the talk.

A 14-HOUR FATHER'S DAY MEDITATION

Jamaica, N.Y. — Sri Chinmoy and about a hundred of his disciples celebrated Father's Day last month with a 14-hour meditation.

For the final seven hours, the Master gave *darshan*, blessing each one of his disciples individually.

The disciples filed one by one into a small room where Sri Chinmoy waited, closing the door behind them.

Earlier, he had asked each of them to write on a piece of paper seven spiritual accomplishments or achievements. As each disciple entered the room, the Guru read the list in silence, and then blessed the seeker.

Some of the blessings lasted for a couple of minutes, and often the disciples would come out of the chamber deeply moved, sometimes in tears.

The meditation was originally meant to last only 13 hours, but the extra hour was needed to complete the *darshan*.

The day was broken up into two four-hour sessions, one three-hour session, and a final two-hour session which stretched into three hours. Between the sessions were rest breaks.

The disciples were asked to eat very little, or fast, in order to meditate better. But at two sessions the Master handed out *prasad*, or blessed food. Once it was an orange and a nectarine, and once it was an ice cream sandwich and an apple.

The evening ended with a 13-course meal.

Only those who had been disciples for at least four years were invited to participate in the meditation, and some came all the way from Canada and Florida for the single-day session.

The previous day Sri Chinmoy held a seven-hour meditation for his other disciples who had been with him for less than four years.



Sri Chinmoy relaxes following a picnic at the home of Atala and Bhupati (photo by Chidananda).

... 27,000 PAINTINGS

after a 20-minute rest, he picked up his brush and literally doubled his speed between 3:16 p.m. and 4:45 p.m.

A disciple observing him at the time, Ashrita, declared: "His hand was Heaven's unprecedented gift to earth."

In order to complete all the paintings by June 27—the Guru likes the number "27"—Sri Chinmoy worked virtually around the clock for several days on end, averaging about an hour's sleep a night.

Trying to keep pace with him, groups of disciples also worked round-the-clock to transform a former warehouse into the new Jharna-Kala Gallery which will house the Master's works.

Previously the Supreme played the role of the creator-artist in my aspiration-heart. And now the Supreme is playing the role of creation-art in my dedication-life," Sri Chinmoy said.

"Constant aspiration the artist C.K.G. has. Continuous dedication the art of C.K.G. is."

MOUNTAINEERS OFFER

GURU UNIQUE FATHER'S DAY GIFT

ESTES PARK, COLORADO—The Sri Chinmoy Centre Mountaineers climbed 13,000-foot Taylor Peak on Father's Day last month and offered their achievement as a gift to their Guru.

The climb was part of a three-week expedition using crampons, ice axes and ropes in the snow-covered Rockies and Grand Teton Range of Wyoming.

"Dynamism, perseverance, determination and humility are qualities you need in mountain climbing as well as in the inner life," says Devashish, one of the group.

The other members include Gariyan, Francois Barre, Sam Mills, Michael Jameson and Satyakarma.

THE TALK OF PARSONS BOULEVARD

The *U.N. Meditation Group* sponsored a seminar on spirituality last month in one of the Conference Rooms ... *Sarama* spoke about meditation at an Annam Brahma banquet in Queens before a fraternity of dentists ... *Annam Brahma* also hosted a dinner which featured poetry readings by the well-known writer Millen Brand. *Blessing-Light Supreme* Bookstore sponsored the event ... *The Sacred Fire*, a group of American disciples inspired by Sri Chinmoy's teachings, gave a concert and dance performance at an Americana Fair '75 Bicentennial event sponsored by the City of New York. A dance performance was also held in a Street Fair in Queens ...

Devadip and *Urmila* gave a concert of spiritual music in Miami last month ... *Mahavishnu*, *Mahalakshmi* and their *Turiyananda Sangit* group are giving two concerts of Indian classical music the early part of this month in Virginia Beach and Long Island ... *Mahavishnu*, *Mahalakshmi*, *Devadip* and *Urmila* joined together to give Sri Chinmoy a garland composed of 27 gardenias, which he wore as he completed his 27,000th painting ...



Sri Chinmoy Centre Mountaineers, with the Guru looking on (photo by Lelihan).

DISCIPLES HOLD

JHARNA-KALA CELEBRATION

NEW YORK—He sat there on his green chair, surrounded by Jharna-Kala paintings which filled the walls and disciple gifts which covered the floor.

It was the gala celebration by Sri Chinmoy's disciples of their Master's completion of 27,000 paintings. The party was held at the new Jharna-Kala Gallery in Manhattan.

Guru and disciple alike both became like children, and gifts were exchanged. Most of the disciples brought their Guru 27 small gifts, and personally presented them to him as a token of their gratitude.

Later, just before dinner was served, the Master gave each disciple a plate with 27 desserts.

Just before the evening ended, a group of disciples lowered from the roof a 24-square-foot electric sign displaying the number "27,000" and set off fireworks.

Celebrations of the Guru's achievement were also held at other Sri Chinmoy Centres. Among the gifts the Master received were 27 medallions from the black disciples in his San Francisco Centre and a plaque from his Santa Barbara Centre.

PUBLISHER'S CORNER

New books by Sri Chinmoy published in June:

Flame-Waves, Parts 1-5—a collection of questions and answers at the United Nations

Lord, I Ask You for One Favour—poetry

The Silence-Song—poetry

Lord, Receive This Little Undying Cry—poetry

For information about Sri Chinmoy and his published writings, please contact:

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Peace begins when we come to realise that the world does not need our guidance.

—Sri Chinmoy

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Sri Chinmoy (far left) meditates with a gathering of religious leaders who joined him in celebrating National Prayer Day.

GURU LEADS NATIONAL DAY OF PRAYER IN NEW YORK

NEW YORK—Sri Chinmoy presided over a gathering of 10 religious leaders from the world's major faiths last month at a ceremony marking America's National Day of Prayer.

The Master opened the hour-long meeting in the chapel of the Church Center for the United Nations with silent meditation.

This was followed by brief comments by leaders representing the various Christian, Jewish, Buddhist, Muslim and Baha'i groups.

The *New York Times* quoted the Rev. Dr. Dan M. Potter, executive director of the Council of Churches of the City of New York, as describing the meeting as the

YOGI OPENS LARGEST ONE-MAN ART SHOW IN HISTORY

NEW YORK—What is probably the largest one-man art show in history opened July 7 at a block-long gallery in New York's Soho art district.

On display were seven thousand paintings—some as large as 9x16 feet—by spiritual Master Sri Chinmoy.

They formed part of the 27,000 works the Yogi completed in an eight-month period.

The exhibit at *The Jharna-Kala Gallery*, 220 Mercer St. (near Broadway) is open seven days a week and will extend through August 29. On the evening of that day there will be a gala closing, to which art lovers and interested seekers are cordially invited.

"most representative gathering of religious leaders ever held in the city."

The Sacred Fire, the all-disciple Bicentennial group, sang some patriotic songs and read selections from the works of President Kennedy, Dr. Martin Luther King, and various American political leaders and poets of the past.

Senators Humphrey and Taft sent telegrams of support from Washington.

Excerpts were also read from President Ford's statement proclaiming July 24 as National Day of Prayer.



YOGI COMPOSES 150 SONGS SPONTANEOUSLY

JAMAICA, N.Y.—In a remarkable display of yogic capacity and musical talent, Sri Chinmoy spontaneously set tune to 150 of his Bengali poems—composing as he sang.

He composed without effort, drawing on inner powers beyond all mental understanding, and went from one song to the next in a smooth flow, without the aid of any musical accompaniment.

On three separate occasions last month, in the course of his regular meditations at different Centres, he composed a total of 100 songs, averaging about 35 each time.

The final 50 songs were composed during one sitting in his home, while a small group of disciples gathered beside him, listening attentively.

Many of these songs will be performed by disciples later this month during the course of the 10-day festival celebrating the Master's birthday.

A MEETING OF HEARTS

WILLOW, N.Y.—Sri Chinmoy conducted a special meditation last month at a Sufi retreat, proving that his yoga of love, devotion and surrender can find its spiritual home in all genuine paths.

Pir Vilayat Khan, head of the Sufi Order in the West, had invited the yoga Master to lead a session in a two-week retreat he was holding here.

During the day, Pir Vilayat and some of his disciples asked Sri Chinmoy a number of spiritual questions, and both Masters asked their disciples to sing a few songs, which they dedicated to one another.

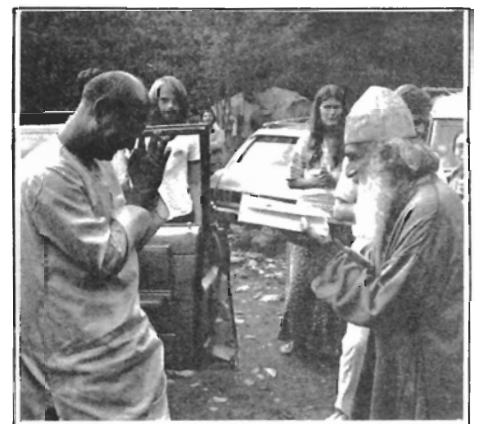
"It has meant very much to all of us, being in your presence," the Sufi leader said. "We shall always treasure this visit."

Sri Chinmoy offered his gratitude for being given the opportunity to offer his devoted and dedicated service.

Then Sri Chinmoy told the gathering of some 200 seekers that right now "we are not consciously aware of our oneness, inseparable oneness, but when we reach our destination, we will realise that have eternally been in one boat, the Boat of the Supreme, going to one Goal."

He said that Pir Vilayat and he were perfectly safe in "our hearts' oneness, in our hearts' love for Truth, in our hearts' love for God's Vision and Reality. Both of us have established a most significant inner inseparable oneness."

In conclusion, the yoga Master declared: "To you all who are his spiritual children, I wish to say that my heart is inseparably one with you, for I am inseparably one with your source, with your Master."



Sri Chinmoy presents Pir Vilayat Khan with a copy of one of his books at a Sufi retreat in upstate New York. The Sufi leader had asked Sri Chinmoy to conduct a meditation there.

**WEDNESDAY NIGHT MEDITATIONS
IN MANHATTAN**

NEW YORK—Sri Chinmoy has begun a series of Wednesday night meditations at All Angel's Church, 81st St. and West End Avenue.

The meditations begin at 7:30 p.m. and are open to the public. Admission is free.

Meetings scheduled for the last two weeks of August will not be held as they coincide with the annual ten-day festival honouring Sri Chinmoy's birthday.

A large public meditation will be held at All Angel's Church on Friday, Aug. 22, at 7:30 p.m. At this time, seekers in the New York metropolitan area will have an opportunity to join Sri Chinmoy's disciples in receiving the Master's silent birthday offering.

OUT OF THE BLUE

NEW YORK—New Sri Chinmoy Centres formed in the New York Metropolitan area will get a touch of the rainbow.

The Master has decided to name his new Centres according to different colours.

The Sri Chinmoy Blue, formed last month, is the first in this grouping. It meets Wednesday evenings in Manhattan.

TWO PUBLIC MEDITATIONS HELD

Sri Chinmoy continued his recent series of public meditations last month, holding gatherings in Long Island and Connecticut.

A meditation was held July 12 in Southampton College in Southampton, Long Island and on July 26 at the Greenwich, Conn. Civic Center.

For information about Sri Chinmoy and his published writings, please contact:

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God's temporary absence from man's heart is called human temptation.

—Sri Chinmoy

THE TALK OF PARSONS BOULEVARD

Sri Chinmoy and a group of disciples took an all-day trip last month in the Centre bus—a reconverted school bus—to a resort near Buffalo owned by Ken and Mona Pillar. The Master delivered a talk there that evening ... The New Jersey Centre sponsored a picnic at Old Mill Farm July 20. Sri Chinmoy held a short meditation and Mahavishnu (John McLaughlin) and Devadip (Carlos Santana) both gave brief concerts. Devadip's 28th birthday was celebrated that day, and his Guru gave him 28 presents (and seven to his wife, Urmila) ... *The Sacred Fire*, an all-disciple bicentennial group, joined several other groups July 4 in New York City's Independence Day activities. The disciples marched in the local parade, gave a dance performance and presented two concerts.



Sri Chinmoy holds up one of the gifts he offered to Devadip and his wife, Urmila, during Devadip's 28th birthday.

**SUMMER CULTURAL SERIES
UNDERWAY**

NEW YORK—A summer cultural series of poetry readings, concerts and movies is being held at Sri Chinmoy's *Jharna-Kala Gallery*.

The August program includes a musical recital, in which Sri Chinmoy will sing his own spiritual songs, on Friday, August 15, and a poetry reading by the Master on Thursday, August 28.

Both sessions begin at 8 p.m. at the gallery, 220 Mercer St. in Manhattan.

GURU COMPOSES SONG FOR U.N.

UNITED NATIONS—Sri Chinmoy has composed a special song about the United Nations and dedicated it to the soul of that world organisation.

Members of the United Nations Meditation Group will give the first public recital during a meeting to be scheduled shortly between Sri Chinmoy and U.N. Secretary General Kurt Waldheim.

Sri Chinmoy is spiritual Director of the U.N. Meditation Group.

PUBLISHER'S CORNER

Four new poetry books by Sri Chinmoy were published last month:

- Lord, I Need You*
- When God-Love Descends*
- When I Left God in Heaven*
- My Promise to God*

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20-HOUR BIRTHDAY CELEBRATION

JAMAICA, N.Y.—The 10-day festival honouring Sri Chinmoy's 44th birthday culminated August 27 with a 20-hour celebration.

The day began at 7 a.m. with a seven-hour meditation, followed by a 44-course banquet prepared by 13 women disciples.

This was topped off by nine hours of plays, musical performances and Sri Chinmoy's own 27-instrument musical collage.

Highlighting the evening, the birthday cake was brought in at 3 a.m. Afterwards the Guru expressed his soul's gratitude to all his spiritual children: "You are my limbs...On your shoulders you carry me and help manifest your Beloved Supreme, my Beloved Supreme."

The Guru and the disciple need one another, he continued. "I am carrying you high, higher, highest...You are carrying me far, farther, farthest."

GURU'S SACRED FIRE PLAY
COMES AFLAME

JAMAICA, N.Y.—Sri Chinmoy's new play *The Sacred Fire*, which traces the inner progress and outer manifestation of America's soul over the past 200 years, premiered last month.

The performance was directed by Lavanya. A new cast, to be directed by Pranavananda, will be enacting the play at selected theatres over the next several months.

JHARNA-KALA
ENTERS THE WORLD OF SILENCE

NEW YORK—The Jharna-Kala Gallery of seven thousand of Sri Chinmoy's paintings closed August 29 as the Master's art life entered a new phase.

These paintings "have offered their light, bliss and other divine qualities, and these divine qualities have been received according to the capacity of the individual art-seeker and art-lover," Sri Chinmoy said.

"Now these paintings, these spiritual children, need some rest, which they so well deserve, and in the near future again they will offer their loving service...."

During a farewell gathering at the gallery, he pointed out that the life of inwardness and the life of activity are but different aspects of the same reality.

"At times we need the sound-life, the life of manifestation. At times we need the silence-life, the life of aspiration."

It was time, he said, for his art life to dive deep within to the world of silence.

PARADE UP MADISON AVENUE

NEW YORK—Several hundred of Sri Chinmoy's disciples paraded up Madison Avenue last month as part of the 10-day celebration of their Guru's birthday.

The parade featured Devadip Carlos Santana playing guitar on a mobile float. He was accompanied by guitarist Stan Samole.

The parade, covered by WABC-TV Eyewitness News and the New York Post, also stood as a tribute to Sri Chinmoy's completion of 27,000 paintings in less than one year.



Sri Chinmoy doing the long jump during the annual Athletics Day competition (photo by Lloyd Hart)

MUSIC FROM ANOTHER WORLD

JAMAICA, N.Y.—Sri Chinmoy gave a rather unusual concert on his birthday last month, playing on 27 different instruments.

Many of the instruments he had learned to play only a few days earlier, during a concentrated two-week period of practice.

The instruments, which included a few toys as well as normal-sized woodwinds and strings, ranged from violin and harmonica to saxophone, trumpet and sitar.

He said he decided to learn the 27 instruments just for the childlike joy of it, and asked his spiritual children to have compassion for the inevitable wrong notes.

"Forever and forever I wish to remain a divine child, an eternal child, in my searching and illumining consciousness," Sri Chinmoy declared.

"It is only the divine child in us that can grow into divine perfection."

POLICEMEN FIND THEY HAVE MUCH
IN COMMON WITH INDIAN GURU

NEW YORK—A meeting of two worlds took place last month when disciples of Sri Chinmoy hosted a special tribute to New York City police officers at their Guru's art gallery.

The police—patrolmen, detectives, sergeants, lieutenants, precinct commanders, and even an assistant chief—were treated to a private showing of the Guru's 7,000 paintings at his Jharna-Kala Gallery.

Sri Chinmoy awarded each officer an individual medal of appreciation and presented Assistant Chief Carl Ravens with an original painting for the department.

WPIX-TV news reporter Jeff Kamen was Master of Ceremonies, and later a vegetarian dinner was served.

In a brief talk, Sri Chinmoy emphasized the spiritual role of policemen and pointed to the similarities between their aims and his own.

"The very term 'police' frightens the animal in us, protects the human in us, fulfils the divine in us and pleases the Absolute Supreme in us," Sri Chinmoy said.

He told the officers that God "is exercising His infinite patience in and through you to awaken the divine in us, to illumine the human in us and to transform the animal in us so that we can all become perfect instruments of our Eternal Father."

Spiritual Masters and police officers, he continued, are each trying to bring about peace and harmony in the world according to the capacity that God has given them.

"We are all in the same boat sailing towards the Golden Shore where there is no crime, no human shortcoming, no weakness, no bondage, no death—where Infinity's Light, Eternity's Concern and Immortality's Life reign supreme."

Deputy Inspector Robert Luhrs agreed, saying that "God's law is the basic law every police officer must follow and look to."

Afterwards, Chief Ravens stated: "I have great respect for Sri Chinmoy and what he seems to be doing for his followers...He is a very interesting man and I enjoyed meeting him."

The purpose of the gathering was twofold: to give joy to the policemen, who are often under enormous pressure, and to express appreciation for their good-natured cooperation during the first Jharna-Kala parade, when Sri Chinmoy's disciples marched up Madison Avenue to honour their Guru's completion of 10,000 paintings in 100 days.

THE TALK OF PARSONS BOULEVARD

The all-disciple band *Shrinvantu*, led by *Ribhu*, gave a benefit concert last month at the Robert Kennedy Memorial Tennis Tournament Rally on Park Avenue in Manhattan. The concert, attended by various celebrities from the entertainment and sports worlds, was aimed at raising money for charitable organisations . . .

A 45-minute film on Sri Chinmoy's artistic works titled *Jharna-Kala: Fountain-Art*, premiered last month. It was produced by Silver Journey to Infinity's Soul, the motion picture company run by *Tarun* and *Prabhat*. *Yvonne Hannemann* assisted in the production . . . *Lelihan* took top honours for the men and *Ranjana* for the women in last month's annual Athletics Day of track and field events. *Sri Chinmoy*, a champion athlete in his youth, joined his disciples in various events . . . The Guru also participated in the disciple circus last month, performing a juggling act, a top spinning act and tricks with a basketball, soccer ball and jump rope. The circus was directed by *Swadhin* . . .

Sri Chinmoy offered an evening of spiritual songs and gave readings from the works of the great poets of the world at two separate functions last month at his *Jharna-Kala* Gallery. In other *Jharna-Kala* news, an exhibition of some of *Sri Chinmoy's* works was held at the *European-American Bank*, U.N. Plaza in Manhattan, and was written up in the *New York Times* . . . A Bicentennial musical drama based on the events leading up to the Continental Congress was also performed at the gallery during August. The play was written and directed by *Charles Podell* . . . Other Bicentennial activities included a special disciple performance at the *Hillcrest Senior Citizens Center* in Queens . . .

For information about Sri Chinmoy and his published writings, please contact:

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To love God soulfully and constantly is to cancel our predetermined appointments with ignorance and death.

— Sri Chinmoy



A disciple water ballet, directed by Alo, was one of the birthday festival highlights (photo by Sarama)

ONE HUNDRED BENGALI SONGS COMPOSED

JAMAICA, N.Y.— One hundred Bengali songs composed by *Sri Chinmoy* over the past few weeks were performed by various disciple groups from around the world last month.

The songs, with English translations, were later published under the title *Supreme, Teach Me How to Surrender*.

THE INNER DOCTOR MEETS THE OUTER DOCTORS

JAMAICA, N.Y.— Spiritual Masters and doctors are both warriors fighting against death, *Sri Chinmoy* told a gathering of medical personnel.

"You want to conquer death so that the Life Eternal can manifest in and through each individual human being," he said. "We too want to conquer death by praying and meditating so that we can be perfect instruments of God and serve humanity in His own way."

Speaking at a reception for doctors and nurses at his *Jharna-Kala* Gallery last month, the Yogi declared: "From outside discoveries you enter into the inner world to cure the body, and we do it the other way. We feel that if we can cure the inner life, then it becomes infinitely easier to cure the outer life."

PUBLISHER'S CORNER

New books by *Sri Chinmoy* published this month include *The Sacred Fire*, a play; *50 Freedom-Boats to One Golden Shore, Part V*, lectures; *Supreme, Teach Me How to Surrender*, songs; and several books of poetry.

Poetry books include: *Dreams That Fly*, *God-Journey's Perfection-Return*, *My Life-Tree*, *Beauty-Drops*, *Yesterday I Was a Crying Dream*, *The Silence-Song*, *This Is God's Home* and *Gratitude-Sea*.

COMING EVENTS

September 9— Public meditation with *Sri Chinmoy* at State University of New York at Stony Brook, Lecture Hall 100, 7:30 p.m.

September 10— *Sri Chinmoy* resumes his Wednesday evening meditations at All Angels' Church, 81st Street and West End Avenue in Manhattan. Meditations are held every Wednesday evening at 7:30 p.m.

September 27-28— An Old Country Fair will be held at the Stamford Branch of the University of Connecticut, off High Ridge Rd. There will be a country and folk music festival, circus acts, a bicycle and foot race, games, pony rides and home-baked food — all with a Bicentennial flavour.

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COSMIC PAINTER PASSES 44,000!

JAMAICA, N.Y.—Sri Chinmoy yesterday reached his latest goal of 44,000 paintings—one thousand for each year of his earthly life.

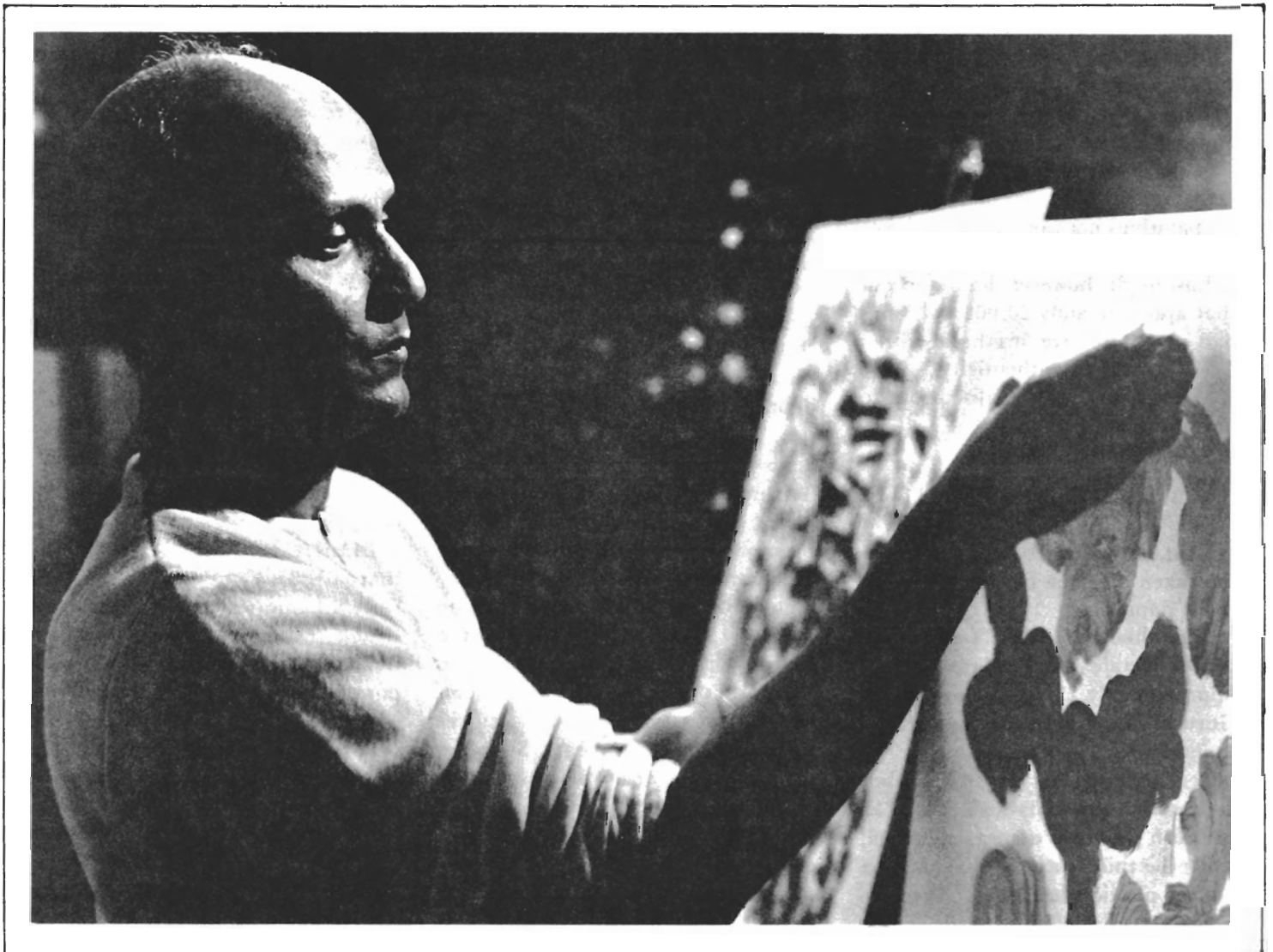
"It is my wish," the Master said earlier, "to offer to my soul one thousand paintings for each year of my existence in this incarnation."

Sri Chinmoy celebrated his 44th birthday two-and-a-half weeks ago.

With this landmark behind him, the Guru is now racing toward the 50,000 mark, which he is expected to reach within the next few days. Disciples are speculating that he may attempt to finish 100,000 paintings by the end of the year, or earlier.

"The goal is endless," said Arun, who is predicting the Guru will not stop until he completes 100,000 works many times over.

Sri Chinmoy just shakes his head and laughs. But the painting still goes on.



PORTRAIT SERIES BEGUN: BUT IS IT A MISTAKE?

JAMAICA, N.Y.—An unexpected painting of a former U.S. President may have triggered a new portrait series.

It all began when someone remarked that one of the Master's recent paintings bore a striking resemblance to former President Nixon.

And another painting, it seemed, resembled one of the Guru's disciples, Pranika.

During a dinner gathering last night, it was mentioned that Sri Chinmoy had also done a portrait of Anne Agostini.

Anne's immediate response: "Guru, by mistake?"

Since then, at least 20 disciples have said they hope the Guru will make similar "mistakes" about them.

THE ARTIST AS PENMAN

JAMAICA, N.Y. - If painting 44,000 works of art is an act of joy, signing that many paintings is nothing but an act of compassion.

In order not to break the stride of his work, Sri Chinmoy usually signs his paintings not as he finishes them, but in large batches.

Last night, however, he found out that approximately 20,000 paintings had yet to receive his handwritten C.K.G. mark of authenticity.

What a way for a realised soul to have to spend his time!

THE COMPLEAT ARTIST

JAMAICA, N.Y.—Sri Chinmoy has taken up some new media in his latest paintings.

Scratchboard, airbrush and acrylics on acetate are the latest of the approximately 25 artistic media the Guru has utilised in the past several months.

Scratchboard is an etching-type process done on a black surface. The airbrush produces a spraying effect, while the third process—painting on a clear plastic surface—produces an unusual two-sided effect.

MORE SLEEPLESS NIGHTS FOR JHARNA-KALA GIRLS

JAMAICA, N.Y.—As Sri Chinmoy's artistic output continues to grow, a group of women disciples are working frenetically behind the scenes to catalogue and organise the paintings.

A backlog has already built up, and the "Jharna-Kala girls," as they're called, have begun working late into the night in an effort to catch up.

Even after the paintings are numbered and ordered, the problem of how to store so many paintings—in an easily retrievable fashion—has yet to be solved.

It looks like more sleepless nights and yawningful meditations may be at hand.

AT THE UNITED NATIONS

The following has been excerpted from Sri Chinmoy's July *Dag Hammarskjold Lecture* at the U.N.:

"... Calculation of earth's beauty is human art. Liberation of earth's beauty is divine art. Perfection of earth's beauty is supreme art."

Human art declares, "Nothing succeeds like success." Divine art affirms, "Nothing proceeds like progress." Supreme art whispers, "Nothing satisfies like service, divine service, soulful service."

The lofty height of human art is the inspiration-moon. The sublime depth of divine art is the aspiration-sun. The illumining goal of supreme art is Eternity's perfection-day.

Human art is the reality that we have, the reality that needs its expression, the reality that needs world acceptance, world appreciation, and world admiration. Divine art is the divinity that we see in the inner world and outer world—in the world of our earthly experiences, earthly realisations, earthly sacrifices and earthly achievements. Supreme art is the divine reality that is constantly transcending its own height for God's ever new creation, ever new revelation, ever new manifestation and ever new perfection."

THE TALK OF C.K.G.

Disciples from the New York metropolitan area are to attend a special function tonight in honour of Sri Chinmoy's completion of 44,000 paintings. *Samarparna* is in charge of a group preparing a 44-course dinner. A gala evening of entertainment is planned, including an *intuition contest* to see which disciple comes the closest in saying the exact number of paintings Sri Chinmoy has done, beyond the 44,000 completed last night. The winner will be awarded a C.K.G. original. Similar contests on previous occasions have been won by *Tarak* and *Savita* ... While working at Sri Chinmoy's house last night, *Ashrita* became so covered with paint that he looked like a C.K.G. painting himself. After looking at his clothes, the Guru laughed and said, "You seem to be the only person who works around here" ... *Mukutananda* and *Bhumananda*, aged eight and six respectively, presented Sri Chinmoy with two paintings when the Guru visited their parents' house last night. Sri Chinmoy, in turn, presented each of them with personally inscribed C.K.G. originals.



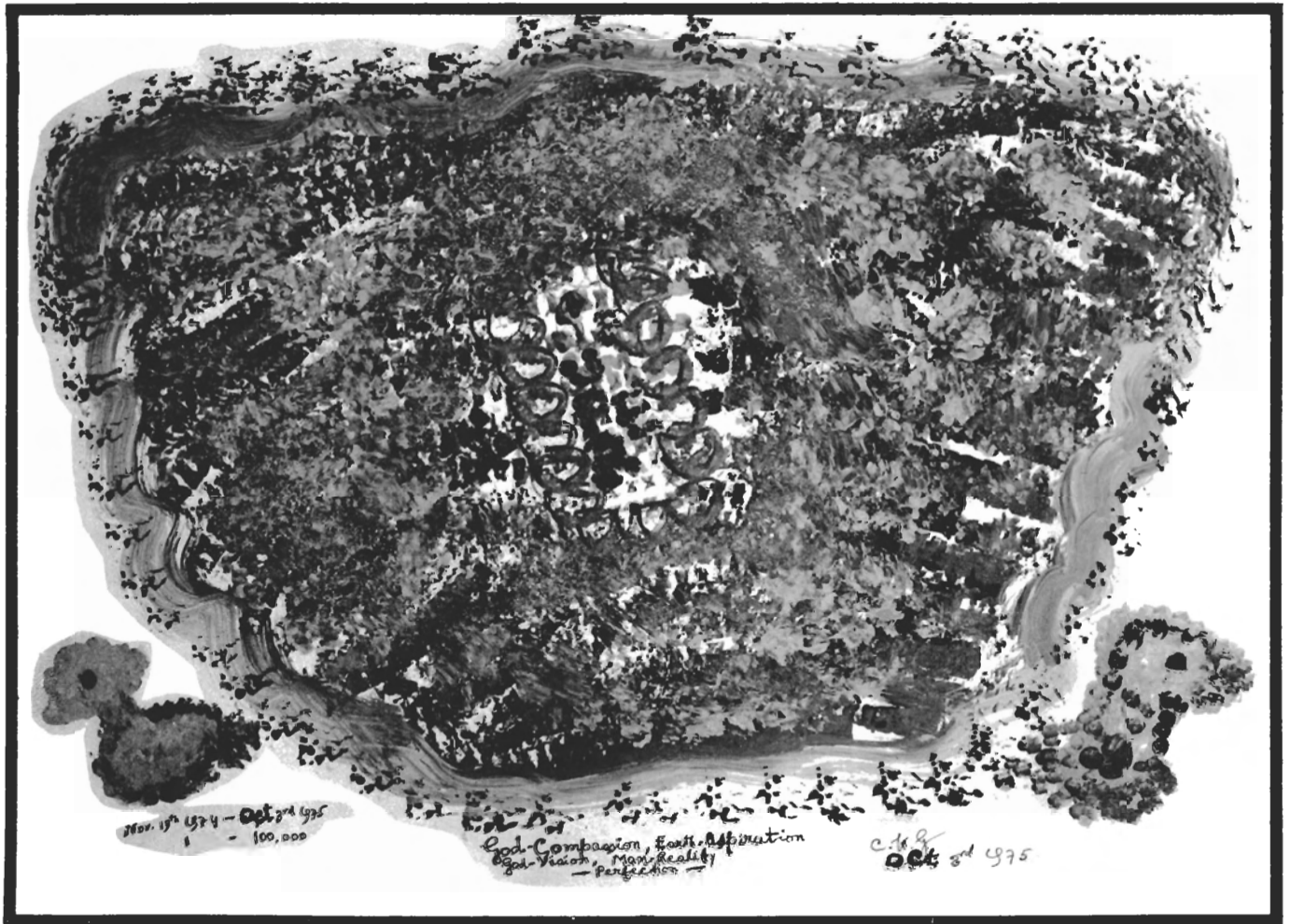
PORTRAIT OF AN ARTIST AS A YOUNG MAN

JAMAICA, N.Y.—A group of Jharna-Kala girls working at their Guru's home last night entered the *Ashok Hall of Fame* when the Centre's best artist drew their portraits.

Ashok, whom Sri Chinmoy has called the "best artist in the Sri Chinmoy Centre," also did portraits of Ashrita and Sunil, who were helping to catalogue the Master's paintings, along with the girls.

Afterwards, Sri Chinmoy painted Ashok's portrait.

SRI CHINMOY COMPLETES 100,000 PAINTINGS



Sri Chinmoy's 100,000th painting.

...IN TEN AND A HALF MONTHS

JAMAICA, N.Y. (Oct. 3) — Sri Chinmoy today completed his 100,000th painting, setting a 10½ month record without any parallel in the history of art.

More than half the paintings were done during the last three weeks, in long marathon sessions that allowed the Master virtually no time for sleep. His regular schedule of lectures, meditations and United Nations activities continued, however.

Sri Chinmoy began painting last Nov. 19, completing his first 10,000 works in 100 days. By June 27 he had finished 27,000, and many predicted that he would stop, since his original plans called for 27,000 paintings by his birthday on Aug. 27.

The next goal was 44,000, representing 1,000 paintings for each year of his earthly life. This was reached Sept. 13.

Then, less than three weeks later, at 5:03 a.m., the Master put the finishing touches on his 100,000th painting.

In this final spurt, he did as many as 5,000 works in a single day.

A major celebration of the achievement was to be held Oct. 11, and a parade is scheduled for Nov. 15.

Sri Chinmoy emphasizes, however, that the achievement is not his, but God's. "These paintings are only my dedication to the aspiring humanity," he declares.

TRANSCENDING SLEEP

JAMAICA, N.Y. — Sri Chinmoy says he used special yogic powers developed from years of meditation to do without sleep during the final 10 days of his painting marathon.

Sometimes, he explains, he closed his eyes for a few seconds or a couple of minutes and consciously re-energized his body. In some ways, that was like sleeping for hours.

But most of the time he exercised his inner will power to continue working despite the protests of his aching and fatigued body.

Normally, the Master sleeps very little or not at all, unless he is ill.

"More than 45 minutes' sleep a night for a real Yogi is a waste of time," he says.

**PROGRAMME MARKS
OPENING OF U.N.
GENERAL ASSEMBLY**

UNITED NATIONS — Sri Chinmoy held a brief meditation and offered a spiritual song here last month as part of a special programme commemorating the opening of the 30th Session of the U.N. General Assembly.

The programme, featuring members of the U.N. community and various religious leaders, focused on the theme: "The Quintessence of Divinity in Humanity: International Cooperation for Peace."

"The potentiality of the United Nations is immense," said U.N. Secretary-General Kurt Waldheim, in a special statement issued for the event. "What is required is a renewal of our common faith and determination that the advances of the past 30 years will be maintained and that we will, together, meet the challenges of our times."

David Burgess, senior officer at UNICEF, pointed out that the "ultimate questions are before us all."

But, he added, "there is hope, no matter from which nation we come, but only if we come to realise our interdependence, our mutual closeness ... our rights to the basic principles of distributive justice..."

Donald Keys, U.N. Representative of the World Association of World Federalists, said that the road to the unification of the human species is a long one. "But the 30th Assembly Session of the United Nations will, without doubt, see a substantial ac-

celeration in that convergent process."

The programme also included prayers by representatives of the Christian, Muslim, Judaic and Buddhist faiths.

**COMING EVENTS WITH
SRI CHINMOY**

Oct. 12 — public meditation at Scottish Rites Memorial Auditorium in San Francisco, 7:30 p.m.

Oct. 14 — public meditation in Los Angeles.

Oct. 15 — public meditation in Victoria, British Columbia.

Oct. 18 — lecture and public meditation at the University of Maryland, Architecture Building, Main Auditorium, 7:30 p.m.

Oct. 26 — lecture and meditation at Syracuse University, 2 p.m. and at Cornell, 8 p.m.

Nov. 4 — lecture and public meditation in Boston.

Nov. 7 — public meditation at Wagner College, Staten Island, Communications Building, 7:30 p.m.

[For details, please contact 212-523-3471 in New York or 415-664-3552 in San Francisco]

Ongoing Events in New York:

Tuesdays at 7:30 p.m. — a movie about Sri Chinmoy, a short meditation with the Master and dinner at Annam Brahma Restaurant in Queens. For reservations, please call 212-523-2600.

Wednesdays at 7 p.m. — public meditation with Sri Chinmoy at All Angels' Church, 81st St. and West End Ave. in Manhattan.



Sri Chinmoy recently inaugurated Hal's barber shop, giving it the name "Perfection in the Head-World." Here the Master is getting a haircut from Hal (photo by Lelihan).

PUBLISHER'S CORNER

New books by Sri Chinmoy published this month include:

Brother Jesus — dialogues and writings on the Christ

Earth-Bound Journey and Heaven-Bound Journey — Harvard lectures

I Need My Country. Beauty's Soul — lectures and questions & answers on patriotism

I Love My Country. Purity's Body — lectures and questions & answers on patriotism



Sri Chinmoy does a drawing for Karali, the child of two of his devoted disciples (photo by Sarama).

**THE TALK
OF PARSONS BOULEVARD**

An exhibit of prints by Sri Chinmoy is on display at the Queens College Library. The School of Visual Arts in New York was to exhibit several of the Guru's original paintings early this month ... Two films by Pranananda were shown at the Montreal and New York Psychic Film Festival last month: "Awakening" and "Sri Chinmoy at the United Nations" ... Devadip and his band went on a six-week European tour that produced 48 virtually sellout concerts...The Sri Chinmoy Centre sponsored a two-day Old Time Country Fair at Stamford, Conn. as part of a Bicentennial celebration.

**THREE MEDITATIONS
ON EAST COAST**

Sri Chinmoy conducted three public meditations last month at East Coast colleges.

The sessions were held at the State University of New York at Stony Brook, University of Massachusetts and Queensborough Community College.

For information about Sri Chinmoy and his published writings, please contact:

Anahata Nada
150-30 86th Avenue
Jamaica, N.Y. 11432



Human individuality is a self-torturing personality. Divine individuality is a self-discovering personality.

— Sri Chinmoy

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GURU WRITES 843 POEMS IN 24 HOURS

JAMAICA, N.Y. (Nov. 1) —Surpassing even his own incredible record of last spring, Sri Chinmoy completed 843 poems in a single 24-hour span on Nov. 1.

He worked from Friday (Oct. 31) midnight to Saturday (Nov. 1) midnight, writing some of the poems by longhand and dictating the rest.

The Master said he was able to work so rapidly because of his yogic powers of concentration, developed through years of meditation.

Throughout the night several disciples worked with him—transcribing the tapes and handwritten notebooks, typesetting the poems, proofreading and printing.

The final book—8 x 10 inches in size and an inch and a half thick—came rolling off the presses Sunday, Nov. 2.

Called *Transcendence-Perfection*, the book surpasses his previous record of 360 poems in one day last April 28.

Explaining the title, Sri Chinmoy said: "In our inner life we always seek to transcend our previous realisations and achievements while we are walking along Eternity's Road of perfect Perfection."

Disciples in San Francisco participated in this historical event by staying up all night and reading the Master's poetry out loud, each taking turns. Some 2,500 poems were recited during the 24-hour period.



A cake built to look exactly like Sri Chinmoy's home was presented to the Guru during the festival celebrating his completion of 100,000 paintings (photo by Sarama).

JHARNA-KALA JUBILEE CELEBRATES 100,000 PAINTINGS

JAMAICA, N.Y.—Sri Chinmoy's disciples celebrated their Master's completion of 100,000 paintings last month with a 13-hour festival.

It was a gala affair, with everything from a 324 square foot banner to a helicopter to a 100-course meal.

Two disciples dressed as angels descended from the sky in the helicopter, which landed on the playing field of a local high school, as part of a presentation put on by the New Jersey Centre.

The 9 x 36 foot banner reading "Congratulations to the World's Greatest Artist," was made by Irving Konopiaty, who is also chief designer of *Anahata Nada*.

Some of the gifts presented to the Master included a three-foot high cake, built as an exact replica of Sri Chinmoy's home by Premananda and the Annam Brahma crew, and a two-volume book—the size of two telephone directories—containing nothing but the word 'Supreme' written out by hand 100,000 times. This came from the 10-man committee in New York which helps plan many of the Centre functions.

The 100-course dinner prepared by Annam Brahma Restaurant took 15 hours to cook.

Disciples were given a large styrofoam tray, and then filed past a long row of tables laden with pots. Each dish was served in a special paper "cup", which resembled the kind of individual wrappings sometimes found in boxes of chocolate candy. By the end of the line, the courses were piled up two or three layers deep.

The celebration was topped off with 100,000 cookies from Nectar-Bliss bakery, served at 3 a.m. the following morning.

Sri Chinmoy completed the 100,000 paintings, which he calls *Jharna-Kala*, Oct. 3.



Sri Chinmoy leads religious leaders from various faiths in an opening meditation at the Spiritual Summit Conference at the U.N.

MEDITATION OPENS U.N. DAY CEREMONIES

UNITED NATIONS—Sri Chinmoy conducted the opening meditation at the Oct. 24 session of the Fifth World Spiritual Summit Meeting held here in honour of U.N. Day.

The session, which culminated a week-long series of events marking the United Nations' 30th anniversary, featured U.N. Secretary-General Kurt Waldheim and Mother Theresa, the Catholic nun who gained worldwide recognition as founder of the Christian Missionaries of Charity in India.

There were also addresses by representatives of the Hindu, Buddhist, Judaic and Islamic faiths.

The Spiritual Summit Meeting, built around the theme "One is the Human Spirit," was sponsored by the Temple of Understanding.

GOVERNOR OF PUERTO RICO PRESENTS GURU NATIONAL FLAG

SAN JUAN—Puerto Rico's Governor, Rafael Hernandez Colon, presented Sri Chinmoy last month with the flag of the Commonwealth.

The ceremony took place at the Governor's palace, after the two leaders had conferred privately about spiritual matters.

Sri Chinmoy, in turn, gave the Governor an original painting.

The Yogi has met several times with the Governor and has often held private meditations for him and his family.

Puerto Rico is the home of the first Sri Chinmoy Centre, which was founded in 1966.

During his stay in Puerto Rico, Sri Chinmoy also met with former Governor Luis Ferre, who visited the Master at his San Juan Centre.

GURU MEETS THE BISHOP OF VICTORIA

VICTORIA, B.C.—Sri Chinmoy conferred with the Bishop of Victoria, the Most Reverend Remi Joseph De Roo, during a visit to this Canadian city last month.

The two spiritual leaders met in the Bishop's Palace.

GURU GIVES THREE LECTURES

Sri Chinmoy delivered three university lectures and public meditations last month.

He visited the University of Maryland on Oct. 18 and Syracuse and Cornell a week later.

Next year plans call for Sri Chinmoy to speak at over 100 American universities.

THE TALK OF PARSONS BOULEVARD

Sri Chinmoy opened a "First Planetary Celebration" at the Nassau Colliseum last month with a short meditation . . . *Suvkash* was master of ceremonies and *Devadip* was one of the featured artists. Playing with *Devadip* were *Satyavan*, *Narada*, *Russell Tubbs* and *Neil Vineberg*. *Bill Schott*, *Edgar Gonzalez*, *Blaise Scavullo* and *Alberto Canonico* performed in other groups . . . *Ashrita* put on a magic act and *Irving Konopiaty* did his fire-eating performance as part of a U.N. Day show put on at the United Nations International School. The programme was arranged by the U.N. Meditation Group. The U.N. Group also sponsored a noontime talk by Sri Chinmoy to members of the U.N. Development Programme.



Sri Chinmoy presents a gift to UNICEF executive director Henry R. Labouisse at UNICEF benefit (photo by Ben Lieberman).

GURU MEETS CHILDREN AT UNICEF BENEFIT

UNITED NATIONS—For many children in the international U.N. community, it was their first meeting with an Indian Guru when Sri Chinmoy held a short meditation for them at a UNICEF benefit here.

Sri Chinmoy told the children that God loves them infinitely more than their best friends or even their parents.

"Your best friends never feel that you are as great as God, but God always feels that you are as great as He is. Your parents never feel that you are as good as God, but God always feels that you are as good as He is."

The Master then told the children that in order to hear God's voice, they have to "pray lovingly every morning and every evening."

Sri Chinmoy, who is Director of the United Nations Meditation Group, presented a cheque to UNICEF's executive director, Henry R. Labouisse. The money had been raised for UNICEF through Meditation Group projects.

He also presented the UNICEF director with a small bonsai tree in appreciation of his many contributions to the children of the world.

Afterwards, there was a magic show and

various children's activities, with TV star Sonny Fox acting as the master of ceremonies.

The U.N. Meditation Group was co-sponsor of the function.

SAN FRANCISCO PROCLAIMS 'SRI CHINMOY DAY'

SAN FRANCISCO—Mayor Joseph Alioto proclaimed October 13 'Sri Chinmoy Day' in honour of the Indian Yogi who was then visiting San Francisco.

The official proclamation cited Sri Chinmoy's work at the United Nations, as well as his "very distinguished reputation as an author and lecturer."

The proclamation followed shortly after the Master's completion of 100,000 paintings.

CONCERT HELD AT U.N.

UNITED NATIONS—An evening of classical music dedicated to the theme of music as an instrument of world peace was held in the Dag Hammarskjold Auditorium here last month through the assistance of the U.N. Meditation Group.

Sri Chinmoy, Director of the U.N. Group, opened the programme, which included recitations by pianist Zenon Fishbein and others. Shorts talks were given by David Simon, Dean of the Manhattan School of Music and Joseph Eger, musical director of the Symphony for United Nations and others. Tanima Weiss was programme director.

The programme was sponsored by the International Cooperation for Peace Committee, a group of U.N. delegates, NGO's and staff members.



Sri Chinmoy blesses a tree planted at Thomas Edison High School during the Jharna-Kala celebration (photo by Sarama).

For information about Sri Chinmoy and his published writings, please contact: ANAHATA NADA 150-30 86th Ave. Jamaica N.Y. 11432

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WORLD PAINTING RECORD



Surrounded by paints and brushes, Sri Chinmoy works to complete more than 16,000 paintings in a single day (photo by Ben Lieberman).

OVER 16,000 PAINTINGS IN 24 HOURS

JAMAICA, N.Y.—Sri Chinmoy set what is undoubtedly a world painting record Nov. 16 when he completed a staggering 16,031 paintings in 24 hours.

The paintings, which range from 2 x 3 foot canvasses to wallet-sized miniatures, were begun at the stroke of midnight on Saturday and completed at the stroke of midnight Sunday Nov. 16.

"Each painting is like a flame bringing light to the aspiring mankind," Sri Chinmoy explains. "It was not I who painted. It was God who was offering these 16,000 flames of light to humanity in and through me."

The 44-year-old spiritual teacher first seriously took up painting in November

1974, and by early October of this year had already completed more than 100,000 works, which have been exhibited in museums, galleries, art schools and business establishments.

His latest painting record follows by only two weeks another most remarkable achievement. On Nov. 1, using the same yogic powers of concentration that he utilized in his artistic accomplishment, Sri Chinmoy composed 843 poems in a 24-hour period.

The poems, published under the title *Transcendence-Perfection*, surpassed his previous record of 360 poems written in one day on April 28, 1974. (*Anahata Nada* last month incorrectly reported that the previous record was set on April 28, 1975.)

TWO HUNDRED SONGS COMPOSED IN FOUR-HOUR SONGFEST

JAMAICA, N.Y.—Sri Chinmoy spontaneously set tune to 200 spiritual songs in a four-hour recital last month.

As his disciples looked on in amazement, the Master sang one song after another, with only a 10-minute intermission after each group of 50.

Sri Chinmoy had written the 200 Bengali "songs" previously—as poems, which were published in a four-volume series titled *Pole-Star Promise-Light*. But they had not been set to music until last month's concert.

The Master said he was in a very high state of consciousness—far beyond the human plane—while he was composing and singing. When some disciples attempted to adjust his microphone during the recital, he said it affected his concentration because the vibration of human beings seemed strange to him.

JHARNA-KALA PARADE BRINGS FESTIVE NOTE TO MADISON AVE.

NEW YORK—Several hundred of Sri Chinmoy's disciples paraded up New York's Madison Ave. last month behind giant papier-mache peacocks and colourful floats decked out with "C.K.G." paintings to celebrate their Guru's *Jharna-Kala* achievement.

Devadip Carlos Santana and Stan Samole, seated atop a flatbed truck, helped set the pace with music from their electric guitars.

Sri Chinmoy walked alongside, accompanying the marchers on the 43-block parade.

Afterwards, the group gathered in Central Park where the Master gave out oranges to his disciples as *prasad*, or "blessing-food."

The parade was celebrating Sri Chinmoy's completion of 100,000 paintings in 11 months. The Master, who signs his paintings "C.K.G.", calls his works *Jharna-Kala*, meaning "Fountain-Art."

INTERNATIONAL THANKSGIVING DAY HELD AT UNITED NATIONS

UNITED NATIONS—For the first time ever, an "International Day of Thanksgiving" celebration was held here Nov. 25.

The unusual event, which included multi-lingual performances by representatives of several different nations, was opened with a short meditation by Sri Chinmoy, Director of the United Nations Meditation Group.

The concept of Thanksgiving is observed in several countries, and last month's event sought to unify these different approaches under the aegis of the United Nations.

An international vegetarian Thanksgiving dinner made up of dishes from around the world was held that evening.

ARTISTS JOIN IN CELEBRATION OF CREATIVITY

NEW YORK—Several artists, musicians, actors, poets and dancers from the New York area joined together last month in a special celebration of creativity inspired by the artist, poet and spiritual teacher Sri Chinmoy.

The five-hour programme of music and dance performances, dramatic readings, and art exhibits—open to the public without charge—was built around the theme of art as an expression of man's higher nature for the purpose of serving humanity.

The event was inspired by Sri Chinmoy's completion of more than 100,000 paintings in less than a year as a devoted offering to humanity.

POETRY CONTEST HELD

JAMAICA, N.Y.—About 25 disciples from the New York area joined in a special contest to see who could memorize 80 poems—just for the fun of it—from the group of 843 Sri Chinmoy wrote in 24 hours last month.

After five days—and nights—of study, a written exam was held at Annam Brahma restaurant, followed by a multi-course meal.

Top scores were won by two young women—Nemi and Nilima—and their Guru awarded them giant trophies.



Nilima (left) and Nemi win poetry contest (photo by Lelihan).



Sri Chinmoy chats informally with Gov. Hernandez-Colon of Puerto Rico at a special function the Master held in his honour. Sri Chinmoy presented the Governor several gifts, including the straw hat he is wearing (photo by Lelihan).

GOVERNOR OF PUERTO RICO FETED BY INDIAN YOGI

JAMAICA—Gov. Rafael Hernandez-Colon of Puerto Rico was guest of honour Nov. 12 at a special celebration hosted by Indian spiritual Master Sri Chinmoy.

It was one of Sri Chinmoy's ways of thanking the Governor for his many invitations to the gubernatorial palace and home in the past year, where he has held private meditations for the Governor and his family.

"Two loving hearts: the Puerto Rican heart and the Indian heart," Sri Chinmoy said. "This evening the Indian heart is extremely happy and proud that it has been given by God...the golden opportunity to offer its concern, love, appreciation, admiration and joy in abundant measure to the Puerto Rican heart."

The Governor was greeted by a special colour guard, and then treated to an hour-and-a-half programme of spiritual songs, meditation and Spanish music, including the Puerto Rican Anthem and "O My

Puerto Rico," a song written by Sri Chinmoy in his honour.

Afterwards, the Indian Master presented the Puerto Rican leader with a straw hat—symbol of the Governor's political party, a garland, and several other gifts.

Said the Governor: "You are very fortunate that you have a spiritual Master like Sri Chinmoy here close to you, that you have his guidance and are able to develop spiritually beside him....He lives in this world as you and I do, and yet the sanctity in him and the deep spirituality which he embodies is present wherever he is."

He appreciated "the great mission of spirituality, of beauty, of joy, which Sri Chinmoy, your spiritual Master, has brought to all...of those whom he has touched."

The Governor concluded by saying: "I leave with you my conviction that these (Sri Chinmoy) Centres will continue to grow as the spiritual power of Sri Chinmoy grows and spreads throughout the world."

For information about Sri Chinmoy and his published writings, please contact:

ANAHATA NADA
150-30 86th Ave.
Jamaica N.Y. 11432

MEDITATION FOR THE NEW YEAR TO BE HELD IN NEW YORK

NEW YORK—Sri Chinmoy will be conducting a meditation for the New Year on Friday, Dec. 19, at 7:30 p.m. at Hunter College Auditorium in New York.

The programme will include individual *darshan* by the Master, as well as selections from the 843 poems and 16,000 paintings he created in two 24-hour periods. There will also be spiritual music by Devadip Carlos Santana. Admission is free.

THE TALK OF PARSONS BOULEVARD
An exhibit of Sri Chinmoy's paintings opened last month at the International Arrivals Building of John F. Kennedy Airport in New York . . . Disciples celebrated the first anniversary of *Jharna-Kala* Nov. 19. A year earlier Sri Chinmoy first began painting . . . *Suvikash* reports that his five-year-old daughter, Morley, inspired by Sri Chinmoy's painting output, has begun turning out 20 to 30 paintings a day herself . . . The all-disciple band *Jatra* gave a concert and *Brihaspati* read a selection of Sri Chinmoy's poetry at an evening of spirituality held last month at the Westport (Conn.) Women's Club . . . Disciples from the *Toronto, Ottawa, Montreal, Halifax* and *Victoria Centres* held 24-hour meditations and poetry reading sessions to celebrate their Guru's completion of 843 poems in 24 hours . . . *Bob March* is teaching a course in Sri Chinmoy's philosophy at Coram Community Center on Long Island. For information please call 516-698-5774.

An elderly saleslady at a religious artifact store that *Sri Chinmoy* was browsing in one day last month became so concerned that her Indian customer might catch cold that she reached up and buttoned his sweater. Sri Chinmoy, deeply touched, felt obliged to buy something, so he purchased four rosaries—even though he never uses such items. He said that this left the woman very happy, not because she made a sale, but because she felt that, since he had bought so many rosaries, the Master was a very spiritual person.

PUBLISHER'S CORNER

New books by Sri Chinmoy:

Transcendence-Perfection—a collection of 843 poems written in 24 hours

Pole-Star Promise-Light, Parts 1-4—poetry

50 Freedom-Boats to One Golden Shore, Part 6—questions and answers

Love-Power and Gratitude-Flower—stories

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NEW YEAR'S MESSAGE DELIVERED

NEW YORK—Sri Chinmoy offered his message for the New Year at a public meditation here Dec. 19, and then handed out *prasad*, or "blessing-food," to each of the seekers and disciples present.

Sri Chinmoy's New Year's Message for 1976:

"The new year will be the year of destruction, frustration and satisfaction.

"The animal in us will unimaginably be destroyed. The human in us will unreservedly be frustrated. The divine in us will supremely be satisfied.

"The animal in us is self-doubt. The human in us is self-indulgence. The divine in us is self-offering."



Sri Chinmoy conducts a public meditation in New York (photo by Sarama).

INNER PILOT TAKES DISCIPLES ON OUTER JOURNEY

JAMAICA, N.Y.—As a devoted and dedicated new year's offering, Sri Chinmoy took several groups of disciples for a short ride in his car after a Sunday morning meditation last month.

The disciples silently entered their Master's 1974 Ford Maverick in groups of four and maintained their meditative mood as the Guru slowly drove them up two blocks, around the corner, and back again.

For a disciple to be honoured in this fashion by his own Master is a very moving experience. It was one of Sri Chinmoy's way of offering his gratitude to his spiritual children for their aspiration and dedication to the Supreme during the year.

AMERICAN MOTHERS MEET AN INDIAN SON

JAMAICA, N.Y.—Some 30 American mothers came to visit an Indian son last month at a luncheon Sri Chinmoy held for a group of young men disciples and their mothers.

The mothers listened to a short talk by their sons' Guru, and were given an opportunity to ask him questions. Afterwards, the Master gave each of the mothers a corsage and several gifts.

In his talk, he told them that, whether they knew it or not, they had all given their sons inner permission to follow his path.

"A real mother, when she sees that her son is hungry, never thinks of who is feeding him. If she does not have food and someone is ready to offer him proper food, she tells the son, 'Go and eat.'"

He explained that it was not the human Guru who was feeding them, but "God in me, God in you, who feeds them. They have seen in me a good friend, an eternal friend, and I have seen in them an instrument that is going to become a perfect, an absolutely perfect instrument of God."

The Master offered his "ever-growing and ever-glowing gratitude to the souls of the mothers," and promised to help them inwardly in the soul's world.

"When I accepted your sons, I accepted a portion of your life-breath. So...I am undoubtedly inside your heart and soul—only waiting for the golden opportunity when you will allow me to be of real service to you."

At one point during the question and answer period, one of the mothers said how grateful she was for all that the Guru had done for her son, and many of the other mothers stood up and applauded her.

Sri Chinmoy had held a similar meeting with the mothers of some of his women disciples last March. A get-together with the disciples' fathers is planned for the near future.

CITY BUSES GET SPIRITUAL FACELIFT

NEW YORK—Some 500 city buses are carrying public service advertisements consisting of spiritual aphorisms by Sri Chinmoy.

The posters were put up by the Mass Transit Authority a couple of months ago and will remain in the buses for several months.

CHRISTMAS LUNCHEON WITH A GOVERNOR

SAN JUAN, P.R.—Sri Chinmoy joined Puerto Rico Governor Hernandez Colon and his family for Christmas Day luncheon at the governor's home.

The meeting was part of a 10-day visit to Puerto Rico by the Master and a group of some 80 disciples from New York and overseas.

During this visit, Sri Chinmoy held several public meditations at his newly relocated Sar Juan Centre. A meditation was also held at the Museo del Arte in Ponce, which some months earlier had exhibited several of his *Jharna-Kala* paintings.

Also included in the programme of events was a concert by Devadip Carlos Santana and a *Jala Ramani* water ballet. The ballet was performed by young women from the Puerto Rico, New York, Connecticut and Canadian Centres and directed by Alo.

A TRANCE-OFFERING FOR 1976

AGUAS BUENAS, P.R.—A secluded retreat in this mountainous section of Puerto Rico was transformed into a historic shrine last month when Sri Chinmoy offered a group of disciples here a most remarkable New Year's Eve gift.

While in a state of *samadhi* so exalted that only the slightest connection was maintained with the physical plane, the Master handed out *prasad* to each of his disciples.

"At that time, he was not in Heaven; he did not belong to Heaven. He was Heaven itself," said one disciple.

As the hundred or so disciples filed past to take the blessed food from the Master's outstretched hand, there was not the slightest flicker of recognition in the Master's eyes.

Even when he picked up the individual pieces of candy, his mind seemed unaware of what his hand was doing, another disciple said. "It was all being done mechanically. His body was only an instrument of the Supreme."

YOGI ADDRESSES MINISTER GROUP

NEW YORK—Sri Chinmoy was guest speaker Dec. 3 at the monthly meeting of the New York Chapter of the Unitarian-Universalist Ministers Association.

The Indian Yogi spoke about meditation and answered several questions.

**CITY COUNCIL PRESIDENT
HONOURS SRI CHINMOY**

NEW YORK—City Council President Paul O'Dwyer presented Sri Chinmoy a medallion last month to honour the Guru for his service to the New York community over the past 11 years.

New York has been headquarters for Sri Chinmoy's worldwide spiritual activities ever since the Master emigrated from India in 1964.



City Council President Paul O'Dwyer honours Sri Chinmoy for his eleven years of service to the people of New York (photo by Ben Lieberman).

LECTURE SERIES TO BEGIN IN CAPITAL

WASHINGTON—Sri Chinmoy will be delivering a series of seven lectures at George Washington University here on four consecutive weeks, beginning Jan. 21.

The talks will be held at Marvin Center, Room 426, on Jan. 21, Jan. 28, Feb. 4 and Feb. 11. Afternoon lectures will be given at 3:30 p.m. on the last three dates. Evening lectures will be held at 7:30 p.m. on each of the four days.

The Master's Wednesday evening public meditations at All Angels' Church in Manhattan will be held on Friday evenings during the months of January and February.

THE TALK OF PARSONS BOULEVARD

The *Sri Chinmoy Mountaineers* climbed Mt. Washington, the highest mountain on the East Coast, on New Year's Day. An earlier attempt to climb the more than 6,000-foot peak in New Hampshire was aborted because of bad weather...The *New Light String Ensemble*, a seven-man musical troupe of Triboro Centre disciples, recently gave a series of concerts in Canada. They're scheduled to perform in Cape Cod in January and at Harvard in February. The group, formed last August, also includes *Devashish*, who presents poetry readings...

Sri Chinmoy presented to *Annam Brahma* restaurant two original paintings—each about 5 x 8 feet in size...*Ben Lieberman*, whose photos have frequently appeared in *Anahata Nada*, was awarded a special trophy by Sri Chinmoy for his speed in processing and printing the pictures he takes for the Centre...A half-hour *radio show* consisting of Sri Chinmoy's music and writings is being aired 7:30 Sunday mornings over WOUR-FM in Utica...*Bob March* begins teaching in February at the University of Massachusetts a 10-week non-credit course which will include the philosophy of Sri Chinmoy and other spiritual Masters.

Sri Chinmoy spontaneously set tune to over a hundred of the poems in his "Transcendence-Perfection" volume on Dec. 20. Two new disciple books have come out recently: "Ahl Haiku" by *Janaka* and "Brave Wings" by *Devashish*, with art by *Jon Soeder* and design by *Byron Tindel*...*Vimala*, who recently graduated from George Washington University, received all A's during her final semester...*Dhananjaya*, who is studying computer science in the Florida Institute of Technology, also got all A's this fall...The *United Nations Meditation Group* sponsored a programme of Christmas carols at the Dag Hammarskjold Auditorium at U.N. headquarters..

NGO'S HONOURED AT U.N.

NEW YORK—The United Nations Meditation Group held a function at the U.N. Church Center here to salute the Non-Governmental Organisations (NGO's) for their far-ranging assistance to the U.N.

Dr. Louis Longarzo of Caritas Internationalis—International Catholic Charities—was guest speaker. The programme also included musical recitals and a silent meditation led by Sri Chinmoy, Director of the U.N. Meditation Group.

At the end, Sri Chinmoy presented a plaque to Leon Marion, chairman of a joint UN/NGO executive committee, who accepted on behalf of the various NGO's.

NGO's are private organisations which support the ideals of the United Nations and offer it professional and informational support.

BICENTENNIAL PLAY PERFORMED

CONCORD, MASS.—Sri Chinmoy's play about the soul of America, *The Sacred Fire*, had its first out-of-town performance last month in Concord, Mass.

The play, a Bicentennial offering by the Master, had premiered several months earlier in Jamaica, N.Y. with a different cast and director.

PUBLISHER'S CORNER

New books by Sri Chinmoy:
Silence-Seed and Sound-Fruit—poetry
Supreme, Make My Life a Gratitude-Flood—poetry
God-Compassion and God-Justice—poetry
The Garden of Love-Light II Songbook—songs and musical notations

For information about Sri Chinmoy and his published writings, please contact:

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ROSELLE

'LIBERTY TORCH' IS PASSED

WASHINGTON—Thirteen young men, inspired by the teachings of Sri Chinmoy, completed a relay from New York to Washington last month to celebrate the beginning of America's 200th year as a nation.

At each relay point, a flaming torch was passed between runners to symbolize the rekindling of the spiritual values and civic ideals this country was founded on. The runners went by the name "Liberty-Torch."

The 360-mile route passed through many historical landmarks, ranging from Christ Church in Philadelphia—where many of the Revolutionary War figures used to worship—to the John F. Kennedy Memorial at Arlington National Cemetery in Washington.

Sometimes the runners, preceded by police escorts, were met by cheering crowds and town officials, and at one point they were all made honorary colonels in the New Jersey state militia.

David Gershon (Nilaya), organizer of the run, said the group's purpose was to emphasize the importance of physical fitness in a dynamic America and draw attention to the country's opportunity and responsibility for inspiring "goodness, truth and self-sacrifice in the hearts of mankind."

The 50-hour, round-the-clock event began the morning of Jan. 9 at St. Paul's Chapel in lower Manhattan, where George Washington would often pray when he was President.

Two hundred candles were lit in the chapel symbolizing each year of America's nationhood. The runners then asked Sri

Continued on next page (column 3)



Liberty-Torch runner salutes Sri Chinmoy at the Kennedy Memorial. (photo by Lloyd Hart)



The torch is passed (photo by Lloyd Hart).

'TORCH HAD LIVING QUALITY,' RUNNERS SAY

The 13 runners spoke of their feelings after the run during a ceremony at the Washington Monument. Excerpts from their comments follow:

David Gershon (Nilaya), schoolteacher "We feel as if actually we were divine instruments guided the whole way... The things that occurred on the run were most remarkable."

Omar Mesa, musician "I was most impressed by the torch. Each time you saw the runner with the torch, that in itself was like a rekindling for you. Immediately you got a surge of energy, and it put you right through the next run."

Leon Henderson (Vajra), designer-draftsman "I felt that a oneness, a camaraderie, a spirit of liveliness and joy encircled us. And as we carried through the run this only served to heighten our oneness with the soul of America."

Ken Peck (Mohan), statistician "The torch had a living quality to it... The living truth or the victory that was symbolized by that torch just drew us to it, and we all stayed by that torch and moved as a unit with the torch the whole way."

David Littlehales, schoolteacher "On the day of the run I woke up and felt like I was something greater than myself or any of the 13 others."

Eversley Childs (Premananda), chef "When our torch touched the flame on Kennedy's grave... I felt at that moment there was a real rekindling of Kennedy's dream and his victory."

Alan Singer, music teacher "I would just like to express my gratitude to my brothers who participated with me in the run and to... all those who embraced us as their sons, as their brothers, every place we went."

Reb Cole (Satyakarma), house painter "The thing that struck me most was... the warmth and oneness that local people along the route felt toward us. They... were so simple in their acceptance and enthusiasm for what we were doing... They were full of gratitude, as we were."

John Addison (Devashish), bookstore owner "I feel especially one with the words of John F. Kennedy who said that 'We have now passed a torch to a new generation of Americans.' I feel that we are making that ideal a reality."

Sam Mills, carpenter "As I came over the hill into this small town of Delena, Maryland... there must have been 150 people there lining the streets with candles... They were all shouting my name. They knew about my knee injury, and when I finished, they ran up to shake my hand. Old women were hugging and kissing me... it was really amazing... We had a dream... and these people were triggered into the same dream."

Alvin Mimms (Pravm), physical education teacher "...each individual in society and in the world has a role to play... and if each individual plays his or her role properly, then the goal is attained."

Arthur Kauff (Tarak), baker "As I was carrying the torch, I felt that I was actually carrying a force of liberation through the streets and the towns and the cities of America."

David Murphy (Yudhishthira), graduate student "The concept behind the torch—liberty—came to... have more meaning to each one of us, both on a personal level and on a collective level. We felt an inner liberty both in our physical and in our spiritual."

A REMEMBRANCE OF THINGS PAST

PHILADELPHIA—Sri Chinmoy held a brief meditation Jan. 10 in Christ Church here in a moving ceremony that evoked memories of the Revolutionary War era.

"I believe in reincarnation," the Master said, declaring that he had worshipped in this very church 200 years ago as a well-known American patriot.

"It is here that I played my role soulfully, devotedly and unconditionally as a supreme lover of this mighty country. Again, in this incarnation I have come as a seeker to love this country and to serve this country infinitely more than I previously did."

At that time, he continued, "the world was one of hope, promise, sacrifice and pride. Now the world is oneness within, oneness without..."

Upon leaving the church, Sri Chinmoy inscribed in the guest book: "The country-server of the past comes as the country-lover of the present to fulfil the Supreme in His own Way."

The meditation here was part of the programme for the 360-mile "Liberty-Torch" run between New York and Washington.



Sri Chinmoy meditates with Liberty-Torch runners and a group of disciples at Christ Church in Philadelphia (photo by Lloyd Hart).

7-HOUR PUBLIC MEDITATION HELD

NEW YORK—Sri Chinmoy conducted a seven-hour public meditation Jan. 31 at All Angels' Church here, a first of its kind for the general public.

Although the Master has held meditations lasting as long as 14 hours for his disciples, no public meditation in the past has extended longer than three hours or so.

The event was broken into three sessions, with rest periods in between. The *New York Times* carried an article on the event in its Sunday editions.



Sri Chinmoy met with Mohammed Ali, the world's greatest boxer, last month in Puerto Rico and the two had a very soulful conversation (photo by Bansidar).

THE TALK OF PARSONS BOULEVARD

County Federal Savings Bank and Bellevue Hospital in Manhattan have begun exhibiting a selection of paintings by Sri Chinmoy . . . Representatives of the Liberty-Torch, the Bicentennial group that ran from New York to Washington last month, presented a plaque to Her Majesty's Royal Marines and the Black Watch of Scotland to thank them for their salute to the nation's 200th anniversary. The event took place at Madison Square Garden. . . . Annam Brahma restaurant hosted an evening dinner for doctors and a luncheon for senior citizens last month. A musicians' banquet is scheduled for March 3 . . . Disciples in the New York area have begun meeting every other Sunday for a "family gathering" which includes skits and spiritual entertainment. The first such gathering was Jan. 18 . . .

Sri Chinmoy and some of his disciples were guests on the half-hour Pat Collins TV Show last month. Guru also appeared on two radio broadcasts and was given a two-page write-up

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Nilaya (David Gershon) presents a Liberty-Torch plaque to Casey Conrad, Executive Director of the President's Council on Physical Fitness, at the conclusion of the 360-mile run (photo by Lloyd Hart).

in *People Magazine* . . . Annam Brahma defeated *Divine Robe Supreme* and *Guru Stationery* defeated the *Smile of the Beyond* in bowling competition . . . A new book, *America: Vision and Promise*, consisting of reflections on America by the country's political leaders, has been published by the Sacred Fire as a Bicentennial Project.

GURU WINS ART AWARD

A painting by Sri Chinmoy won first prize in an art competition sponsored by the respected literary journal, *North American Mentor Magazine*.

The painting, one of the Master's earlier watercolours, is to appear on the cover of the magazine's winter issue.

PUBLISHER'S CORNER

New books by Sri Chinmoy:
Dependence and Assurance—essays.
The Trumpet of the Sky—poetry anthology.
Lord, Receive This Little Undying Cry
poetry anthology.

Chinmoy to take the 200th candle and light the torch, setting off the run.

One of the highlights of the run was a wreath-laying ceremony and silent prayer at the Kennedy Memorial with 12 of the runners.

Just as the meditation ended, David Little hales, who was running with the torch at the time, bounded up the steps to where the others were standing and knelt down to place his torch into the eternal flame at Kennedy's grave. He stood up, saluted Sri Chinmoy with the torch, and then continued his run.

Later David recalled, "It all just happened. Even as I was running up the steps I didn't think about what I was going to do.

"When I put the torch into the eternal flame, it was all spontaneous. Then something made me stand up, and my arm shot into the air. It was a force not my own."

All 13 runners joined in the final mile of the run, which ended at the Washington monument. Here the runners were greeted by Casey Conrad, executive director of the President's Council on Physical Fitness, who read out a letter of commendation from President Ford. Also present were astronaut Bill Anders and other dignitaries.

Sri Chinmoy told the gathering that the runners "gloriously symbolize America's promise in the inner world and America's speed in the outer world."

A few days later he told the runners that they "embody the divine pilgrimage, the eternal journey." He said their running has not come to a halt, but that they are still running on the vital, mental and psychic plane.

The Master said the spirit of the 13 runners and those who inspired and helped them will "be a true treasure of history. History will bear witness to the fact that there is an eternal run, based upon an eternal thirst."

Sri Chinmoy embarks on a two-week lecture tour of Australia in early March.

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**MEMORIES OF
 A FROSTY CANADIAN WEEKEND**

Sri Chinmoy and a group of disciples travelled to Canada in a converted school bus last month for a three-day weekend of meditation and winter games.

The schedule included a Friday night lecture at Sir George Williams College in Montreal and a Saturday night lecture at the University of Ottawa.

In Ottawa, there was an almost constant snowfall, which gave a surreal touch to the milky sky and pale white sun.

Snow drifts along the streets stood as high as a man, and for many of the New York visitors the city seemed like something out of a childhood fantasy-world.

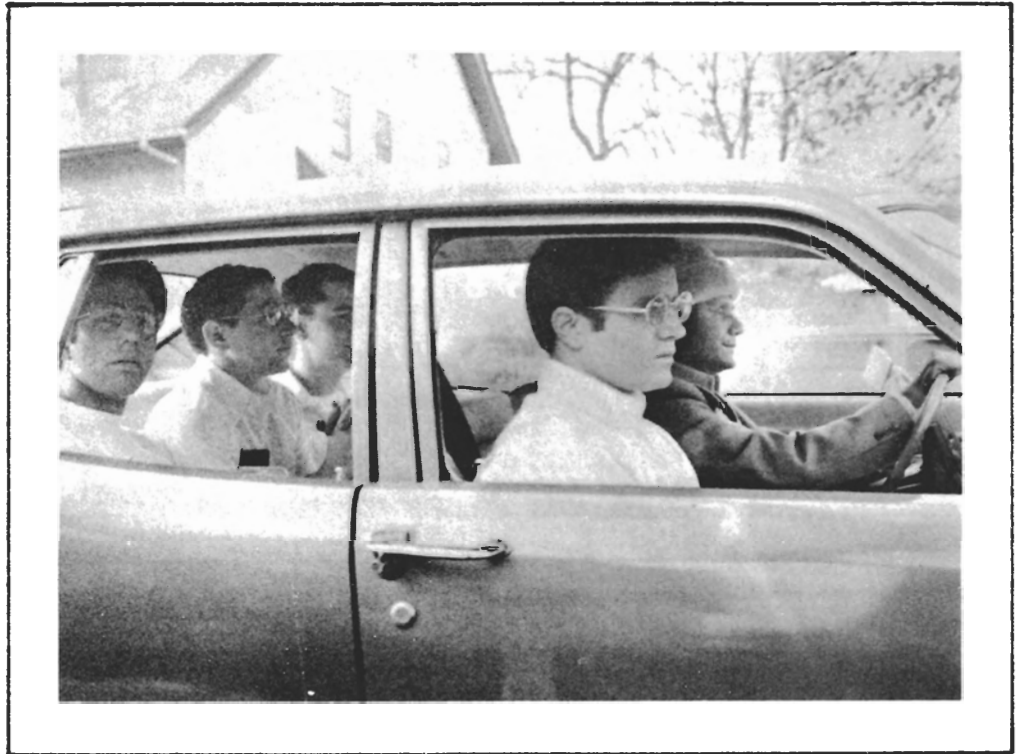
Some went on a horse-drawn sleigh ride through the rural countryside, and others skated along the five-mile Rideaux Canal.

Toboggan rides and an ice hockey competition, which was won by disciples of the Halifax Centre, rounded out the weekend.

It wasn't until late Sunday afternoon that Sri Chinmoy and the disciples returned to the bus for the 13-hour ride back home. They pulled into Jamaica just in time for a quick shower, a meditation, and the Monday morning subway ride to work.



Sri Chinmoy pilots a speed boat owned by one of his disciples during a recent visit to Puerto Rico (photo by Irving Konopiaty).



Sri Chinmoy recently took several groups of disciples for a short drive as a blessing for the New Year (photo by Sarama).

**FESTIVAL TO CELEBRATE
 ANNIVERSARY OF GURU'S
 ARRIVAL IN WEST**

JAMAICA, N.Y.—A five-day festival next month will celebrate the 12th anniversary of Sri Chinmoy's arrival in the West.

The event, which is drawing disciples from all over the country as well as overseas, will include dramatic and musical performances, a circus, a parade, a Jharna-Kala painting exhibit, and a special Carnegie Hall concert.

The Master arrived in America for the first time on April 13, 1964.

PUBLISHER'S CORNER

Two new books by Sri Chinmoy about the Guru-disciple relationship were published last month.

They are: *Surrender and Realisation* and *Two Divine Instruments: Master and Disciple*.

ART EXHIBIT IN TWO BANKS

NEW YORK—Reproductions of Sri Chinmoy's paintings were exhibited during February in two New York banks.

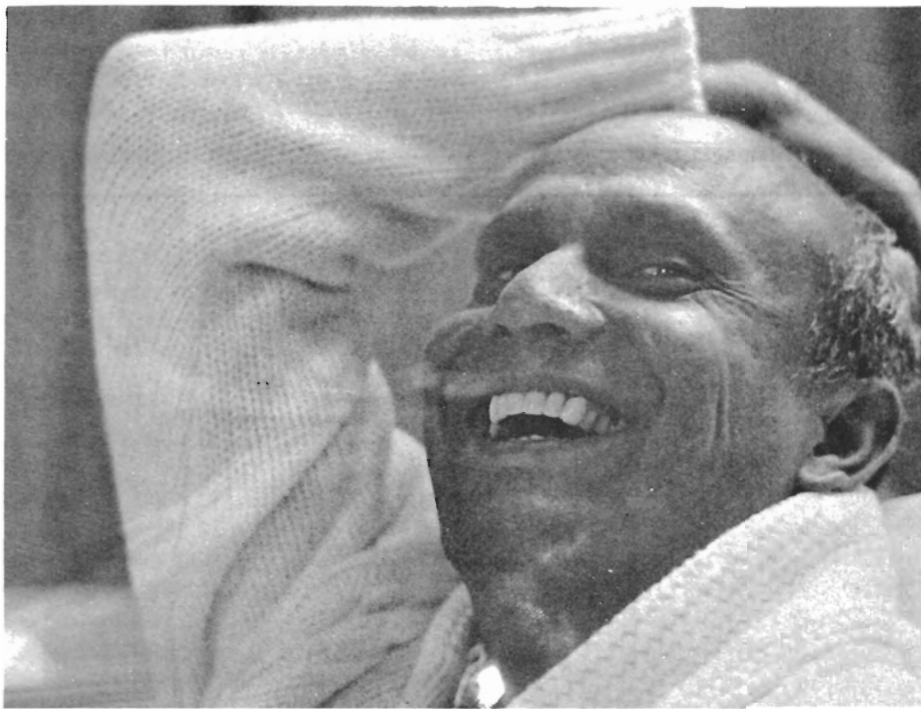
The month-long exhibits were held at Immigrant Savings Bank and East River Savings Bank.

**WASHINGTON LECTURE
 SERIES ENDS**

WASHINGTON—Sri Chinmoy concluded his Wednesday lecture series in the nation's capital last month.

The Master delivered two talks Feb. 4 and three on Feb. 11 to conclude the seven-talk sequence at George Washington University.

A major public meditation with Sri Chinmoy is scheduled for April 28 at New England Life Hall, Boston. It begins at 7:30 p.m. and admission is free.



Sri Chinmoy enjoys a joke during a recent "family function" performance (photo by Sarama).

7-HOUR MEDITATION PLANNED

NEW YORK—Sri Chinmoy will be holding his second seven-hour public meditation this year on Saturday, April 10.

The location has not yet been determined, but information will be available from Guru Stationery (212) 523-3471.

The Master's first seven-hour meditation took place in January.

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A TWO-STATE LECTURE TOUR

Sri Chinmoy gave talks and held public meditations last month in four East Coast universities.

He visited the State University of New York at New Paltz and Purchase on Feb. 9 and Feb. 18 respectively, and spoke at St. Paul's Chapel, Columbia University, on Feb. 25.

His fourth lecture was given at Cape Cod Community College on Feb. 16.

The *United Nations Meditation Group* sponsored an hour-long programme of classical music last month at the Dag Hammarskjold Auditorium. It also held a *bake sale* and donated the proceeds to the Guatamala Relief Fund . . . *Sri Chinmoy* begins writing a regular column on Yoga and spirituality for the bi-weekly "Indi Times" published in Chicago . . . *write-up* on Guru will appear in "Who's Who Among Indian Immigrants" . . .

The Mill Valley (California) Library designated February *Sri Chinmoy Month* and hosted a series of four weekly programmes centred around the Master's works. The presentations by members of the San Francisco Centre, included art exhibits, lectures, music performances and a multimedia slide show . . . *Nemi* won first prize in a grammar test Guru gave on British-style English . . . *Carol Shive* representing the state of Kansas, received top honours in a singing contest Sri Chinmoy held. Disciples were graded on how well they could sing a song Sri Chinmoy wrote about their home state after hearing him sing it once . . . The *Dipti Nivas Boys* took first prize in a West Coast bowling contest; a top score of 196 was made by *Astika* . . . A team consisting of *Kusumita, Lavanya, Nemi* and *Nilima* defeated a boy's team in a college bowl quiz on Guru's writings.

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AUSTRALIAN LECTURE TOUR COMPLETED

SYDNEY, Australia—Sri Chinmoy embarked on his first Australian lecture tour last month, giving a series of 11 talks and public meditations across the continent.

The 12-day visit brought him to Perth, Sydney, Canberra, Melbourne and Adelaide.

Lectures were given at the University of Western Australia, University of New South Wales, Australian National University, Melbourne State College, Monash University and the University of Adelaide, as well as at various town halls and religious institutions.

Enroute home, Sri Chinmoy stopped off in Pondicherry, India, for a short visit with his family.



Sri Chinmoy relaxes in Australia (photo by Syandan).

A WARM WELCOME BY AUSTRALIAN DIGNITARIES

PERTH, Australia—During his visit to Australia, Sri Chinmoy was warmly received by Desmond O'Neil, Deputy Premier of Western Australia.

Then, in Adelaide, the Indian Yogi was invited to lunch with Sir Mark Oliphant, Governor of South Australia, at the Government House.

The spiritual leader also met with the Lord Mayor of Perth, Sir Lee Steere, and Mayor Charles Smith of Nedlands.

Sir Steere, a deeply religious man, spoke extensively of his spiritual philosophy and how he tries to manifest it through his poli-



BEFORE ... renovating an old warehouse



AFTER ... into the new *Jharna-Kala* gallery

JHARNA-KALA GALLERY OPENS

NEW YORK (April 3)—The children stood in rapt silence, their hands folded in prayer, as the artist drew each of them a special painting.

As the paintings were handed out, one by one the small faces broke into broad grins.

The painter was Sri Chinmoy, and the children and their parents were attending the opening celebration of their Guru's new *Jharna-Kala* gallery.

The block-long gallery, located right next door to the former *Jharna-Kala* gallery in the Soho art district, was given to the disciples free-of-charge in exchange for renovation and painting work.

The transformation of the building from a printing and greeting card warehouse into a sparkling new gallery took place in a week's time, with disciples working almost round-the-clock.

The exhibit will be open through the end of April.

GURU VISITS RELIGIOUS LEADERS

ADELAIDE, Australia—A Catholic Bishop and an Anglican Dean exchanged views with an Indian Yogi last month during Sri Chinmoy's Australian visit.

Sri Chinmoy held meetings with Bishop Phillip Kennedy, the Catholic Bishop of Adelaide, and with the Reverend John Cornish, the new Dean of Perth.

tical office.

Afterwards Sri Chinmoy declared that "the seeker in me and the seeker in you have become friends in the soul's world, eternal friends . . . our eternal friendship is recorded on the tablets of our aspiring hearts."

In Nedlands, Mayor Smith asked Sri Chinmoy to plant a special rosebush for peace in a memorial garden for soldiers who had fallen in battle.

Commenting on the spiritual significance of the rose, the Master said it stands beside the lotus as one of the two mystic flowers. "Rose and lotus: these are the two flowers in God's Heart-Garden that please Him most."

Of this particular Lincoln rose, he added, "It is not only of Perth's heart or Australia's heart; it is . . . for humanity to claim and for humanity to utilise and for humanity to serve."

In the course of the conversation, the 72-year-old mayor told Sri Chinmoy that he had been in office since 1931, the year the Guru was born.

...AND CONVERSATIONS WITH AUSTRALIAN FOLK HEROES

An Aboriginal poet, a world-renowned surfer and a champion athlete were among those who met with Sri Chinmoy during his Australian visit.

The Guru met Aboriginal poet Jack Davis and world champion surfer Ian Cairns in Perth.

Ron Clarke, who formerly held the world record for 17 middle distance running events, met with Sri Chinmoy in Melbourne.

Sri Chinmoy's Boston meditation originally announced for April 28 has been postponed. A new date and location will be determined at a later time.

**50-STATE BICENTENNIAL
RUN PLANNED**

JAMAICA, N.Y.—Twenty-seven Sri Chinmoy disciples are planning an 8,800-mile relay run through each of the 50 states in celebration of the U.S. Bicentennial.

While running, each participant will be carrying a flaming torch to symbolize the rekindling of spiritual values and human ideals America was founded on.

The torch will be passed from runner to runner during the non-stop, round-the-clock, 46-day event.

The "Liberty-Torch" group completed a 360-mile run in January from New York to Philadelphia to Washington, D.C.

The 50-state run begins June 26 at the Statue of Liberty and culminates at the White House. Special runners will fly to Alaska and Hawaii on July 4. The group will be paying tribute to all National Landmarks that fall along the course.



TWO UNICEF BENEFITS HELD

UNITED NATIONS—The United Nations Meditation Group sponsored a concert of classical Indian music here March 31 as a fund-raising effort for UNICEF.

Sri Chinmoy, Director of the U.N. Meditation Group, opened the evening with two Bengali songs and a short meditation.

The programme included recitals by classical singer Jyoti Pandit and sarod player Vasant Rai.

Earlier in the month, the group held a vegetarian luncheon, to which some 150 people came. Profits were donated to UNICEF.

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Disciples' children display paintings given them by Sri Chinmoy at gallery (photo by Lloyd Hart).

PUBLISHER'S CORNER

New books by Sri Chinmoy published last month:

Supreme, Make My Life a Gratitude-Flood—Bengali songs, with musical notation and English translations.

The Garden of Love-Light, Part III—Bengali songs, with musical notations and English translations.

A Lost Friend—short stories.

Union and Oneness—poetry.

Dedication-Drops—poetry.

The Inner Hunger—essays.

RECORD ALBUM IN PRODUCTION

SYDNEY, Australia—A new record in which Sri Chinmoy sings several of his own Bengali songs and plays on the esaroj will be coming out shortly.

A Sydney record company is producing the album.

THE TALK OF PARSONS BOULEVARD

At a special "Family Day" function, *Sri Chinmoy* showed some 450 slides that he and *Syandan* took during his visit to Australia and India . . . *The San Francisco Centre Choir* gave a concert of Bengali songs at San Jose State University *Narada* (Michael Walden) received a contract with Atlantic Records to make two records a year. The first album, for which *Narada* plans to write his own music, should come out this fall. *Narada* also reports that drum sticks bearing his name are now being sold at the Professional Percussion Center in Manhattan . . . Reproductions of *C.K.G.* paintings have been on exhibit at Manhattan's Ninth Federal Savings Bank for the past several weeks. *Anahata Nada* last month incorrectly reported that the exhibit was at Immigrant Savings Bank.

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CONCERT AT CARNEGIE HALL

NEW YORK—A concert of Sri Chinmoy's devotional songs and instrumental music was held at Carnegie Hall on April 13.

The Yoga Master played several pieces of his own composition on the esraj, cello and flute. Arrangements of his music were performed by the Gauri Shankar quartet and three bands—Jatra, Shrinvantu and New Light String Ensemble. There were also performances of several of Sri Chinmoy's Bengali and English songs by the Mahavishnu Choir, the United Nations Vocal Ensemble and various other singing groups led by Neil Vineberg, Carolyn McColley and others.

For the concluding number, Sri Chinmoy asked the different instrumental groups to play *simultaneously* the individual pieces they had performed during the concert. What emerged, as the programme describes it, was "flowing, subtle, harmonious music, beginningless and endless, joyously proclaiming unity in diversity." Sri Chinmoy saw in this new music the "dynamic spirit of divine soldiers. There is full freedom, but at the same time there is unity and uniformity.... This music brings to the fore the heroic quality, and dauntless quality, and at the same time a real bond of oneness."

A MONTH OF JHARNA-KALA

NEW YORK—A group of artists, business executives, attorneys and other professional people had an evening of *Jharna-Kala* last month at a reception at Sri Chinmoy's gallery here.

The visitors viewed the different paintings and listened to a concert of the Master's music which included Sri Chinmoy on the esraj and several musical ensembles. The film *Jharna-Kala* was also shown.

A few days later staff members and officials from the United Nations visited the gallery during a special U.N. reception.

The current exhibit of 12,000 of Sri Chinmoy's paintings—1,000 for each year of the Master's life in the West—closed at the end of April after running for a month.



Sri Chinmoy puts finishing touches on his 12x27-foot painting. (photo by Lloyd Hart)

GURU DOES WALL-SIZED PAINTING

NEW YORK—Sri Chinmoy painted his largest painting ever—a 12x27-foot canvas expressing in visual terms the relationship between divine reality and divine vision.

The Master painted the giant work in two hours between 5:45 p.m. and 7:45 p.m. on April 29.

One professional art critic who later saw the work said it was "the universe."

For part of the job the Master sat on a giant scaffold, previously used for painting the walls and ceilings of the gallery. At his instructions, disciples wheeled him from one side of the canvas to the other.

The painting process was filmed and should be available for viewing shortly.

A SALUTE TO AMERICA HELD IN SENATE ROTUNDA

WASHINGTON—The Sacred Fire sponsored a programme at the Rotunda of the Senate Office Building last month dedicated to the vision of America 100 years from now.

Sri Chinmoy opened the ceremony with a short meditation. Then several speakers

shared their views as to what the nation might be like on her Tricentennial. One of the speakers was Philander P. Claxton, Jr., recently retired Assistant to the Secretary of State.

The session ended with the singing of Sri Chinmoy's "O My America."

MARATHON RUN CELEBRATES GURU'S POETRY ACHIEVEMENT

OTTAWA—Thirteen Canadian disciples embarked on a 360 mile, non-stop relay last month to celebrate the anniversary of their Guru's completion of 360 poems in 24 hours.

The runners were members of a group Sri Chinmoy named "Canada's Oneness-Heart," formed in honour of the American Bicentennial.

As each runner completed his segment of the course, he passed on to the next runner a manifesto, inside a hollow baton, dedicating the run to Sri Chinmoy.

All 13 joined together for the final five miles of the run, carrying the Canadian flag and the manifesto to the finishing line, the oak tree which the Master had planted in Ottawa.

For the last mile the runners were joined by several young women from Ottawa, who remained for a meditation and ceremony at the tree.

The runners came from Halifax, Montreal, Toronto and Ottawa and were joined in spirit by disciples from Victoria, who ran five miles every eight hours during the weekend of the event.

Sri Chinmoy wrote the 360 poems on April 28, 1974. They were published under the title *The Goal Is Won*.



Sri Chinmoy relaxes for a few minutes after singing 50 songs at his Jharna-Kala Gallery. He had still another 50 to sing. (photo by Lloyd Hart)

THE TALK OF PARSONS BOULEVARD

A write-up on *Sri Chinmoy* appeared in the April issue of the prestigious reference work "Current Biography," which is available at most public libraries . . . Distinguished visitors at Sri Chinmoy's Jharna-Kala exhibit last month included *Juan Albors*, Secretary of State of Puerto Rico, and *Henry Geldzahler*, curator of the Metropolitan Museum of Art, 20th century collection . . . *Sri Chinmoy* painted 27 paintings in 27 minutes on April 2, and gave some of them to different divine enterprises—disciple-owned businesses—which have been in existence for four years . . . *Citibank* has begun a travelling exhibit of Sri Chinmoy's paintings that is to visit various of its New York branches . . . *Aum Publications* had an exhibit and booth in the New York Book Fair at Lincoln Center . . . *Anjali* gave a solo performance of figure skating last month at a local skating rink . . . The United Nations Meditation Group sponsored a lunchtime programme last month in honour of the World Day of Health . . . The disciple-owned restaurant *Annapurna* was recently rated top vegetarian restaurant in Toronto by a popular bi-yearly Toronto guide book . . . *Ujjala*, who teaches a course on natural foods and cooking at New Paltz, N.Y., gave a demonstration of her culinary skills at the United Nations . . . *Sri Chinmoy* last month painted a special 'C.K.G.' original with tubes of coloured frosting on a large cake, which his disciples later ate as prasad.

MEDITATION GROUP ENTERS SIXTH YEAR

UNITED NATIONS—The United Nations Meditation Group celebrated its sixth anniversary April 14 at the U.N. Church Center chapel.

Sri Chinmoy has been Director of the

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Group since its inception, when some U.N. staff members invited him to assume the post.



Disciples parade up Madison Avenue to celebrate 12th anniversary of Sri Chinmoy's arrival in the West. (photo by Lloyd Hart)

FESTIVAL AND PARADE CELEBRATE GURU'S 12TH ANNIVERSARY IN WEST

NEW YORK—Hundreds of brightly clad young men and women, a dozen floats, clowns and a marching band were all part of a gala parade last month honouring Sri Chinmoy's 12 years of teaching meditation in America.

The parade up Madison Avenue was part of a five-day festival that drew disciples from across the U.S. and overseas.

The floats depicted Sri Chinmoy's different accomplishments during his 12 years in the West, focusing on his artistic, literary and academic achievements and his work at the United Nations.

One of the floats contained scenes from the Master's play on the soul of America, *The Sacred Fire*, reflecting Sri Chinmoy's deep interest in the U.S. Bicentennial. The play was performed during the festival.

Other highlights of the five-day event included a seven-hour public meditation, a recital of Sri Chinmoy's music at Carnegie Hall and a circus.

An entire day was given over to performances of more than 250 of the Master's new songs by different singing groups. A hundred of the songs were sung

by Sri Chinmoy himself in a more than five-hour recital that lasted into the early hours of the morning.

MEMBERS OF SEVERAL FAITHS OBSERVE PRAYER DAY AT U.N.

UNITED NATIONS—Leaders of Christian, Jewish, Muslim, Jain, Buddhist and Sufi religious groups met together here last month to observe a World Day of Prayer.

For several years this has been observed by Christian women's groups around the world, but this is believed to be the first time the ceremony included other faiths.

The programme opened with a silent meditation for peace and progress by Sri Chinmoy, Director of the United Nations Meditation Group. Then a series of prayers were offered by the different spiritual leaders, alternating with brief musical interludes of violin, flute and cello.

At the conclusion, one of the participants, Pir Vilayat Khan, came up to Sri Chinmoy and greeted him warmly on the stage, and the two spiritual leaders exchanged blessings. Pir Vilayat Khan, a close friend of Sri Chinmoy, is head of the Sufi Order in the West.

The prayer day observance was sponsored by the United Nations Meditation Group and the International Cooperation for Peace Committee.



PUBLISHER'S CORNER

Recent publications by Sri Chinmoy:

Illumination-Song and Liberation-Dance, Parts 1 & 2—Bengali songs with English translations.

I Shall Forgive My Past—English songs and musical notation.

The Soul's Journey—Essays

The Disciple's Love-Power—Short stories

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"Existence—Consciousness—Bliss," a concert of original music and songs by Sri Chinmoy performed by the Master and his disciples, will be held Saturday, May 29, at 7:30 p.m. at Hunter College Auditorium in Manhattan.

**LIBERTY TORCH RUNNERS PLAN
8,800-MILE RELAY**

NEW YORK—About 30 of Sri Chinmoy's disciples begin later this month an 8,800-mile relay run through each of the 50 states in honour of the American Bicentennial.

A flaming torch will be passed from runner to runner symbolising the rekindling of the deeper spiritual values and human ideals upon which this country was founded.

The run starts at the Statue of Liberty June 26 and culminates 46 days later at the White House.

The runners, ranging in age from 22 to 36, plan to cover about 200 miles a day. Each runner will carry the torch for a five to 10 mile leg every 18 hours. Two rented motor homes accompanying the cavalcade will be the home base for the group.

Along the route, the runners will be received by Governors, Congressmen, Senators and local officials, and many are expected to join them for a small portion of the run.

Besides the flaming torch, the runners will be carrying with them water from the Atlantic Ocean, which will be deposited in the Pacific during the "turn around" ceremony. And at the run's end, a "liberty tree" will be planted in Washington with soil collected from each of the 50 states.

The runners—a cross-section of Americans including teachers, carpenters, musicians, clerks, cooks and professors—are all members of the Liberty Torch Bicentennial Group, established through the inspiration of their Guru, Sri Chinmoy.

Earlier this year, the Liberty Torch runners embarked on a 360-mile run from New York to Washington, passing through many historical and Revolutionary War landmarks on the way.

**SRI CHINMOY CONCERT
DRAWS FULL HOUSE**

NEW YORK—More than 700 people filled the Cultural Center here for a concert of original music by Sri Chinmoy May 29.

The concert, titled "Existence-Consciousness-Bliss", was a repeat of the private concert the Master and his disciples held in April at Carnegie Hall.

Another concert is scheduled for July 10 at a place yet to be determined.



During his ashram days in Pondicherry, India, Sri Chinmoy used to meditate quite often at the foot of this tree. It was here that he once stopped his heart from beating for several minutes during a meditative trance. This photo was taken during a recent visit to India.

**A SALUTE FROM CANADA'S
ONENESS-HEART**

OTTAWA—Members of Canada's Oneness-Heart, a group formed in honour of the American Bicentennial, plan a 500-mile relay from Ottawa to the Statue of Liberty in conjunction with the Liberty Torch run.

The Canadians, whose group was given its name by Sri Chinmoy, will end their run at the Statue of Liberty on June 26 as their American brothers in the Liberty Torch Group begin their own run.

The Canadian runners, all disciples of Sri Chinmoy, will leave from Parliament Hill after lighting a torch at the Canadian Centennial Eternal Flame. The torch will then be passed from runner to runner, symbolically rekindling the spirit of brotherhood and oneness between Canada and the United States.

**WIN NEW YORK BICENTENNIAL
AWARD**

NEW YORK—Sri Chinmoy received a special citation from the New York City Bicentennial Commission last month on behalf of his American disciples.

The Master has inspired his followers to celebrate the Bicentennial through various activities including an upcoming 8,800-mile relay run touching each of the 50 states and a July 4th ascent of Mt. McKinley.

Last year disciples formed a Bicentennial Group which Sri Chinmoy named "The Sacred Fire." The group has published a book of reflections on America by the nation's political leaders and put on several original patriotic dramatic and musical performances. Sri Chinmoy himself has written a play about America called *The Sacred Fire*.

A representative of New York's Bicentennial Commission presented Sri Chinmoy with the award on the steps of City Hall. Then the Master's disciples sang "O My America," Sri Chinmoy's dedication to the soul of the United States.

UPCOMING EVENTS

**July 4*—Sri Chinmoy will conduct a 13-hour Bicentennial meditation beginning at midnight.

**July 10*—A concert of original music by Sri Chinmoy performed by the Guru and his disciples.

*The time and place of both events will be announced in the newspapers. For details please call (212) 523-3471.

EUROPEAN LECTURE TOUR

Sri Chinmoy embarks on a three-week lecture tour this month that will take him to six European countries.

The Master will visit England, Scotland, France, Switzerland, Italy and Sweden.



Sri Chinmoy playing the esraj during his recent New York concert (photo by Ben Lieberman).

THE TALK OF PARSONS BOULEVARD

Sam Mills has been chosen to participate in an expedition that will climb Mt. McKinley this summer. The peak, the highest in North America, will be reached July 4th. Sam, who is a member of Liberty Torch, plans to hold a Bicentennial meditation at the summit . . . *Ashok* pedalled 250 miles in the 24-hour Pepsi Cola Bicycle Marathon held in New York's Central Park last month. In the team of New York and Canadian disciples who competed in the event, he got top mileage . . . *Nilaya* placed first in a 13-mile run held in Flushing Meadows (N.Y.) Park May 23 for Canadian and New York area disciples. Participants included members of the Liberty Torch and Canada's Oneness-Heart relay teams . . . A group of 13 American women, led by *Yvonne Hannemann*, defeated a Canadian women's team in a 13-mile relay that paralleled the men's run . . . And several thousand miles away in Victoria, B.C., *Vairagyananda* placed first in a 13-mile run on the same day . . . An interview with the runners conducted by *Suvikash* was broadcast nationally over PBS

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An Outdoor Concert of
SRI CHINMOY'S MUSIC
has been tentatively scheduled for
SATURDAY JULY 17
7:00 p.m.

The Hatch Shell on the Charles River
Boston

[Please watch newspapers for further information]

radio . . .

At track practice one morning last month, Sri Chinmoy told *Casey Watters* he wanted him to start getting in shape for a 26-mile marathon. Without giving it a second thought, Casey immediately started running around the track; more than four hours later he completed 26 miles . . . *Annam Brahma Restaurant* participated in a Bicentennial food fair at Central Park sponsored by New York City and *Ashrita the Magician* was one of the featured performers at the fair . . . *Sri Chinmoy* and a group of disciples went to see a New York Cosmos soccer game last month. Sri Chinmoy had been a superb soccer player during his ashram days in India. Excursions were also made to the Ringling Bros. and Barnum & Bailey circus and to Jungle Habitat, a zoo in which animals are allowed to roam free inside fenced-in enclaves which visitors can drive through . . . A mother-daughter musical ensemble led by *Carolyn Michaelian* and an instrumental group led by *Neil Vineberg* were among the performers at last month's Carnegie Hall concert of Sri Chinmoy's music. This was incorrectly reported in last month's *Anahata Nada* . . .



Sri Chinmoy joins some disciples in a game of frisbee during an outing at the New York Botanical Gardens last month (photo by Ben Lieberman).

A BICENTENNIAL SALUTE TO PRAYER DAY

NEW YORK—A prayer selected by the First Lady, Mrs. Betty Ford, was read out here last month at a National Day of Prayer Observance.

The ceremony that brought together representatives of different faiths and top business executives was a Bicentennial salute to the role that prayer has played in the founding of the United States. It was sponsored by The Sacred Fire Bicentennial Group.

President Ford had declared May 1 National Prayer Day and during the observance Sri Chinmoy read out a parchment copy of the prayer day proclamation which the White House had sent him. Sri Chinmoy also opened the programme with silent prayer.

The function included prayers by representatives of the academic community, the performing arts, the legal profession and religious groups. Dr. C. T. Sherman, chairman of the board of American Steamship Line, represented the corporate world.

There were also musical selections, excerpts from Sri Chinmoy's play on America, *The Sacred Fire*.

PUBLISHER'S CORNER

Newly published books:

The Liberty Torch—aphorisms and comments on America by Sri Chinmoy, illustrated with the Master's drawings.

Sri Chinmoy Centre Cookbook (2nd Edition).

The Bicentennial Flames at the United Nations—questions on the American Bicentennial asked at the U.N. and answered by Sri Chinmoy.

Compassion-Father, Champion-Brother, Perfection-Friend—reflections on Pope Paul.

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LIBERTY TORCH RUNNERS RECEIVE GALA SENDOFF



Sri Chinmoy leads the Liberty Torch runners up New York's First Avenue after a brief jog through the United Nations' fountain-plaza. (photo by Lelihan)

NEW YORK—Amid cheers from the crowds and a rousing salute from a city fireboat out in the harbour, the Liberty Torch runners embarked from New York's Battery Park June 26 on their 9,000-mile Bicentennial odyssey.

Nilaya (David Gershon) led off the relay run, holding aloft a flaming torch that moments earlier had been lit by Lt. Gov. Mary Ann Krupsak.

When the convoy reached the United Nations, the torch was passed to Sri Chinmoy, whose vision and inspiration were the prime force behind the 50-state run.

Sri Chinmoy, dressed in the red Liberty Torch running suit, circled the U.N. fountain and then jogged several blocks uptown, where he handed the torch to the next runner, who continued northward toward New England.

During the send-off ceremonies at Battery Park, Lt. Gov. Krupsak said the Liberty Torch run symbolises the "passage of the constancy of the torch, the oneness of the ideals of America." The torch, which will be passed from runner to runner, signifies the rekindling of America's spiritual values.

"The meaning of what you are about to begin today is so inspiring," she declared that "I wish many people along the way will touch you, wave at you, smile at you and say, 'You're doing it for all of us.'"

Congresswoman Bella Abzug, another guest speaker, told the runners, "Yours is a race and a torch for liberty." At that moment the wind blew off her wide-brimmed hat, prompting her to remark, "My hat's off to you."

Just before the lighting of the torch, Sri Chinmoy meditated with the runners and said, "I wish to pray to the soul of America to bless these Liberty Torch runners and grant them meaningful outer success and fruitful inner progress."

Gariyan (Richard Butler), who led a group of Canadian runners on a 500-mile relay from Ottawa to New York to honour the Liberty Torch group, read out a letter of congratulations from Prime Minister Trudeau. Gariyan is accompanying Liberty Torch on the 46-day run.

CANADIAN RUNNERS HONOURED

TICONDEROGA, N.Y.—The mayor of this historic town just outside Fort Ticonderoga proclaimed June 24 "Canada's Oneness-Heart Day" in honour of the Canadian running team.

The Canadian runners passed through Ticonderoga during a 500-mile relay run from Parliament Hill in Ottawa to the Statue of Liberty.

Members of Canada's Oneness-Heart carried out the run to salute the American Bicentennial and the Liberty Torch runners.

Besides bearing a flaming torch, the Canadian runners brought letters of friendship and Bicentennial good wishes from Prime Minister Trudeau and other Ottawa officials.

Gariyan (Richard Butler), captain of the Canadian team, who has joined the Liberty Torch runners in their 9,000-mile marathon, will present these letters to American officials in Washington at the conclusion of that run.

During their own 500-mile relay, the Canadian runners received proclamations, medallions and other awards from various towns and cities including Poughkeepsie, Newburgh and Saranac Lake, N.Y.

The Canadian run concluded June 26 at the Statue of Liberty, where the Canada's Oneness-Heart and Liberty Torch runners had a special ceremony with Sri Chinmoy.

Sri Chinmoy told the Canadian runners, "History will bear witness to the supreme fact that Canada is not for Canada. Canada is for America as well; nay, Canada is for the length and breadth of the entire world."

RUN CALLED UNPARALLELED

JAMAICA, N.Y.—At a ceremony for the Liberty Torch runners the morning of their departure, Sri Chinmoy described their upcoming run as a "self-giving ideal and a life-reawakening and earth-reassuring promise to mankind."

Addressing the runners at his home at 6:30 a.m., the Master said, "When you run from one state to another, you will feel that you are spreading the oneness-light of the perennial Source."

Their accomplishment, he declared, "will remain unparalleled not only in the history of America's evolution but in the history of the world's evolution."



The Liberty Torch runners begin their 9,000-mile relay from Battery Park as a city fireboat salutes them with jets of water and blaring horns. Nilaya is carrying the torch. (photo by Sarama)

INDIAN GURU MEETS WITH CATHOLIC PONTIFF

VATICAN CITY—The spiritual Master from the United Nations Meditation Group met the spiritual leader of the Catholic world June 9th and exchanged words of brotherhood and friendship.

Sri Chinmoy met with Pope Paul in a private interview here and presented the Holy See with a copy of a book he had written about the Pontiff, entitled *Compassion-Father, Champion-Brother, Perfection-Friend*.

The Pope said he was deeply moved by Sri Chinmoy's gift, and presented the Indian Master with a special Papal medallion.

This is Sri Chinmoy's third meeting with Pope Paul.

NEW YORK—Sri Chinmoy received a rare honour June 25 when the School of Visual Arts presented him its prestigious "Contribution to the Arts" award.

In presenting the award, Dean of Students Brian Gormley said the Master's works stand as "an example of art as purity...removed of all the ambitions and desires that we too often see in the art world."

Sri Chinmoy's exhibit of paintings at the school last November, Dean Gormley declared, "was a strange exhibition, since everyone who came went out smiling."

Sri Chinmoy told the dean, "You are not honouring me, but you are honouring the seeker in me. My art is an expression of my search for Truth, Light and Bliss."

RELAY RUN CELEBRATES OTTAWA'S 150th BIRTHDAY

OTTAWA—Members of Canada's Oneness-Heart ran a 150 kilometre relay through Ottawa July 1 to celebrate that city's 150th anniversary.

The young men and women runners ended their run at the residence of Governor-General Jules Leger, the Queen's representative in Canada, where they were feted at a garden party.

NEW RECORD ALBUM BEING PRODUCED

NEW YORK—Folkways Records is producing an album entitled "Music for Meditation," in which Sri Chinmoy plays the esraj and sings several of his devotional songs.

The Master recorded the music last month. The record should be released in August.

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Sri Chinmoy meditates on a Himalayan pine tree which the Zurich City Council planted last year in his honour. On June 6, 1976, the Zurich Town Clerk presented the Master with a book about the city during ceremonies at the tree which Zurich officials call the "Tree of Meditation."

Sri Chinmoy delivered some 16 lectures last month during a three-week visit to Europe.

The Master spoke at major universities and cultural centres, including Oxford and Cambridge in England, American Church in Paris, and the government-sponsored Third Eye Centre in Glasgow.

During the trip he visited many of his Centres in Great Britain and the continent, and gave several radio and television interviews.

During one interlude, the Master visited sculptor of the highest order Henry Moore, who took him and a group of disciples on a tour of his sculpture gardens and home in Much Haddam, Britain.



Sri Chinmoy chats with Henry Moore alongside one of the sculptor's works at his home in England. (photo by Carole Rocherolle)

PUBLISHER'S CORNER

Newly published books:

A God-Lover's Earth-Heaven-Life, Parts 2 and 3—Questions and answers.

They Came Only To Go—(by an ancient Himalayan Cave-Dweller)—Inner reasons why disciples have left their Master.

BULLETIN

Sam Mills successfully completed his July 4th ascent of Mt. McKinley. Details in next issue.

To honour the Bicentennial, *The Sacred Fire* performed a medley of patriotic songs at the International Arrivals Building of JFK Airport and sang Sri Chinmoy's "O My America" song at various public places in New York—twice while bicycling through Central Park... The "O My America" song appeared as a public service poster in 50 *San Francisco buses*... And *place mats* containing the song are being used by two *Holiday Inn* and one *Hilton Inn* coffee shoppes... A group of women *Sacred Fire* members led by *Hashi* have climbed the highest points in each of the original 13 colonies and held special meditations there...

New York exhibits of Sri Chinmoy's *Jharna-Kala* paintings last month were held at Emigrant Savings Bank, the main terminal of Eastern Airlines at JFK Airport and a branch of Citibank... Sri Chinmoy has formed a soccer team consisting of disciples from Scotland and England. It's called the *Chinmoy Lions*... *Madal Circus* performed in a Glen Cove, N.Y. Bicentennial Fair, and *Annam Brahma* and *Guru Health Foods* had food booths. The two food stores also participated in the Americana '76 fair in Manhattan...

Several young women from the New York area gave lectures and film programmes in neighbouring states last month. *Nemi* and *Savita* went to Virginia, *Nayana* and *Barada* visited North Carolina and *Kusumita* and *Jane Pascale* went to Atlanta... The family of *Bhupati* and *Atala* appeared on NBC-TV's hour-long documentary about spirituality during a segment about Sri Chinmoy and his disciples... The *United Nations Meditation Group* sponsored a classical music concert and a movie about Sri Chinmoy's *Jharna-Kala* during two lunch-hour programmes last month...

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Anahata Nada

"THE SOUNDLESS SOUND"

Vol. 4 No. 5
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SPIRITUAL LEADER MEETS WITH SECRETARY-GENERAL WALDHEIM



Sri Chinmoy presents a plaque to United Nations Secretary-General Kurt Waldheim after a meeting in the U.N. leader's Secretariat office. (photo by Richard Howard)

UNITED NATIONS—Sri Chinmoy met with United Nations Secretary-General Kurt Waldheim last month for informal discussions.

"You are praying, praying for peace," the U.N. leader told Sri Chinmoy, who directs the United Nations Meditation Group. "I know what you and the Meditation Group are doing for us. I know it; I can feel it."

The Indian spiritual Master presented the Secretary-General with a plaque containing the Meditation Group's motto and the words to a song he had written about Waldheim. Later, some of the Group members sang the song for the U.N. chieftain.

INDIAN GURU NAMED HONOURARY RESIDENT OF PUERTO RICO

SAN JUAN—Gov. Hernandez Colon last month named Indian Guru Sri Chinmoy "a distinguished and honorary resident of Puerto Rico." This is the first time such a citation has ever been made.

The official proclamation was signed July 19, while Sri Chinmoy was in San Juan for the opening of an exhibit of his paintings at the Commonwealth's Department of Education.

The exhibit, which was officially opened by Puerto Rico's Secretary of State, Juan Albors, included several of the 500 paintings Sri Chinmoy had completed during his short visit to the Commonwealth.

Since Sri Chinmoy established his first spiritual Centre in San Juan in 1966, he has held frequent meditations on the island and offered spiritual guidance to thousands of Puerto Rico residents.

13-HOUR MEDITATION SALUTES THE AMERICAN BICENTENNIAL

NEW YORK—Sri Chinmoy conducted a 13-hour meditation in New York's Central Park on July 4, culminating an 18-month Bicentennial offering to the American nation.

The *Meditation on America/Meditation with America/Meditation for America* began at midnight July 4 and continued until 6 p.m. that evening. It consisted of four sessions, each lasting three or four hours.

It was the first time in memory that New York officials permitted an overnight function in Central Park.

Over the past year and a half, Sri Chinmoy has inspired his disciples to form two Bicentennial groups—The Sacred Fire and Liberty Torch—to honour their country's 200th birthday in every possible way.

Some of their achievements have included a 9,000-mile run through all 50 states and an assault on Mt. McKinley, North America's highest peak.

Disciples have also given a number of musical and dramatic performances on American themes, and published a book of reflections on the meaning of America by the nation's political leaders.

Sri Chinmoy himself has written several songs, poems and plays about America.

CANOEISTS DEMONSTRATE OLYMPIC SPIRIT IN SEVEN-DAY TRIP

KINGSTON, Canada—Seventeen Canadian women took a week-long canoe trip last month from Ottawa to Kingston to highlight the spiritual significance of the Olympics.

The women—members of Sri Chinmoy's Canada's Oneness-Heart—arrived in Kingston July 17, and joined in the ceremonies to greet the runner who was bearing the Olympic flame from Montreal to Kingston, where the water and boating competitions were to be held.

The canoeists, led by Alo Devi, held frequent meditations during their 123-mile journey. Along the way, they met with different mayors, and they were greeted by a Member of Parliament on their arrival.

During ceremonies in Kingston, the group sang Sri Chinmoy's Canada's Oneness-Heart song and read out letters of congratulations they had received from Queen Elizabeth and the Prime Minister's wife, Margaret Trudeau.

PICTURE OF GURU LEFT IN CAPSULE ATOP MT. MCKINLEY

When climbers scale Mt. McKinley hundreds of years from now, they may find buried in the frozen rock a sealed capsule containing seven grains of rice, a conch, a peacock feather and a photo of a yogi in trance.

These are some of the items that Liberty Torch member Sam Mills had placed inside the capsule he left on America's highest peak after his Bicentennial climb last month.

The rice represents "Annam Brahma"—the idea that food is God—while the conch and peacock feather symbolise divine victory.

Sam was a member of a climbing party that reached the summit July 6. Efforts to arrive at the summit two days earlier were aborted by bad weather.

When he reached the summit, Sam meditated briefly, sang Sri Chinmoy's "O My America" song and planted the capsule.

The capsule also contained an American and Sri Chinmoy Centre flag, the Liberty Torch logo, the motto of the United Nations Meditation Group and the "O My America" song. Sri Chinmoy's transcendental picture was also included.

Prior to his climb, Sam met with Alaskan Gov. Jay Hammond, who ignited his "liberty torch" on the steps of the capital in Juneau. Sam ran with the liberty torch for a few miles in Juneau and also in Anchorage to show his oneness with the other Liberty Torch members, who were in the middle of an 8,800-mile Bicentennial run through America. Sam later joined the runners and was to accompany them for the remainder of their trip.

OUTDOOR CONCERT HELD AT LINCOLN CENTER

NEW YORK—An outdoor concert of spiritual music by Sri Chinmoy was held July 10 at the Damrosch Amphitheatre at New York's Lincoln Center.

Vocal and musical performances were given by Sri Chinmoy and his disciples.

UPCOMING EVENTS

Aug. 21—Seven hour public meditation, 7 a.m., All Angels' Church, 81st St. & West End Ave., Manhattan.

Aug. 24—Sri Chinmoy concert, 7 p.m., All Angels' Church, Manhattan.



Images of the Liberty Torch run. (photos by Lloyd Hart)

PRAYER SERVICE HELD FOR CONVENTION DELEGATES

NEW YORK—New York's top religious leaders joined together last month in an ecumenical service for delegates to the Democratic National Convention.

Prayers were offered by representatives of different Protestant, Catholic and Jewish faiths, and Sri Chinmoy led the gathering in silent meditation.

The purpose of the July 11 programme was to pray that God's Will be executed in and through the political process. The Democratic Convention was to begin the next day.

The event was sponsored by The Sacred Fire Bicentennial Group and the Council of Churches of the City of New York.

During the service, the Sacred Fire choir sang three of Sri Chinmoy's patriotic songs. Rev. Franklin D. Graham, who was serving as Master of Ceremonies, called the performance "inspiring and incendiary," adding, "I see how the Sacred Fire got its name."

Other participants in the event included Rev. Dr. Kenneth L. Folkes, President of

the Council of Churches of the City of New York, and Rabbi Judah Cahn, President of the New York Board of Rabbis.

The Sacred Fire is planning a similar programme this month in Kansas City in conjunction with the Republican National Convention.

PUBLISHER'S CORNER

Newly published books by Sri Chinmoy:

Illumination-Song and Liberation-Dance, Part 3—Bengali songs with English translations.

Sri Chinmoy Speaks, Parts 1, 2, & 3—lectures, essays and questions and answers.

My Heart's Salutation to Australia, Parts 1 & 2—Australian lecture series.

Nineteen American Mothers and Nineteen American Sons with Sri Chinmoy—lecture and questions and answers with disciples' mothers.

The Liberty Torch—2nd edition, aphorisms on America, with new series of full colour C.K.G. paintings.

Spiritual Power, Occult Power and Will Power—part one of Washington Lecture series.

Self-Discovery and World-Mastery—part two of Washington lecture series.

THE TALK OF PARSONS BOULEVARD

An estimated half million spectators jammed Rockefeller Plaza last month for the *New York Bicentennial Heritage Festival*. Sri Chinmoy's disciples served as the ushers, stagehands and programme coordinators for the event, and performances were given by *The Sacred Fire* . . . Sri Chinmoy's newest U.S. Centre, the *Blue Centre*, celebrated its first anniversary July 30 . . . Sri Chinmoy and two busloads of disciples spent a weekend in Montreal last month watching the *Olympics*. On the way, the Master composed a new song, "O Great Olympic Games" . . .

The Governor of the State of Washington issued a special proclamation July 29 honouring the *Liberty Torch* runners . . . The *United Nations Meditation Group* held a programme in commemoration of Dag Hammarskjold's birthday July 29, and Sri Chinmoy gave a lecture about the late U.N. leader . . . *Ishani* and *Senani* performed at the U.N. excerpts from a play they had written about Abe Lincoln. . . Sri Chinmoy gave the first of a series of *esraj concerts* at his San Juan Centre July 18. The concerts, which disciples only are invited to attend, are aimed at raising funds for a museum that will house the Master's Jharna-Kala paintings. . .

A group of New York area disciples and their Guru spent the evening of July 4 watching fireworks explode over the Statue of Liberty from a rented boat . . . *Sacred Fire* members from Phoenix led the Fourth of July programme at Pioneer, Arizona, which is a reconstruction of a frontier village . . .

Workers at *Nectar-Bliss* bakery participated in the South Street Museum Fair early last month . . .

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Liberty Torch runners lead July 4th parade in Atlanta. (photo by Lelihan)

Anahata Nada

"THE SOUNDLESS SOUND"

September 1, 1976
Vol. 3 No. 8

MEMORIES OF THE SRI CHINMOY BIRTHDAY FESTIVAL:
Liberty Torch parade, Jala Ramane water ballet and Madal Circus (photos by Sarama).



TWO-WEEK FESTIVAL CELEBRATES
GURU'S 45th BIRTHDAY

JAMAICA, N.Y.—Several hundred disciples from England, Scotland, France, Switzerland, Italy, Sweden, Australia and across the U.S. converged here for the two-week festival celebrating Sri Chinmoy's 45th birthday.

Highlights of the celebration included a 400-song concert, the disciple-run Madal Circus, a seven-hour public meditation, an exhibit of the Guru's *Jharna-Kala* paintings, a *Jala Ramane* water ballet and an Olympic-style track and field meet.

There were also several outings, picnics and spiritual performances, as well as various informal gatherings, meditations and two gala banquets.

The celebration culminated with an all-day "birthday party," which began shortly after midnight August 27 when Sri Chinmoy interrupted the circus performance then underway to hold a short meditation and give out *prasad*, or blessing-food.

GURU PLAYS 27 INSTRUMENTS IN ONE-MAN CONCERT

JAMAICA, N.Y.—Sri Chinmoy performed on 27 different instruments during a one-man concert on his birthday August 27.

Earlier in the week, Sri Chinmoy and his disciples gave a public concert of devotional songs and music which the Guru himself had composed. Like previous public concerts, this one was entitled "Existence-Consciousness-Bliss."



'SRI CHINMOY DAY' PROCLAIMED

JAMAICA, N.Y.—It was "Sri Chinmoy Day" in Queens August 27.

Queens Borough President Donald Manes issued the proclamation to honour the 45th birthday of the prominent spiritual Master who resides here.

The proclamation was read out by Councilman Morton Povman at a street ceremony outside Guru Stationery on Parsons Boulevard.

Councilman Povman praised the Guru for doing a "yeoman's service on behalf of mankind." If the experience of Jamaica could be spread throughout the globe, the Councilman said, Sri Chinmoy "could change the entire world."

Sri Chinmoy said: "A child's little home is to him sweeter than the sweetest. Here our little home—Jamaica, Queens—is sweeter than the sweetest, for here we are growing soulfully, divinely and lovingly.... Here our sweetness will grow, our love will glow, our service and dedication will flow constantly."

He told the assembled disciples that "it is not my birthday that we are observing; it is the celebration of oneness that we are observing. Many hearts have become one, many souls have become one...."

During the ceremony, Dulal, president of the Sri Chinmoy Centre, read out a birthday greeting from Mayor Beame, in which the New York leader expressed to Sri Chinmoy "the official appreciation of the people of the City of New York."



LIBERTY TORCH RUN ENDS
AT WALL STREET RALLY

NEW YORK—With Nilaya in the lead the flaming "liberty torch" held aloft, 31 runners jogged through cheering crowds to the steps of Federal Hall August 16, concluding the most spectacular relay run the world has ever seen.

The runners were greeted by a military colour guard, the VFW champion high school band, and New York's Mayor Beame, who called their 8,800-mile non stop relay through all 50 states a "super Bicentennial event."

Earlier in the day, Sri Chinmoy's disciples held a parade in lower Manhattan to honour the runners.

By 1 p.m., hundreds of spectators were jamming the Wall Street area as Mayor Beame read out the proclamation declaring the day "Liberty Torch Day."

Later, a representative of Gov. Carey presented the runners a certificate reading: "The liberty torch will burn forever in the thoughts and dreams of the nation. The young men who carried it 9,000 miles left a path of light in the hearts of all Americans."

Throughout the run, the "liberty torch" was passed from runner to runner to signify the rekindling of America's deeper values.

During the ceremony, a telegram was read out from Jimmy Carter, who said the "spirit of the Liberty Torch runners is the same spirit that has carried this nation for 200 years."

Sri Chinmoy, who had inspired the event, told his 31 runner-disciples: "You

Continued on page 2, column 1



Liberty Torch runners climbing the steps of Federal Hall, where their 8,800-mile Bicentennial odyssey ends (photo by Sarama).

are telling the entire world that true love of one's dear country and God's supreme Satisfaction-Smile are eternally one and inseparable."

Two days earlier, when the runners passed through Washington, D.C., Sri Chinmoy said their achievement is the "achievement of each and every human being that is on the earth planet, for America's very existence is not merely for America; it is for God's Vision infinite and God's Reality eternal."

During the Washington event, Sri Chinmoy received a special letter of commendation from the White House for his role in the Liberty Torch run.

PSYCHOLOGY CONVENTION OPENS WITH PUBLIC MEDITATION

PRINCETON, N.J.—Sri Chinmoy opened the four-day annual convention of the Association for Humanistic Psychology with a meditation at the Princeton University chapel.

Several hundred psychologists and educators attended the hour-long event, which was followed by a series of conferences and meetings on the university campus.

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Sri Chinmoy claps with delight after a disciple performance (photo by Ben Lieberman).

THE TALK OF PARSONS BOULEVARD

Several members of *The Sacred Fire* performed Sri Chinmoy's "O My America" song August 3 at the Mets vs. Montreal baseball game at New York's Shea Stadium. The group also sang the Canadian and U.S. national anthems and "America the Beautiful" . . . *Lelihan* won top honours for men and *Ranjana* for women at the Athletics Day competitions . . . *Joe* and *Joanne Caruso* placed first, respectively, in the men's and women's heats of a seven-hour bicycle race at Flushing Meadow Park *John Rissman* and *Lavanya* placed second. . . . Disciples ran a 45-mile relay beginning at 3:30 a.m. on August 27 to celebrate Sri Chinmoy's birthday . . . *Sri Chinmoy*, playing alone, defeated the six-women San Francisco championship team in a three-game volleyball match . . . Aum Publications published two disciple books last month: a book of philosophy by *Tom Pliske* called "Human Nature and Its Transformation," and a book on Sri Chinmoy's music by *Stan Samole* entitled "Mental Analysis Becomes Soulful Gratitude". . . .

NEW RECORD ALBUM RELEASED

NEW YORK—Folkways Records has come out with a new record album by Sri Chinmoy called "Music for Meditation."

It consists of devotional songs and music composed and performed by the Master.

JHARNA-KALA PAINTINGS SHOWN

NEW YORK—An exhibit of Sri Chinmoy's paintings was held last month in temporary *Jharna-Kala* gallery located in lower Manhattan.

Prints of his paintings were put on display last month at Connecticut Bank Trust in Darien. This exhibit will run through the end of September.

PUBLISHER'S CORNER

New books by Sri Chinmoy:

Sri Chinmoy Speaks, Parts 4-6—essay and questions and answers.

Illumination-Song and Liberation-Dance Parts 4 & 5—Bengali songs with English translations.

Illumination-Song and Liberation-Dance Part 3, (with musical notations)—song book.



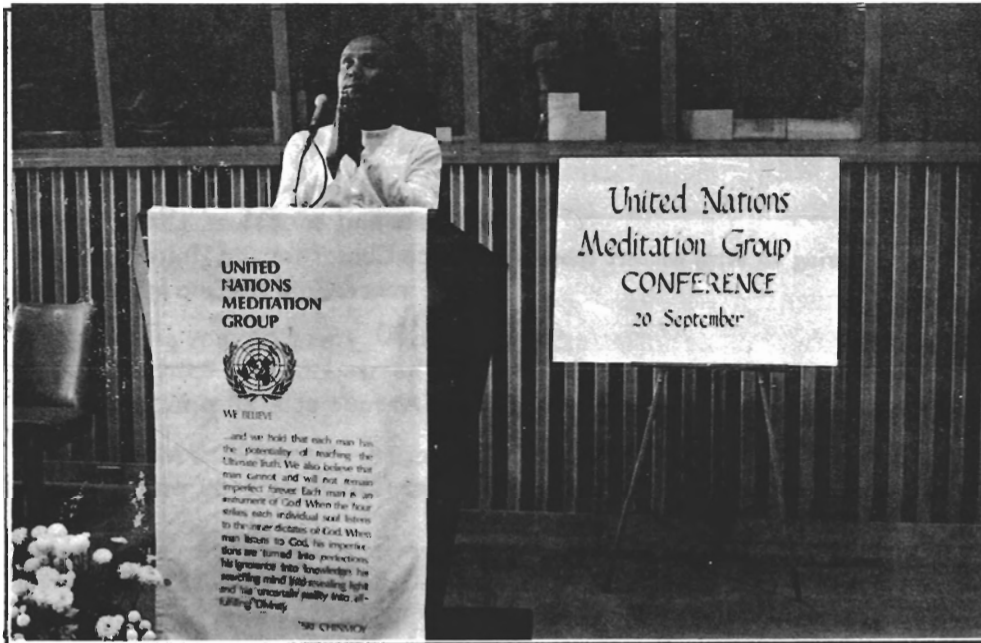
Sri Chinmoy in volleyball tournament with San Francisco women (photo by Sarama).

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"THE SOUNDLESS SOUND"

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Sri Chinmoy opens second annual U.N. Meditation Group conference with a meditation (photo by Ben Lieberman).

MEDITATION GROUP HOLDS CONFERENCE AT U.N.

UNITED NATIONS—The U.N. Meditation Group held its second annual conference Sept. 20 in conjunction with the opening of the 31st General Assembly the following day.

The all-day meeting, entitled "Inner Flames at the U.N.," explored the role of meditation and spirituality in U.N. affairs.

Sri Chinmoy, Director of the U.N. Meditation Group, said the inner flame of aspiration that each individual embodies is not sufficient to illumine world-ignorance.

"What is needed . . . is the unification of all the flames . . . Only then the ignorance-dream that separates one country from another, one man from another, . . . will be replaced by wisdom-reality . . ."

Other speakers included representatives from different U.N. departments, agencies and NGOs.

* * *

PANEL EXPLORES ROLE OF U.N. SECRETARY-GENERAL

UNITED NATIONS (Oct. 1) — The U.N. is the "converging point of a philosophy, a greatness, which is contained in the attempt of the human race to fulfil its life on this planet," a top U.N. official declared.

Robert G. Muller, deputy to the Under-Secretary-General for Inter-Agency Affairs and Co-ordination, said the U.N. is an attempt to answer in physical, intellectual, moral and spiritual terms the fundamental question of "how you can fulfil this miracle of life, this incomprehensible gift of being alive on this planet . . ."

Mr. Muller, a participant on a panel exploring the role of the U.N. Secretary-General, said the holder of that office had to function as the brain and the heart of humanity.

Another speaker, Donald Keys, NGO for the World Federalists, said the Secretary-General "embodies the conscience of the human race . . . (and)

represents the higher force which is seeking realisation and manifestation through a world organism."

The panel discussion was sponsored by the U.N. Meditation Group. Sri Chinmoy, Director of the Group, opened the session with a brief meditation and served as moderator.

* * *

JHARNA-KALA MUSEUM OPENS

ZURICH (Oct. 3) — A museum devoted exclusively to Sri Chinmoy's paintings opened this month in this Swiss city.

The *Jharna-Kala* Museum, located in the centre of Zurich, houses a permanent collection of 225 original C.K.G. paintings. C.K.G. is Sri Chinmoy's artistic pen name.

The museum opened Oct. 3, exactly one year after Sri Chinmoy completed his first 100,000 paintings.

* * *

GALA CELEBRATION MARKS JHARNA-KALA ANNIVERSARY

JAMAICA, N.Y. (Oct. 3) — Sri Chinmoy's disciples around the world celebrated the first anniversary of their Master's completion of 100,000 paintings Oct. 3.

In New York, disciples celebrated the occasion with a seven-hour festival of music and original musical skits.

The Guru's followers in Puerto Rico commemorated the event by chanting 'Supreme'—God's name—100,000 times. Members of the Triboro and Manhattan Centres chanted their Guru's name 100,000 times, while Canadian disciples presented Sri Chinmoy a 12-foot-long scroll containing a hundred of the Master's poems. The letters of the words were formed by dots—100,000 of them.

THE TALK OF PARSONS BOULEVARD

Dipti Nivas restaurant in San Francisco celebrated its third anniversary last month. Sri Chinmoy wrote a special song for the occasion, which his New York disciples sang over the phone to a gathering of San Francisco disciples, who listened over a loudspeaker system . . . *Madal Circus* performed twice in Central Park, once last month and another time in the Central Park Bandshell early this month . . . Sri Chinmoy and his disciples attended two performances of *Circus Vargas*, the largest circus still performed under a tent, and the Master met with Clifford Vargas, the owner, afterwards . . . *Yoga-Life-Perfection* held an open house early this month for persons interested in meditation and hatha yoga . . . Members of *The Sacred Fire* sang a medley of songs, including Sri Chinmoy's "O My America," to a Kiwanis Club Kid's Day at LaGuardia Airport . . . The *Space Cadet* acting troupe celebrated its first anniversary on Labor Day, and the members were each given trophies by Sri Chinmoy, who calls himself the king of the Space Cadets . . .

After crowning himself king of the "Space Cadets," Sri Chinmoy performed at a disciple function last year. The Space Cadet group celebrated its first anniversary Labor Day (photo by Sarama).

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Sri Chinmoy during an esraj concert (photo by Sarama).



NYU LECTURE SERIES PLANNEE

NEW YORK—Sri Chinmoy is giving an eight-week lecture series at New York University during the months of October and November (excluding Nov. 25).

The lectures will be held at 8 p.m. Fridays at Loeb Student Center, Room 310.

* * *

UPCOMING EVENTS

Oct. 27—Special meditation for teachers and educators, Chapel of the Church Center for the United Nations, 44th Street & First Avenue at 7:30 p.m.

Oct. 30—Sri Chinmoy esraj concert, St. Thomas Church, 53rd Street and Fifth Avenue at 7:30 p.m.

Dec. 18—News Year's Meditation at Hunter College at 7:30 p.m.



Sri Chinmoy and his disciples take to the air during a visit to Great Adventure amusement park in New Jersey (photo by Ben Lieberman).

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"THE SOUNDLESS SOUND"

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GURU HONOURED IN PUERTO RICO

CAGUAS, P.R. — The Commonwealth of Puerto Rico opened its heart to an Indian Guru last month, offering the spiritual leader several honours.

Mayor Luis Morales of Ponce named Sri Chinmoy an official "guest of honour" and a "most distinguished guest" of his city.

He read out the mayoral proclamation at Belgica Park, where the Master planted a "meditation tree."

The following day, Oct. 27, was proclaimed "Sri Chinmoy Day" in Caguas by Mayor Angel Berrios.

During his six-day visit to the island, Sri Chinmoy met briefly with Juan Cancel Rios, President of the Puerto Rican Senate. He also held a special meditation for Governor Rafael Hernandez Colon and his wife. After the meditation, the Master gave a private esraj performance for the Hernandez Colons and a few staff members, as the group sat around him on a golf course.

A MEDITATION FOR ALL SEASONS

NEW YORK—Sri Chinmoy held a special meditation for beginners on the morning of Oct. 16, and followed it with a meditation for advanced seekers that afternoon.

During the morning session, the Master offered the newcomers detailed verbal instructions as well as individual inner guidance.

In the afternoon it was all silence as he asked the seekers to meditate, in turn, on Peace, Light, Power and Delight as he brought down these qualities one by one.

EDINBURGH TO LONDON RUN RAISES FUNDS FOR UNICEF

EDINBURGH—Nineteen European disciples from the Sri Chinmoy Centre ran a 450-mile relay from Edinburgh to London last month to raise money for UNICEF and promote the ideals of the United Nations.

The runners passed from hand to hand the flaming "liberty torch" which had been used during the 50-state Bicentennial run in the U.S. this past summer.

The European run, which lasted from Oct. 22 to Oct. 24, brought in 500 pounds for UNICEF from sponsors who contributed a set amount according to the miles run.

A photo of the runners presenting the cheque to a government minister appeared in the *London Times*.

"Our goal," one of the runners declared, "was to bring more attention to the U.N. as a symbol of the highest in human potential."



Sri Chinmoy holds a meditation for absolute beginners (photo by Ben Lieberman).

PUERTO RICO RESONATES TO THE SOUND OF THE ESRAJ

SAN JUAN—Sri Chinmoy gave four esraj concerts in Puerto Rico last month, culminating his tour with a stirring performance at the Puerto Rico Music Conservatory.

Other concerts were performed in the Museo del Arte in Ponce, the Casa Blanca Concert Hall in Caguas and the Sri Chinmoy Centre outside San Juan.

The Casa Blanca concert on Oct. 25 marked the inception of the first Sri Chinmoy *Sangit*, a festival of the Master's spiritual music. The *Sangit*, which will be held annually, included a music contest for high school students, who played and sang Sri Chinmoy's compositions and songs.

THEY MEDITATE TO MUSIC

NEW YORK—More than a thousand music lovers crowded into St. Thomas Church on Fifth Avenue Oct. 30 for Sri Chinmoy's first public esraj concert in the U.S.

At the end, the Master handed out *prasada*, or "blessing-food."

The concert was described as an extension of the meditation experience into music, and the audience meditated throughout the programme. All the music was written by Sri Chinmoy.

A similar type of concert, with new music, is scheduled for Nov. 27 at a location yet to be determined.

OUTDOOR FESTIVITIES LIVEN UP U.N. DAY

JAMAICA, N.Y. — The Sri Chinmoy Centre sponsored an outdoor street fair last month to commemorate United Nations Day.

Several of the disciple-owned stores in the area put out booths, and entertainment was provided by clowns and performers from the Centre's Madal Circus. Profits were donated to UNICEF.

The Sri Chinmoy Centre is a Non-Governmental Organisation affiliated with the U.N., and many of its members work at the U.N.

A SALUTE TO THE MUSE

NEW YORK—A music and literary festival was held on the steps of the 42nd Street Public Library here to celebrate the first anniversary of Sri Chinmoy's completion of 843 poems in 24 hours.

At the library ceremony, the Guru's disciples read out each of the 843 poems. The band *Srinvantu* provided musical accompaniment.

This was one of several festivals held by disciples from coast to coast in the U.S. and Canada to honour the poetic achievement.

Sri Chinmoy wrote the 843 poems on Nov. 1, 1975, using yogic powers of concentration. The poems were published under the title, "Transcendence-Perfection."



Sri Chinmoy, a soccer champion during his ashram days, gives pointers to members of United Nations Meditation-Flames, a newly formed disciple soccer team (photo by Ben Lieberman).

MEMORIES OF PABLO CASALS

UNITED NATIONS—Ambassadors and music lovers joined together last month to pay tribute to Pablo Casals on the centennial of the great cellist's birth.

Those who had worked with Casals or known him personally gave reminiscences, and Spanish Ambassador Jaime Pinies offered his respects. Sri Chinmoy, who had met with the great musician shortly before his death, read out an excerpt from a conversation they had previously held.

The programme was sponsored by the United Nations Meditation Group, which Sri Chinmoy directs.

PUPPETS AND PUMPKINS ADD GLOW TO U.N. HALLOWEEN FETE

UNITED NATIONS—Ashrita the Magician and puppeteer Bill Baird were featured performers at a halloween party for children who attend the United Nations International School.

The programme, sponsored by the United Nations Meditation Group and UNICEF, is held annually to raise funds for UNICEF.

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NEW YEAR'S MEDITATION PLANNED

NEW YORK—Sri Chinmoy will conduct his fifth annual Meditation for the New Year on Dec. 18 at 7:30 p.m. at Hunter College Auditorium.

All seekers are invited to join the Master and his disciples in invoking the presence of the Christ, Sri Krishna and Lord Buddha.

Sri Chinmoy will deliver his "New Year's Message," describing the inner characteristics of 1977, and will hand out *prasad* and give individual *darshan*, or blessings.

The New York University lecture series originally planned for October and November has been cancelled. Sri Chinmoy's Friday night meditations at All Angels' Church, 81st Street and West End Ave., continue, however.

PUBLISHER'S CORNER

New books by Sri Chinmoy:

Sri Chinmoy Speaks, Parts 7-9—essays and questions and answers.

Father's Day: Father with His European Children—questions and answers.

Mayor Wes Uhlman of Seattle proclaimed Oct. 17 *Sri Chinmoy Relay Run Day*. Seattle disciples held a 50-mile relay run that day to commemorate the first anniversary of the local Centre . . . Running is also the thing in Jamaica. Three Connecticut disciples—*Vajra, Helene Wall* and *Cate Claxton*—run to work twice a week from Parsons Boulevard to the Queensboro Bridge in Manhattan . . . *Tarak* set the pace for a team of eight disciples participating in the 26-mile New York Five-Borough run last month . . . And *Yvonne Hannemann* placed second among all the women participants in the Milford Township Annual Seven-Mile Run . . . *U.N. Meditation-Flames*, an all-disciple soccer team, has joined the U.N. soccer league . . .

Narada Michael Walden has signed a record contract with Atlantic Records. His first solo album, "Garden of Love-Light," due for release this month. It features a number of disciple musicians, including *Devadip* and *Dulal*. *Gregory DiGiovin* helps manage Narada . . . Sarod player *Vasant Rai* gave a special concert for Sri Chinmoy and his disciples last month . . .

As part of the "Transcendence-Perfection" celebration in New York, about 80 disciples from the *Connecticut Centre* each read 10 or 12 different poems from the book—in unison. The entire manuscript was read out in five minutes . . . It took much longer for *Nilima* and *Barbara DeLong* to write out from memory, some 300 poems from the book. *Nilima* had memorized 500 and *Barbara* had learned 350 . . .

A travelling exhibition of Sri Chinmoy's paintings has left Zurich for visits to three German cities. The Zurich exhibit was in correctly described in last month's "Anahata Nada" as the opening of a permanent Jharna-Kala museum . . .

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"THE SOUNDLESS SOUND"

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New York area disciples march up Madison Ave. during last month's **Jharna-Kala** parade.

GURU SETS TUNE TO 300 SONGS IN MARATHON COMPOSING SESSION

JAMAICA, N.Y.—Sri Chinmoy set tune to 300 of his poems in a marathon composing session Nov. 28.

"When I sing spontaneously," the Master said, "I see flames inside my heart." He said he follows the flames, which are extinguished once a particular song is complete. "Then, when I sing a new song, at that time again I see new mounting flames."

As his disciples listened attentively, the Master went from song to song, taking only two rest breaks, when he handed out *prasad*. Each group of 100 songs took about an hour and a half to compose.

Disciples from the San Francisco Centre listened to the entire concert over a trans-continental telephone hookup. They also taped the first 150 songs, and a transcription of the music was forwarded to New York three days later and published under the title *Surrender-Lotus Blossoms*.

The second 150 songs, to be transcribed by New York area disciples, will be published as *Surrender-Rose Blossoms*.

MASTER'S DEGREE OFFERED IN SRI CHINMOY'S PHILOSOPHY

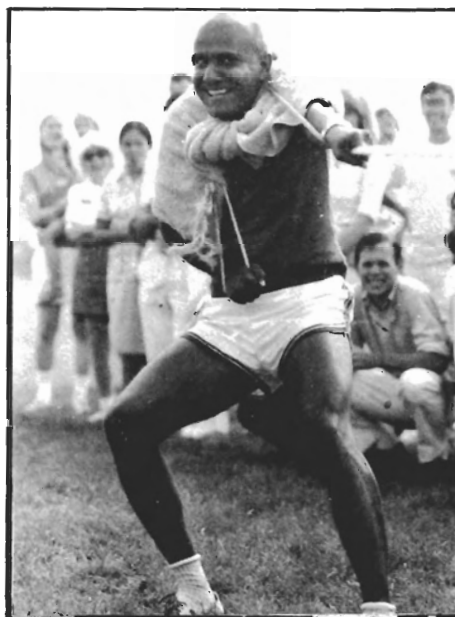
SAN JUAN—The University of Puerto Rico is now offering a Master's degree in the philosophy and life of Sri Chinmoy.

Kanti, head of the Sri Chinmoy Centre in San Juan, was the first to enroll in this programme.

SELECTED *JHARNA-KALA* WORKS BEGIN TOUR OF NORTHEAST

WASHINGTON—A group of Sri Chinmoy's paintings selected by Henry Geldzahler, Curator of New York's Metropolitan Museum of Art, 20th century collection, has begun a tour of the Northeast.

The first exhibit of these paintings was held last month in a gallery in suburban Washington. The second is being held this month in Philadelphia.



Sri Chinmoy in a tug-of-war with a group of children during last year's Sports Day (photo by Sarama).

SAN FRANCISCO PROCLAIMS ITS SECOND 'SRI CHINMOY DAY'

SAN FRANCISCO—Mayor George Moscone proclaimed Nov. 1 'Sri Chinmoy Day' in honour of the Indian Guru who was in California last month to give a series of public meditations and concerts.

The Master was given the proclamation at City Hall by Supervisor Diane Feinstein, who then escorted him to the city council chambers and formally introduced him to the entire Board of Supervisors.

A 'Sri Chinmoy Day' had been proclaimed last year by former Mayor Joseph Alioto.

During his West Coast visit, Sri Chinmoy also received a welcoming resolution from the Secretary of State of the state of California.

In the course of his trip, the Master held public meditations in San Francisco, Santa Cruz and Santa Barbara and gave a public esraj concert at the Scottish Rite Memorial Temple in San Francisco.

GALA RECEPTION MARKS OPENING OF SAN FRANCISCO ART EXHIBIT

SAN FRANCISCO—Diplomats and socialites rubbed shoulders with writers, artists and businessmen at the gala opening Nov. 4 of a month-long exhibition of Sri Chinmoy's *Jharna-Kala* paintings here.

Sri Chinmoy was present at the reception, giving an esraj concert, conducting a meditation and answering questions about his art.

The exhibit was held in a downtown gallery in the heart of San Francisco's financial district.

SPIRITUAL TEACHER FROM EAST MEETS EDUCATORS FROM WEST

NEW YORK—East met West last month when spiritual teacher Sri Chinmoy, a yoga Master, conducted a meditation for teachers and educators from public schools and universities in the metropolitan area.

The Master also delivered a lecture about some of the differences between inner education and outer education and indicated how meditation could be applied to the teaching profession.

Many of Sri Chinmoy's disciples are teachers, and it was they who arranged the programme.

A MEMORIAL SALUTE TO U THANT

UNITED NATIONS—Ambassadors and U.N. officials commemorated the second anniversary of U Thant's death last month in a programme sponsored by the United Nations Meditation Group.

Sri Chinmoy, director of the Meditation Group and an intimate friend of the late Secretary-General, opened the session with a few remarks and a brief meditation.

Scenes from the Master's play *Siddhartha Becomes the Buddha* were performed, and a film of U Thant at the premiere of the play was shown.

Italian Ambassador and U.N. representative Piero Vinci spoke about the mark U Thant "left on the world stage by his philosophy and political foresight."

Ambassador Ole Algard of Norway remembered U Thant as a master of quiet diplomacy who contributed to the "creation of a new consciousness" which emphasized respect for the poor and underprivileged.

U.N. Deputy Under-Secretary-General Robert Muller described U Thant as one who saw "no distinction between religion, spirituality and political life."

WHERE IT ALL BEGAN

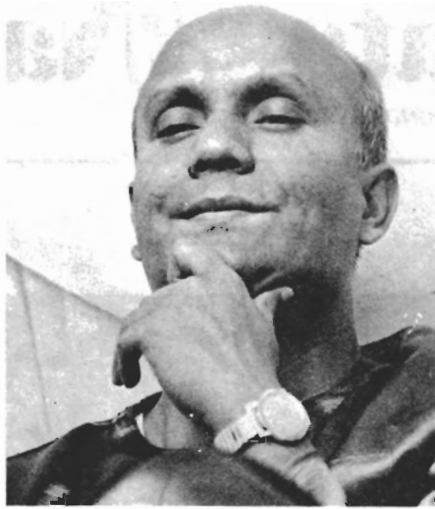
OTTAWA—On Nov. 19, 1974, in Room 233 of the Sheraton El Mirador Hotel here, Sri Chinmoy did his first *Jharna-Kala* painting: that famous red rose.

Two years later the Master went to that room again to celebrate *Jharna-Kala's* second anniversary. Deputy Mayor Marion Dewar was on hand for the event, as well as a large group of Canadian disciples.

On November 18 Sri Chinmoy gave an esraj concert at the Museum of Man, which exhibited several of his paintings that day.

And earlier in the month, some 200 of his paintings were put on display in the main foyer of Ottawa's City Hall.

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Sri Chinmoy watches a disciple performance (photo by Sarama).

SACRED FIRE ENDS YEAR WITH 13-GUN SALUTE

The Sacred Fire Bicentennial Group is ending this Bicentennial year with a series of 13 musical and dramatic performances at different historic sites.

Last month there were several events in the New York—New Jersey area. This month the focus will be on Philadelphia and Washington.

PUBLISHER'S CORNER

Newly published books by Sri Chinmoy: *My Rose Petals, parts 5-7*—European lectures and questions and answers.

God the Supreme Musician (revised, 2nd edition)—essays and questions and answers on music.

Creation and Perfection—essays and questions and answers.

Dipti Nivas a pamphlet of questions and answers asked at Dipti Nivas.

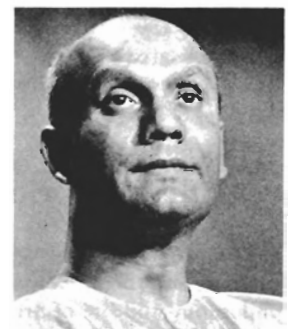
THE TALK OF PARSONS BOULEVARD

C.K.G. did 16 paintings on Nov. 16 to mark the anniversary of his completion of 16,031 paintings in 24 hours a year earlier... Three days later, disciples around the world celebrated the second anniversary of Sri Chinmoy's first *Jharna-Kala* rose... In New York, there was a 10-hour festival of plays and music, followed the next day by a *parade* up Madison Ave... Sri Chinmoy gave two esraj concerts in New York last month—one at Calvary Church and one at a school assembly in St. Francis High School... A book of *disciple tributes* to Sri Chinmoy's esraj playing, "Vision-Reality: Height and Depth," has been published by Agni Press...

Sri Chinmoy planted an "*Aspiration tree*" in San Francisco's Golden Gate Park and requested that at least one disciple meditate there every day... A *Sri Chinmoy Sangit* was held last month at Lowell High School in San Francisco—a contest for members of the school orchestra to see who could best perform his own arrangement of the Master's music... Sri Chinmoy delivered the *keynote address* at a programme commemorating the 20th anniversary of the opening of the All Faith Chapel at New York's Universalist Church...

Sri Chinmoy's *poetry* has been accepted for publication in four poetry journals... *Nilaya* has been presenting a Liberty-Torch slide show at various high schools and libraries in Westchester County. The half-hour programme, including music, slides and narration, was presented to several hundred runners in the New York Road-runners Club after a race last month... The *United Nations Meditation Group* held an International Day of Thanksgiving for U.N. representatives and staff. An evening banquet was catered by *Annam Brahma* Restaurant.

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1/76 — 4/77

Anahata Nada

"THE SOUNDLESS SOUND"

January 1, 1977
Vol. 3, No. 12



Sri Chinmoy presents his 300 books to New York's Mayor Beame at City Hall (photo by Lloyd Hart).

GURU COMPLETES 300TH BOOK

NEW YORK—Sri Chinmoy's 300th book rolled off the presses last month, establishing a new milestone in American letters.

This amazing collection of spiritual poems, plays, stories, essays, lectures and questions and answers was written in the short span of six-and-a-half years.

His 300th book, *Aspiration-Tree*, was published by his own publishing company, Aum Publications. His books have also been published by Harper & Row, Simon & Schuster, Herder and Herder and others.

These books, Sri Chinmoy said during a celebration honouring their publication, "signify 300 flames of aspiration. These are not my aspirations but the aspirations of

humanity.

"This is not my achievement," the Guru continued. "This is the achievement of the Absolute Supreme in us, through us and for us. These 300 books embody a few million words. Each word is a manifestation of Divinity's Reality on earth for those who love me . . .

"Each book is another name for my gratitude to my sweet children on earth and my loving friends in Heaven. When my spiritual children see or feel anything in me, they must feel gratitude—Sri Chinmoy the gratitude, Guru the gratitude."

Aspiration-Tree represents the kind of self-transcendence that Sri Chinmoy has come to symbolise in the creative and spiritual world. The Master has painted more than 127,000 spiritual paintings and composed some 1,800 devotional songs and musical compositions. These include the 16,031 paintings he completed in 24 hours, the 843 poems he wrote in one day and the 300 songs he set tune to in one marathon composing session.

PRESENTS 300 BOOKS TO MAYOR BEAME

NEW YORK—Sri Chinmoy presented a collection of his 300 books to New York's Mayor Beame at City Hall on Dec. 17.

"To offer this book to you is to offer it to the soul of New York City," the Master declared. "The capital of America is Washington, D.C.; but the capital of the world is New York.

The Mayor replied: "I am sure these books will be an inspiration to millions of others. I am very pleased."

Beame then presented the books to an official of the New York Public Library for inclusion in its permanent collection. Now, Beame said, "so many readers can read them and get the same inspiration."

A HOLIDAY RETREAT IN FLORIDA

MIAMI—Sri Chinmoy and a group of about 150 disciples took a two-week spiritual holiday at a retreat about an hour from Miami.

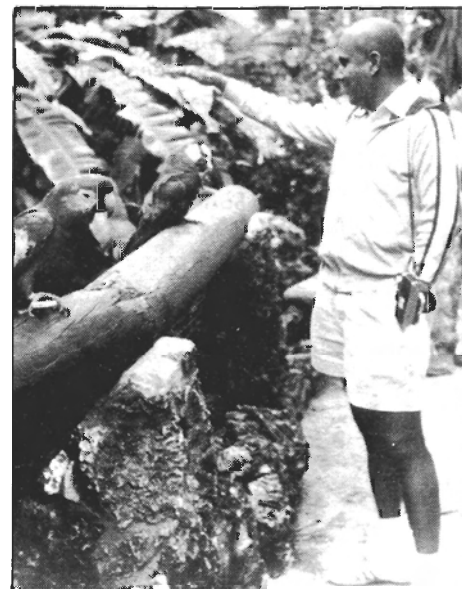
Disciples came from as far away as Australia and Europe for this vacation in the sun, which included meditation, sports and sightseeing.

Special meditations were held on Christmas and New Year's Eve, and a large public meditation was held in Miami proper.

MEDITATION HELD FOR LAWYERS AND JUDGES

NEW YORK—Sri Chinmoy, a teacher of the inner law, held a meditation for members of the legal profession Dec. 7.

Lawyers and judges from the metropolitan area gathered at the Association of the Bar of the City of New York to meditate with the Indian Guru and hear him speak on the relationship between human law and spiritual law.



Making new acquaintances at Florida's Parrot Jungle. (Photo by Ben Lieberman)

MEDITATION HELD FOR THE NEW YEAR

NEW YORK—Sri Chinmoy conducted his annual Meditation for the New Year on Dec. 18 at New York's Hunter College.

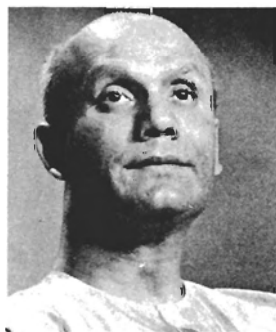
The Master and his disciples prayed for peace and harmony in the new year and meditated to invoke the inner qualities of 1977. Several groups performed arrangements of the Guru's music and Sri Chinmoy himself played on the esraj.

During the evening, the Master delivered his New Year's Message and, at the end, offered *prasad* to all present.



Sri Chinmoy during the New Year's Meditation (photo by Ben Lieberman).

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NEW YEAR'S MESSAGE

The New Year will be the year of our astounding achievements.

Our inner achievement will be peace.

Our outer achievement will be progress.

Peace is realisation-seed.

Progress is satisfaction-fruit.

—Sri Chinmoy

THE SOUND OF '76

For Sri Chinmoy, 1976 was the year of musical creativity.

The Master gave about two dozen concerts, including ones at Carnegie Hall and Lincoln Center in New York, and came out with two new record albums and five new tape cassettes of his songs and esraj music.

The latest record album, "Meditation-Sea," was produced in Zurich.

He also played 27 different instruments during a one-man concert on Aug. 27, and composed 300 songs in a single session on Nov. 28. The total for the year was 765 songs.

Last year also saw the inauguration of the Sri Chinmoy *sangit*, or festival of the Master's spiritual music, in Puerto Rico, later followed by one in San Francisco.

Toward the end of the year, Sri Chinmoy devoted considerable attention to his esraj music. He began studying the esraj last February and first played in a public concert on April 13. His first full esraj concert was in Puerto Rico on July 18.

THE TALK OF PARSONS BOULEVARD

U.N. Meditation-Flames, the all-disciple soccer team, defeated the champion Russian team to win second place in the United Nations Soccer League Tournament last month...Disciples gave a *performance* of Christmas carols Dec. 18 at the International Arrivals Building of JFK Airport in New York. Earlier in the year disciples in *The Sacred Fire Bicentennial group* had given a concert of patriotic songs there . . . And at the Pan Am terminal several of Sri Chinmoy's *Jharna-Kala paintings* were placed on exhibit during the holiday season. A C.K.G. exhibit also opened last month in Philadelphia . . .

Stan Samole and *Tom Pliske* are teaching courses on Sri Chinmoy's philosophy at the Department of Continuing Education at the University of Miami and at the First Unitarian Universalist Society in Miami . . . Stan has also been giving a series of concerts and speaking about Guru's music philosophy in the Miami area with his musical group *Lotus* . . . The *Liberty Torch runners* presented a slide show, a film and a dinner to New York area disciples last month as a thank you for the support they received during their 9,000-mile Bicentennial run last summer . . . *Articles* on Sri Chinmoy have appeared in the "Miami Herald" and "TRANSINDIA" magazine.

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"THE SOUNDLESS SOUND"

February 1, 1977
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INAUGURATION BLUES (AND PINKS)

WASHINGTON—About a hundred members of the United Nations Meditation Group served as ushers at the Lincoln Memorial prayer service and the Pennsylvania Avenue parade on inaugural day.

Clad in blue (men) and pink (women) blazers, without topcoats, the group braved sub-freezing weather to show their enthusiasm for the spiritual ideals that the new President represents.

In a thank you note to Sri Chinmoy, Director of the Meditation Group, a spokesman for the Inaugural Committee told the Master, "You represent America's idealism and spiritual values at their best."

He told Sri Chinmoy the Presidential Committee was "particularly impressed by the dedication and cooperative spirit of your members, who are outstanding examples of the philosophy of brotherhood and good will which you seek to implement at the United Nations."

U THANT'S BIRTHDAY CELEBRATED AT U.N.

UNITED NATIONS—The United Nations Meditation Group held a programme of music and tributes in honour of U Thant's birthday Jan. 21.

Ambassador Zenon Rossides of Cyprus called the late Secretary-General "a luminous ideal that moved among us as a human figure."

He said the real homage was being paid to a higher power in the name of U Thant, since it is this power, or spirit, that is the "source of eternal life and human virtue."

Another speaker, Ambassador Piero Vinci of Italy, spoke of the importance of keeping alive U Thant's spiritual message.

Sri Chinmoy, Director of the Meditation Group, opened the programme with a short meditation and spiritual song, and presented a copy of a book he had written about U Thant to the Secretary-General's daughter, who was present at the ceremony.

PHILADELPHIA MAYOR SALUTES LITERARY FEAT

PHILADELPHIA—Mayor Frank Rizzo sent Sri Chinmoy a letter of congratulations last month following the Guru's completion of his 300th book.

"Philadelphia, the city of brotherly love, was the vision of William Penn; you, as Director of the U.N. Meditation Group, are striving to expand this vision to worldwide dimensions," the Mayor said.

Sri Chinmoy later presented the Mayor with a collection of all 300 books, for donation to that city's public library. The Master had previously made a similar gift to the New York Public Library.

INDIAN SUMMER IN THE CANADIAN WINTER

TORONTO—Sri Chinmoy gave an esraj concert at the University of Toronto Jan. 26, bringing a touch of Indian summer to the harsh Canadian winter here.

The Master also visited an exhibit of his *Jharna-Kala* paintings being held in a downtown Toronto gallery.

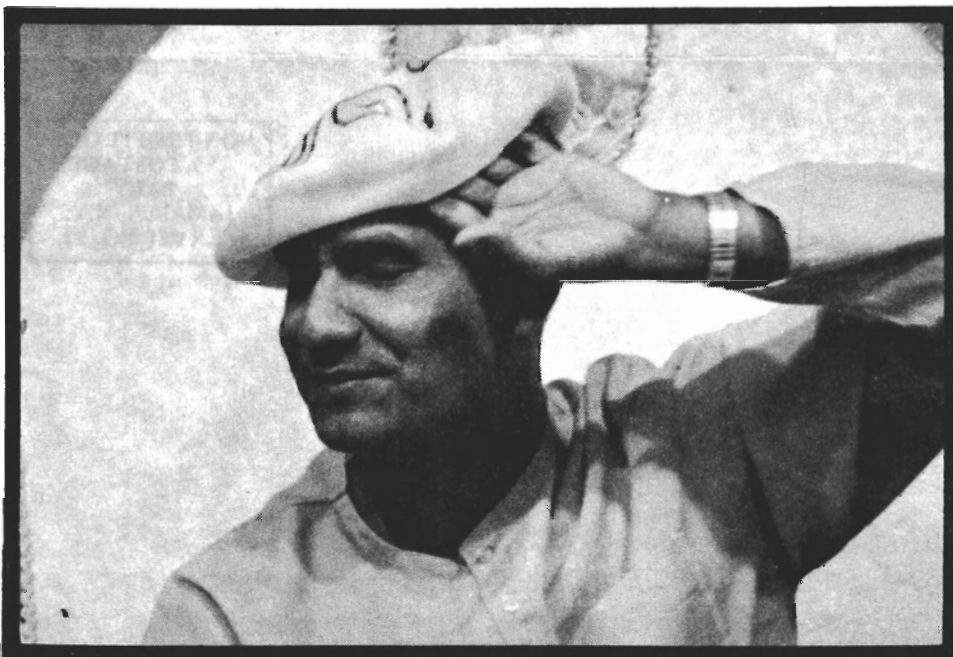
Sri Chinmoy is to visit another of his art exhibits next month in Montreal and give an esraj concert March 5 at Concordia University.

UPCOMING EVENTS

Sri Chinmoy will be giving a series of Wednesday evening meditations and esraj concerts. The following locations have so far been confirmed. For future dates, please call (212) 523-3471.

March 2—Rockland Community College, Student Union Building, Suffern, N.Y.

March 9—Queens College, Student Union Building, 4th floor



An amused Sri Chinmoy tries on a gift one of his disciples has given him.

PUBLISHER'S CORNER

Recently published books by Sri Chinmoy:

Aspiration-Tree—Sri Chinmoy's 300th book, consisting of questions and answers on aspiration.

Flame-Waves, parts 6-8—Questions answered at the United Nations.

Justice-Light and Satisfaction-Delight—Questions and answers on law and jurisprudence.

Les Preliminaires de Sri Chinmoy—French translation of "Sri Chinmoy Primer."

My Green Adoration-Gifts—Bengali songs with English translation.

Soulful Questions and Fruitful Answers—Questions and answers on education.

Surrender Lotus-Blossoms—Musical notation for 100 songs from "Transcendence-Perfection."

Union-Vision—Lectures delivered at the United Nations.

Warriors of the Inner World—Essays and questions and answers.

U Thant: Divinity's Smile and Humanity's Cry—Memorial tribute to U Thant.

THE TALK OF PARSONS BOULEVARD

Sri Chinmoy passed out *flower petals* as prasad to a group of Puerto Rican disciples in Florida on Jan. 2, and asked them to eat the petals while meditating in front of him. Guru said this had tremendous occult significance . . . The year 1977, Sri Chinmoy declared, is the *year of meditation*, and he asked his disciples to keep a record of how much time each day they spend in meditation . . . He also asked disciples to wear a *flower* one day a week to help inner purification . . . At the inauguration of *Satisfaction-Dawn*, Harit's and Nathan's music store, Guru played and meditated for a few moments on any instrument the disciples purchased . . . Sri Chinmoy held an unusual meditation for "*departed soldiers*," or ex-disciples, on Jan. 29 . . .

Yvonne Hannemann placed tenth among women participants in the 26-mile Jersey Shore Marathon last month. Yvonne, who says she couldn't even run around the block a year ago, completed her run in 22 degree temperatures, with three

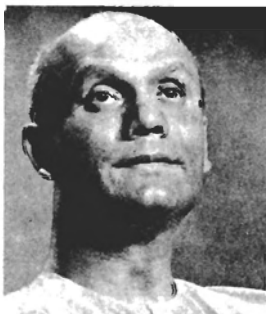
inches of snow on the ground. Sri Chinmoy awarded her with a four-foot-high trophy . . . He also gave smaller trophies to a group of *women disciples* who had succeeded in losing a specified amount of weight.

Sri Chinmoy played the esraj for the first time on television last month on WATR-TV's "*Sounding Board*," in Waterbury, Conn. He also answered questions called in by viewers . . . Disciples of the San Francisco Centre sang Sri Chinmoy's song about President Carter at a Democratic celebration party on inaugural day .



Bike riding last summer.

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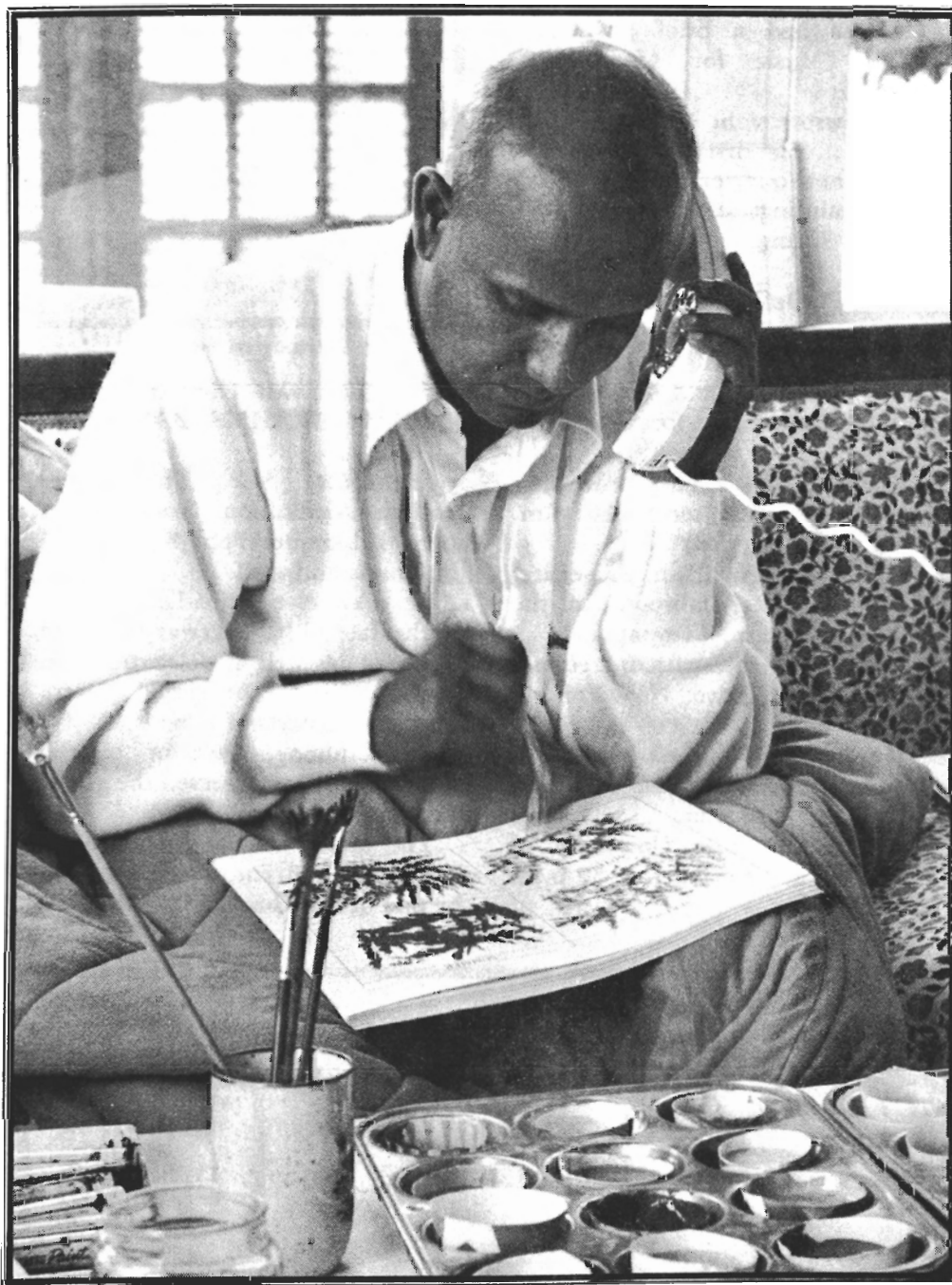
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Anahata Nada

"THE SOUNDLESS SOUND"

March 1, 1977
Vol. 4, No. 2



A busy day.

BOOK OF THE MONTH

Conversations with the Master—During an informal gathering with his disciples, Sri Chinmoy answers questions on the fairy world, angels, life on other planets, witchcraft and demons and dreams. This book offers a rare glimpse of the Guru-disciple relationship in operation.

LECTURE SERIES BEGUN

Sri Chinmoy has begun an extensive series of meditations and esraj concerts that will bring him to several Northeastern universities within the next few weeks.

Last month he visited the State University of New York at Stony Brook and this month several more appearances are scheduled.

U.N. MEDITATION GROUP BEGINS GENEVA BRANCH

GENEVA—The United Nations Meditation Group, which has been operating for the past seven years at the U.N.'s New York headquarters, has opened a branch in Geneva.

The Geneva Group held its first meditation session Feb. 1 and has been meeting weekly ever since.

Sri Chinmoy is Director of both Meditation Groups.

U.N. OFFICIAL PRESENTS BUST OF U THANT TO GURU

UNITED NATIONS—A high level United Nations official presented Sri Chinmoy with a bust of U Thant as a personal tribute to the Master's devoted efforts in honouring the late Secretary-General's memory.

The bust was personally commissioned by Robert Muller, deputy to the Under-Secretary-General for Inter-Agency Affairs and Coordination. Mr. Muller called the statue a "small token of my deep appreciation for all you have done for the memory of our beloved U Thant."

The U.N. Meditation Group has sponsored several commemorative programmes for U Thant since he left the body.

PUBLISHER'S CORNER

New books by Sri Chinmoy:

Union-Vision—Lectures at the United Nations.

Reality-Dream—Lectures at the United Nations.

Perseverance and Aspiration—Essays and questions and answers.

Sri Chinmoy Speaks, Part 10—Essays and questions and answers.

Surrender Lotus-Blossoms—Musical notation for 100 songs from "Europe-Blossoms" (not from "Transcendence-Perfection" as erroneously reported last month).

THE TALK OF PARSONS BOULEVARD

Sri Chinmoy gave a meditation and short talk at the U.N. Gift Shop February 11 for the store's employees. The store is run by *June Henneberger* . . . Later in the day, after the U.N. Meditation Group meeting, Guru lunched at the Ambassador Grill at the U.N. Plaza Hotel. Two of his disciples who work there, *Abakash* and *Steve Opera*, served as his busboys . . . Guru gave a special esraj concert at his church February 17 to commemorate the anniversary of the purchase of his first esraj . . .

Ashrita has come out with a book on Guru's esraj music, entitled "My Beloved Lord Supreme: A Tribute to Your Sacred Esraj Music" . . . A local school gym was covered with thousands of books February 20 as New York area disciples brought in all their books for an official book count. Disciples with more than 300, 200 or 100 books, respectively, received first, second or third prizes . . . That weekend the Canadians were holding a winter sports festival in Halifax, and they telephoned in a report to the "book fair" . . . Earlier in the month, Ottawa disciples held a 32-hour ice-skating marathon . . .

Guru inaugurated a new Centre in the local area February 4, named the *Green Centre* . . . Meanwhile, *Saumitra* reports he has opened a new Centre in Reno, Nevada . . . And the *San Juan Centre* has moved to a new address . . . *Cue Magazine* had a brief review of Guru's "Music for Meditation" album . . .

Guru wrote eight *U.N. songs* last month . . . The first issue of *Jharna-Kala*, a new quarterly magazine on Guru's paintings, is due for publication this Spring.

UPCOMING EVENTS

Sri Chinmoy will be giving a public meditation and esraj concert at the following locations this month:

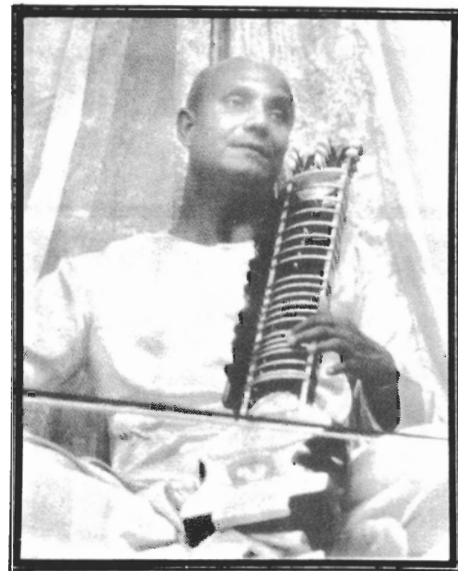
March 16—New York University, Loeb Student Center, 7:30 p.m. (poetry reading also).

March 22—Fordham University, Campus Center Ballroom in the Bronx, 7:30 p.m. (Tentative).

March 23—International House, 500 Riverside Drive, New York, 7 p.m.

March 25—New York Society for Ethical Culture, 2 West 64th St., New York, 7:30 p.m.

March 29—State University of New York at New Paltz, 7:30 p.m. (tentative).



Sri Chinmoy on the esraj.

U.N. DIPLOMATS FETED AT ANNAM BRAHMA BANQUET

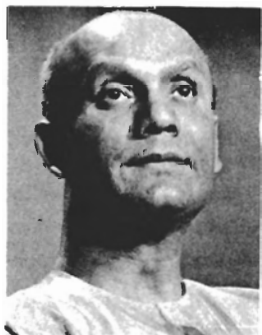
JAMAICA, N.Y.—The United Nations Meditation Group sponsored a banquet Feb. 8 for U.N. diplomats and staff.

Mrs. Aye Aye Myint-U, daughter of the late U.N. Secretary-General U Thant, as well as delegates from Portugal and Argentina, were among the guests of honour.

Sri Chinmoy, Director of the Meditation Group, served the guests their food personally.

The affair was held at Annam Brahma restaurant, which is owned by one of Sri Chinmoy's disciples.

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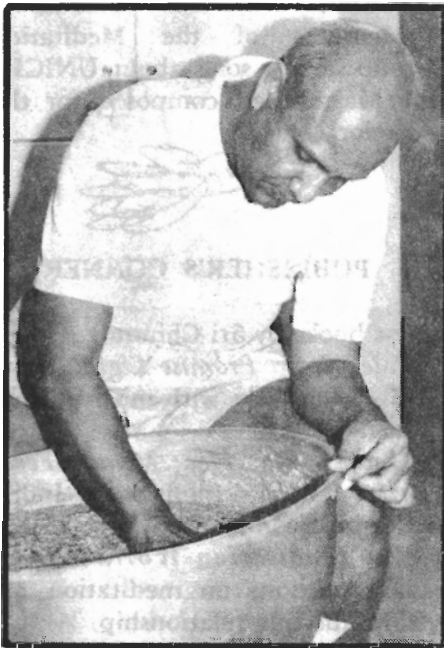


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"THE SOUNDLESS SOUND"

April 1, 1977
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Cooking a 22-course meal.



A GIFT FOR KURT WALDHEIM

UNITED NATIONS—Sri Chinmoy last month presented the present U.N. Secretary-General with a book he had written about former Secretary-General U Thant.

Upon receiving the book, *U Thant: Divinity's Smile, Humanity's Cry*, Secretary-General Kurt Waldheim declared: "U Thant gave his all to bring about world cooperation. I am also trying to do the same with all my heart's concern and love for humanity."

He then told Sri Chinmoy: "You are also doing the same with your prayer and meditation at the United Nations. I am sincerely grateful to you for you are offering your depth and vision to the United Nations through the Meditation Group."

The spiritual Master, who is Director of the United Nations Meditation Group, replied, "I regularly offer my gratitude-heart to your world-illuminating soul at our meditations."

A MEAL THAT TRAVELLED ROUND THE WORLD

JAMAICA, N.Y.—Sri Chinmoy cooked a 22-course meal March 15 to honour the third anniversary of Annam Brahma restaurant.

He began cooking at one o'clock in the morning and finished nearly 14 hours later.

Dinners were sent air express to disciples around the world, who ordered them from as far away as Europe and Australia. Some 265 meals were sent to distant Centres, and about 200 were consumed that day in the restaurant.

Sri Chinmoy embarked on the project as a fund-raising effort for the restaurant, which Nishtha took over three years ago.



TWO-DAY VISIT TO CANADA

MONTREAL—Sri Chinmoy conducted three meditations last month during visits to Montreal and Quebec City.

The Master held a public meditation and esraj concert March 5 at Loyola College in Montreal and visited an exhibit of his paintings which had been set up in the city.

He also conducted a 15-minute meditation at the Symposium on Life, Death and Psychic Research being held in Montreal at that time.

The following day he gave a meditation and esraj concert at the University of Laval in Quebec City.



ART EXHIBIT IN HAMBURG

HAMBURG, Germany—A two-week exhibit of Sri Chinmoy's Jharna-Kala paintings was held last month in a gallery in Hamburg.

The exhibit ran from March 14 to March 28.

GURU HOLDS POETRY READING

NEW YORK—Sri Chinmoy read out selections from his nearly 8,500 English-language poems during a public poetry reading March 16 at New York University.

The evening also included a short esraj performance by the Master, as well as renditions of his music by various disciple groups.



A SALUTE TO THE LADIES

JAMAICA, N.Y.—Annam Brahma restaurant became a miniature United Nations last month when it hosted a banquet for women U.N. delegates.

The soiree, which attracted diplomats from countries as diverse as Egypt, Honduras and Costa Rica, was held March 28 in honour of International Women's Day.

The United Nations Meditation Group sponsored the event.



CONCERT SERIES HELD

Sri Chinmoy gave a series of six esraj concerts and public meditations in New York state last month.

Four were held in New York and upstate universities or colleges: Rockland Community College (March 2), Columbia University (March 8), Queens College (March 9) and State University of New York at New Paltz (March 29).

A special concert and meditation was held March 23 at the International House in New York for members of the black community. And the Master gave a large public concert March 25 at the Ethical Culture Society of New York.



Sri Chinmoy with United Nations guards.

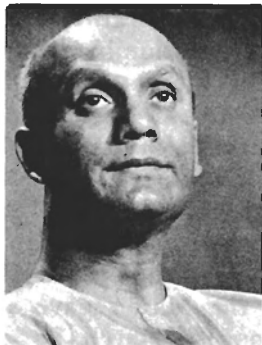
THE TALK OF PARSONS BOULEVARD

Guru composed a song about his esraj while coming back from an esraj concert and meditation at an upstate New York college March 2. He calls it *Esraj, Esraj* . . . A group of *San Francisco singers* produced the best arrangement of the song, and their version was selected by Guru as the official one . . . Guru performed his esraj on March 28 during a Channel 3 TV programme, *This Morning Show*, broadcast from Hartford, Conn. He also taped an esraj performance and question and answer session last month for WNBC-TV's *First Estate*. The half-hour show will be aired April 24 . . .

In other media news, Guru answered a series of questions March 11 during a *BBC interview*

at the United Nations . . . And a half-hour programme of his music was broadcast March 7 on a radio show in *Melbourne* . . . Elsewhere in Australia, disciples are gathering this month in *Adelaide* to celebrate the 13th anniversary of Guru's arrival in the West. In New York, a week-long celebration is being held . . . Disciples from *Vancouver* have shown a slide presentation and the *Jharna-Kala* movie in 13 towns in British Columbia and Alberta during February and March, covering about 3,600 miles . . . In another part of Canada, disciples presented a slide show and displayed Guru's music and books at all seven of the universities in *Nova Scotia* . . . Several times last month Guru personally cooked and handed out as *prasad* a traditional Indian sweetmeat made of sweetened milk curd called *Rossa Gulla* . . .

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is available for \$1/year from Chidananda.

MEDITATION FOR UNICEF

UNITED NATIONS—The Director of the United Nations Meditation Group, Sri Chinmoy, held a special meditation March 17 for staff members working at UNICEF.

Members of the Meditation Group sang a song about UNICEF the Master had composed for the occasion.



PUBLISHER'S CORNER

New books by Sri Chinmoy:

Pole Star Promise-Light, parts 1-5—Songbooks with musical notations.

India and Her Miracle-Feast, parts 1-6(b)—traditional Indian tales with commentaries.

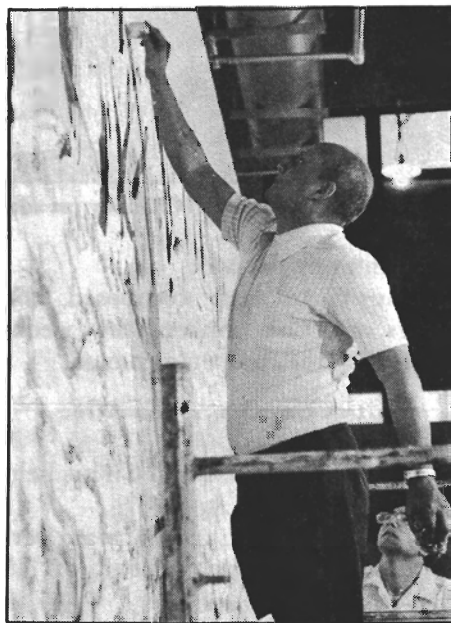
The Meditation-World—Essays and questions on meditation and Guru/disciple relationship.



BOOK OF THE MONTH

The Meditation-World—In this book, Sri Chinmoy discusses different techniques of meditation and explains different facets of the Guru-disciple relationship. Two subjects of particular interest include how to enter into the Master's consciousness and the relation between God and the human Guru.

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Painting a 13 x 70 foot canvas.

C.K.G. TRANSCENDS

NEW YORK — Probably the largest painting ever done in a single sitting was completed April 30 when Sri Chinmoy painted a 13 x 70 foot canvas in two hours 29 minutes.

Sri Chinmoy, who uses the artistic pen name "C.K.G.," entitled the work "C.K.G. Transcends," saying: "The Supreme . . . is transcending Himself in and through me. This creation is not mine; this creation is entirely His."

Sri Chinmoy's previous gargantuan work, entitled "Larger than the Largest," was 12 x 27 feet.

Upon completing the new work, the Master folded his hands and chanted: "Supreme, Supreme, Supreme, You are the birthless Cry and deathless Smile of my unconditional surrender. Supreme, Supreme, Supreme, You are the birthless Silence and deathless Sound of my unconditional surrender."

Afterwards, the Master and his disciples went outside and watched a squadron of planes skywrite: "LARGER THEN THE LARGEST — SRI CHINMOY."

13-HOUR MEDITATION HIGHLIGHTS FESTIVAL

The 13th anniversary of Sri Chinmoy's arrival in the West was celebrated last month with a 13-hour meditation.

The April 13th meditation was the high point of a 10-day spiritual festival that attracted disciples to the New York area from around the world.

The festival honouring Sri Chinmoy consisted of a variety of events including a parade, picnics, a *Jala Ramane* water ballet, a classical music concert, dramatic performances and several meditations.

Similar celebrations were held in Sri Chinmoy Centres worldwide.

SEVENTH ANNIVERSARY OF MEDITATION GROUP

UNITED NATIONS — The United Nations Meditation Group celebrated its seventh anniversary April 14.

Among the many speakers was Robert Muller, Deputy to the Under-Secretary for Inter-Agency Affairs, who thanked Sri Chinmoy, the Group's Director, for making staff members "better, more conscious and deeper people."

He spoke of how Sri Chinmoy is spreading around the world an image of the United Nations "that goes beyond the daily turmoil of political affairs and which is simply the old human dream for a good earth and a good people."

"You have a knowledge that goes beyond history," he told the spiritual Master. "You know the soul, you know the heart, you know the mind of the human being. You know his relations with the universe, with the cosmos. . . ."

Sri Chinmoy has been Director of the United Nations Meditation Group since its founding in 1970.

PARADE SPREADS JOY TO MADISON AVENUE

NEW YORK — Several hundred of Sri Chinmoy's disciples marched up Madison Avenue on April 16, brightening the city's atmosphere with colourful costumes, dazzling floats and a lively musical tempo.

There were about ten floats each reflecting different aspects of the Guru's work.

The parade was part of the 10-day festival celebrating the anniversary of Sri Chinmoy's arrival in the United States 13 years ago.



REMINISCENCES OF A CITY OFFICIAL

Following is an excerpt from a letter written March 21 by Paul O'Dwyer, President of the City Council of New York, reflecting back on his first meeting with Sri Chinmoy:

"I shall not easily forget the time Sri Chinmoy paid a call to my office. New York was in crisis at the time and [I] . . . could think of nothing more irrelevant than a visit to a distraught City Hall of an Oriental man: a practitioner of meditation, a teacher, poet, writer, prophet and philosopher . . ."

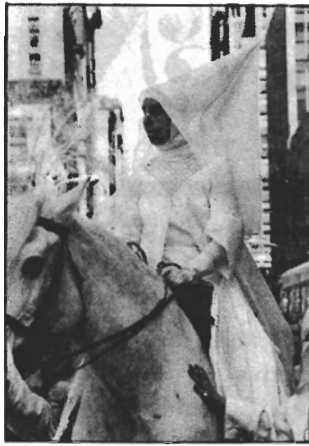
"Yet, when he came into our emotional lives with his young disciples, the Office of the President of the City Council became transfixed. My incredulous staff, who had come out of sheer curiosity, stood enthralled when the young people sang with quiet spiritual commitment. For a brief moment the atmosphere they had created and the simple reverence of Sri Chinmoy brought a peace and tranquility to a place of turmoil. Many visitors have come and gone, but none made such a lasting impression."

THE TALK OF PARSONS BOULEVARD

One of Guru's *award-winning-paintings* was used on the cover of "North American Mentor Magazine" in its spring issue. That magazine, as well as "Express" and "Sun," have published *Guru's poems* in their current issues . . . Five other poems were accepted for publication in a major Australian literary magazine, "Real Australia." Translations will also be published in a leading poetry magazine in Spain, as well as in Brazilian and French magazines . . .

A half-hour radio broadcast on Guru's teachings, entitled "Aspiration and Consciousness," was broadcast in March over BBC . . . Guru played the esraj and answered questions April 6 on *WOR-TV's "Straight Talk"*, and appeared live April 8 to answer listener's questions on the "Steve Powers' Show" on *WMCA-Radio*, both in New York . . . And a 10-minute tape of Guru's poetry, music and philosophy prepared by a group of Manhattan Centre disciples was aired on three *university* radio stations in New Jersey . . .

Kevin of New Zealand ran 13 miles on April 13 while his wife and child accompanied him in a car carrying a sign proclaiming "Sri Chinmoy 13 years in the West" . . . *Nilaya* and *Tarak* participated in



Images of the Sri Chinmoy parade

the Boston Marathon last month, *Nilaya* for his third year and *Tarak* for his first . . . *Guru* and New York area disciples are practising bicycle riding this month and plan to enter the 24-hour *Pepsi-Cola* cycling marathon in Central Park . . . The boy "*Space Cadets*" made a film of Sri Chinmoy's booklet, "My Subway Experiences," and played the leading roles . . . Disciples from *Victoria, B.C.* showed a slide presentation and the *Jharna-Kala* movie at 13 Canadian towns in February and March. *Anahata Nada* had incorrectly reported it as Vancouver disciples.

SPIRITUAL SONGFEST HELD

JAMAICA, N.Y.—A concert of 150 Bengali songs was held the evening of April 16 as part of the April

Sri Chinmoy festival.

The Guru had composed the songs over the previous few weeks especially for the performance.

CIRCUS ON A STAGE

NEW YORK—Madal Circus held its tenth showing April 17.

This year the circus was performed on a stage, instead of "in the round."

It included old favourites like *Abakash* the fire-eater and the gymnast troupes, as well as new acts suitable for performance on a stage.

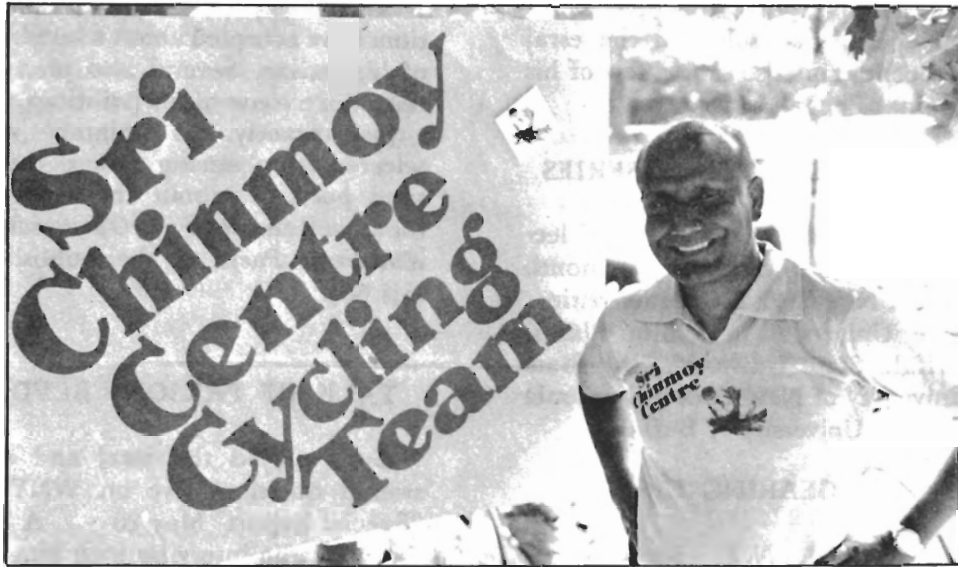
JHARNA-KALA GALLERY

NEW YORK—A five-week exhibition of Sri Chinmoy's painting opened last month in a *Jharna-Kala* gallery near the World Trade Center here. The exhibit opened April 17 and closed May 18.

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The Sri Chinmoy Centre "campground" at Central Park during the 24-hour bicycle marathon.

GURU LEADS CYCLISTS TO VICTORY IN 24-HOUR MARATHON

NEW YORK—Sri Chinmoy led a team of 135 disciples to victory in the 24-hour Pepsi-Cola bicycle marathon held here Memorial Day weekend in Central Park.

The Sri Chinmoy team, dressed in purple shorts and blue shirts, won two first prizes: for best riding team and for best uniform.

The 135-member team altogether pedalled a total of 22,530 miles—nearly the circumference of the world—in the 24-hour period.

Sri Chinmoy saw the marathon as an expression of his philosophy that the inner world and outer world must go together, and he regarded it as an extension of the meditation experience.

In his view, the marathon represented the aspiration, self-expansion and self-transcendence of the physical and the vital.

"The Pepsi-Cola marathon is the devoted self-giving and astounding capacity of the human body to follow the divine soul while it is travelling along Eternity's road to reach Infinity's Goal," the Master declared.

The team had only begun practicing two weeks earlier, and many of the cyclists hadn't been on a bike for 10 or 15 years. Yet more than a

third of the members pedalled 200 miles or more, and Sri Chinmoy himself rode 175 miles despite severe leg cramps.

"Only five or six individuals could have completed this marathon without their spiritual life," Sri Chinmoy said. "Just because they have accepted the spiritual life, today 135 disciples of mine were in a position to do this miracle.

"They had no idea of their dormant capacities. It is because of the descent of a higher power—we call it Grace from above—and also the exertion of their own inner will that it was possible."

In the last few minutes of the marathon, Sri Chinmoy led the entire team in a "victory lap" around the five-mile track. A photo of the victory lap appeared in *The New York Times*.

Among the disciples, Satyakarma clocked top mileage, completing 295 miles. He was followed by Rupantar, 270 miles, and Tarak, 265 miles. Among the women, Joanne Caruso and Nirjhari cycled 210 miles. Garima completed 205 miles and Myra Agdern, 200.

U.N. PAINTING DISPLAYED IN GENEVA

GENEVA—An unusual painting Sri Chinmoy created as a dedication to the soul of the United Nations has been put on display at U.N. headquarters here.

The painting, entitled "The Heart-Home of the World-Body," was first shown May 3 at a special function at the Master's Jharna-Kala Gallery in New York.

Martha Lackner, World Environment Day Co-ordinator for the United Nations Environment Programme, unveiled the painting on behalf of the U.N.

The work was briefly displayed at the United Nations' New York headquarters before being transferred to Geneva.

Later in the month the U.N. painting will be featured at a 12-day Jharna-Kala exhibit opening in Geneva May 19.

PUBLISHER'S CORNER

New books by Sri Chinmoy:

The Doubt-World—Essays on doubt, morality and transformation.

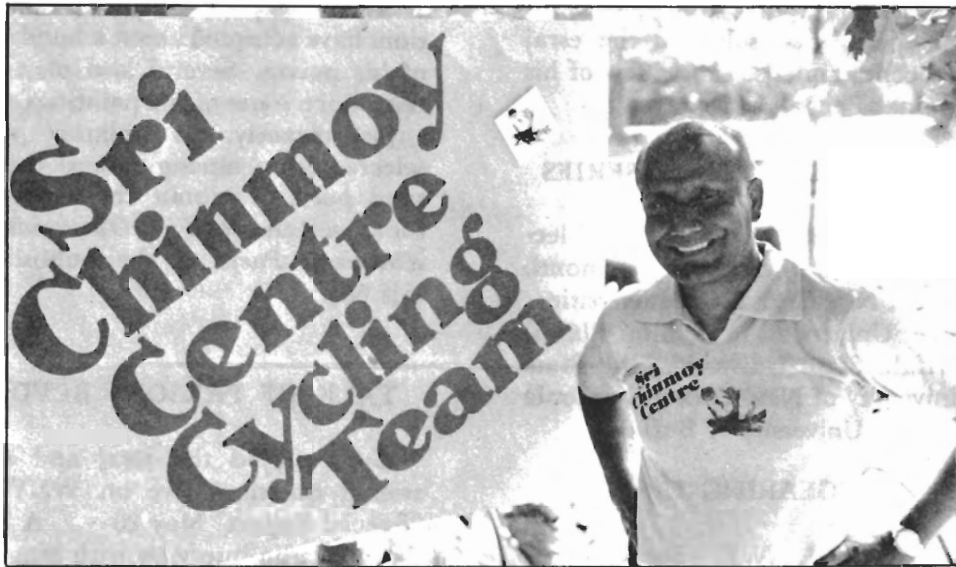
Selfless Service-Light—Essays and questions and answers on selfless service, attachment and devotion and modern science.

The Soul and the Process of Reincarnation—Questions and answers on Heaven and the higher worlds, the cosmic gods and life after death.

Illumination-World—Essays and questions and answers on faith in the Master, how the Master operates, how to please the Master and the temptation-world.

God and the Cosmic Game—Questions and answers on the Cosmic Game, what God looks like and the relationship between God and the human Guru.

My Green Adoration-Gifts, Part 2—Bengali songs with English translations.



The Sri Chinmoy Centre "campground" at Central Park during the 24-hour bicycle marathon.

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My Green Adoration-Gifts, Part 2—Bengali songs with English translations.

Anahata Nada

"THE SOUNDLESS SOUND"

July 1, 1977

Vol. 4, No. 6

TWO MESSAGES FROM THE BEYOND

JAMAICA, N.Y.—Sri Chinmoy delivered his Father's Day message from the skies of the inner world and his disciples replied from the skies of the outer world.

During a morning meditation June 19, the Master entered into a high meditation and then offered his Father's Day message, repeating it three times: "I am your Eternity's friend."

Later in the day, during a soccer game he and his followers were attending, a squadron of planes flew overhead and declared, in white smoke: "Happy Father's Day Sri Chinmoy." The skywriting was a gift from some of his students.

CANADIAN MARATHON

OTTAWA—Twenty-nine members of the Canada's Oneness-Heart running team completed a cross-country relay run which drew participation from some 3,000 runners across the nation.

Sixteen of the runners left June 10 from Victoria on the West coast and 13 left June 22 from Halifax on the East coast. They converged at Ottawa's Parliament Hill on Canada Day, July 1.

The run was sponsored by the Canadian government.

Canada's Oneness-Heart was formed last year by disciples of Sri Chinmoy to show their unity with the Liberty Torch runners. This group, also composed of disciples, went on a 9,000-mile relay run last summer through the U.S. in honour of the Bicentennial.

THE GURU AS SPORTSMAN

JAMAICA, N.Y.—As dawn breaks each morning over Queens and most people are rolling over in bed for another hour and a half's sleep, the Jamaica High School playing field is bustling with activity.

Each morning Sri Chinmoy and about a hundred disciples come to the field for sports practice, followed by a brief meditation and prasad.

The 45-year-old spiritual teacher, a former decathlon champion who has maintained his interest in athletics, practises the shot put, works on his sprinting and plays tennis.

This emphasis on athletics reflects his philosophy that body as well as spirit must be developed in the spiritual life.

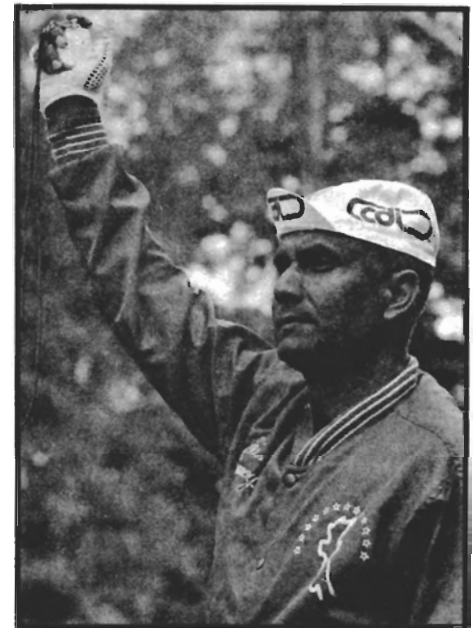
"If the physical is strong," he says, "then you can have determination on the vital plane. And if you have determination on the vital plane, then the will-power of the mind becomes strong. If the mind has strong will-power, then it is a great help to the heart."

ART EXHIBIT IN MUNICH

MUNICH—An exhibition of Sri Chinmoy's Jharna-Kala paintings was held in this German city from June 15 to June 26.

The featured work was the Master's painting dedicated to the United Nations dealing with the theme of world peace.

The painting had been part of a travelling exhibit that was shown in Geneva, Zurich and Glasgow. It has also been displayed at U.N. headquarters in Geneva.



Timing disciple bicycle races.

U.N. GUARDS HONOURED

UNITED NATIONS—The United Nations Meditation Group held a special function to honour the security guards at the U.N.

Sri Chinmoy, the Group's Director, told Chief of Security and Safety Col. Trimble and his staff: "You are protecting the body of the United Nations. Therefore, the soul of the United Nations is extremely, extremely proud of you."

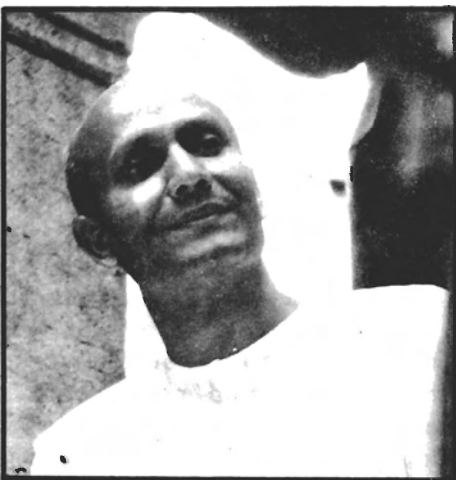
Robert Muller, Deputy to the Under-Secretary for Inter-Agency Affairs, spoke of how the security forces create an atmosphere of kindness and decency at the U.N.

The United Nations, he declared, stands at the vanguard of human evolution. "And I can tell you very frankly, that if I was demoted from my post, I would not hesitate a moment to stay here and wash the floors of this house, because it would still be the floors in which humans from all around the globe will walk."

PUBLISHER'S CORNER

New books by Sri Chinmoy:
Experiences of the Higher Worlds—Questions and answers on meditation, mantras and higher experiences.
God, Avatars and Yogis—Essays and questions and answers on the perfect disciple, avatars and realisation.
Perfection and Transcendence—Essays and questions and answers on patience, maintaining one's spiritual height, acquiring good qualities.
Transformation of the Ego—Questions and answers on transformation of the ego, hostile forces, fear of the inner life.
Inner Progress and Satisfaction-Life—Essays and questions and answers on inspiration, access to higher worlds, marriage.
Miracles, Emanations and Dreams—Questions and answers.
Obedience or Oneness—Questions and answers on how the disciple can help his Guru, offering advice, disciple problems.
Opportunity and Self-Transcendence—Essays and questions and answers.
Obedience: A Supreme Virtue—Miscellaneous essays, interviews and questions and answers.
Inspiration-Garden and Aspiration-Leaves—Essays and questions and answers on spiritual surrender, sacrifice and compassion.
The Significance of a Smile—Questions and answers on the spiritual significance of a smile, aspiration and purity, ways to raise consciousness.
Occultism and Mysticism—Questions and answers on fate and evil forces, astrology and the universe, spiritual auras.
The Inner Journey—Essays and questions and answers on devotion and the Master-disciple relationship.

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Palmistry, Reincarnation and the Dream State—Questions and answers.
Four Intimate Friends. Insincerity, Impurity, Doubt and Self-Indulgence—Essays and questions and answers.
Ego and Self-Complacency—Questions and answers on how to overcome anger, fear, pride, self-complacency and other negative qualities.
Politics and Spirituality: Can They Go Together?—Questions and answers on politics, social action, radio and TV, materialism.
The Silent Mind—Questions and answers on the silent mind, intuitive vision and ways to enhance creativity.
Aspiration-Glow and Dedication-Flow, Parts 1 & 2—Questions asked by San Francisco disciples.
A Twentieth Century Seeker—Essays and questions and answers on the modern seeker and the ultra-modern Master, divine individuality and the disciples' mission.
Soul Education for the Family-World—Essays and questions and answers on contemporary education, technology, family life and the roles of men and women.

JUNE CONCERT SERIES

NEW YORK—Sri Chinmoy gave a series of 10 esraj concerts and lectures last month in the Northeast.
The series, which also included performances of the Master's music by different vocal and instrumental groups, opened with an outdoor concert June 3 at Damrosch Amphitheater at Lincoln Center.
Other concerts were given in Cape Cod, Ma.; Newport, R.I.; Newark, N.J.; Danbury Conn.; Brooklyn, Long Island and Boston.

THE TALK OF PARSONS BOULEVARD

UPI did an audio feed of a 20-minute interview with Guru to over 1,000 of its member radio stations. The programme, called "Reflections," was taped June 15 . . . *European disciples* gathered in Zurich for a June 19 Father's Day celebration, the first such all-Centre meeting in Switzerland . . . *The Sacred Fire* singers gave a performance of patriotic and traditional American songs at the Americana '77 street fair in Manhattan last month . . .

Joe Caruso placed third in the White Clay Double Century bicycle race last month, completing the 200 mile trek through Delaware and Maryland in a little over 12 hours. Some 20 other disciples also participated in the event . . . Disciples held a series of *bicycle races* June 11 on the grounds of the State Office Building in Suffolk County, Long Island . . . Seven women disciples entered the annual six-mile Bonne Bell Mini-Marathon in Central Park June 4 and nine disciples ran in the 13-mile Westchester Half-Marathon June 19. Among the disciples, *Paula Hart* placed first in the women's meet and *Nilaya* placed first in the Westchester run . . .

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Entering the turtle world.

GURU GIVES 27 (PLUS ONE) CONCERTS IN JULY

Twenty-seven free concerts—plus one for good measure—were given by Sri Chinmoy and his students last month in the New York metropolitan area and Washington, D.C.

The concerts went beyond the normal fare to include dramatic performances, short talks and demonstrations of marching, as well as instrumental and vocal renditions of Sri Chinmoy's music and solos by the Master on the esraj, flute, violin and cello.

They were performed in churches, schools, universities and outdoor parks in various locales ranging from Harlem to Westchester, from the resort town of Asbury Park, N.J. to the exclusive Connecticut suburb of Westport.

"This accomplishment is something most significant," Sri Chinmoy declared at the end of the final concert the night of July 31, at New York University. "And at the same time it is only the beginning, the very beginning. Far we shall go,

farther than the farthest. High we shall fly, higher than the highest. Deep we shall dive, deeper than the deepest.

"The physical consciousness of America may not know what we have done, but the soul of America knows and the soul of America is blessing us with its pride divine, gratitude divine."

Then the Master gave out as prasad bags of 27 food items, and giant cookies. There were also two six-foot long hero sandwiches resembling esrajs, and other delicacies.

U.N. GROUP HONOURS DAG HAMMARSKJOLD

UNITED NATIONS—The United Nations Meditation Group held a special meditation July 29 in honour of the late Dag Hammarskjöld's birthday.

After a brief meditation in the U.N. Meditation Room, which was built in his honour, the group went to the Dag Hammarskjöld Auditorium for meditation, music and readings from the former U.N. Secretary-General's writings.

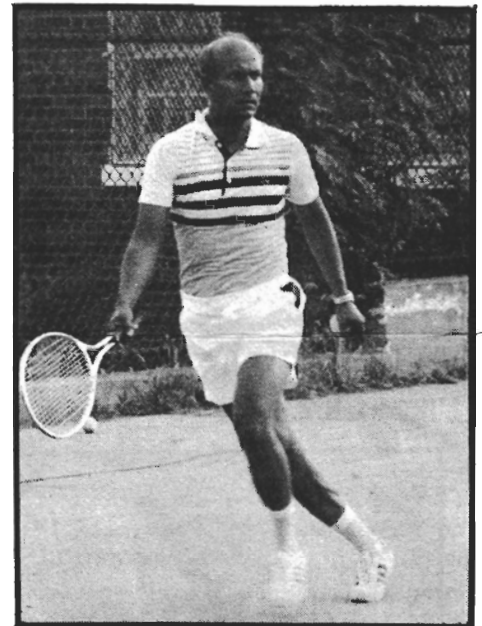
100 TALKS IN 20 DAYS

Sri Chinmoy delivered 100 short talks last month.

Before each talk, the Master entered into a high meditative consciousness and then spoke extemporaneously. Sometimes he gave four or five talks in a row, one right after the other.

The talks, like sudden bursts of inspiration, resembled blank verse more than ordinary prose and contained a striking rhythmic and musical quality.

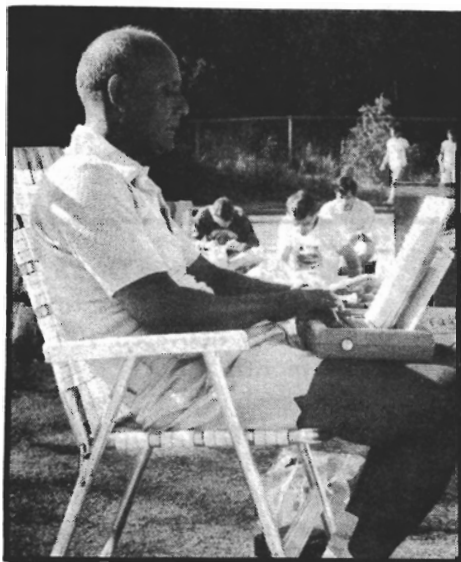
He delivered his first talk July 1 at a concert he was giving in Asbury Park, N.J. and his final one July 20 at another concert in Greenwich, Conn. Talks were also given at picnics, on a local high school playground after morning sports practice and at various other places.



'Love 40' in the cosmic game.

PUBLIC MEDITATION PLANNED

Sri Chinmoy will be holding his summer public meditation on Saturday, August 20, at 8 p.m. at All Angels' Church, 81st Street and West End Avenue in New York. Admission is free.



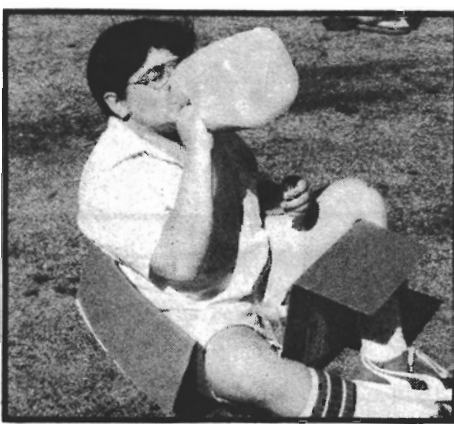
**TRINITY CHURCH OPENS
ITS DOORS TO U.N. GURU
IN JULY 4TH SERVICE**

NEW YORK—The traditional July 4th service at New York's historic Trinity Church took on a very untraditional flavour this year when church officials invited an Indian spiritual Master to participate in the ceremonies.

Sri Chinmoy gave a short meditation and read sections from the U.N. Declaration of Human Rights.

The Master, who conducts twice-weekly meditations at the United Nations, stood as a spokesman for world spirituality.

Some 2,000 worshippers attended the service.



Enroute to a picnic and concert in upstate New York, Sri Chinmoy teaches some of his disciples new songs (left). Other disciples take the occasion to relax (above).

**THE TALK OF PARSONS
BOULEVARD**

An interview with Guru, in Bengali, by journalist Kamal Ashish Chakravarty of *Voice of America* was broadcast on Hindi and Bengali radio stations last month throughout Bangladesh and India. The tape, which included a short esraj performance by Guru and Bengali songs by *Tanima's Group*, was heard by Guru's family in Pondicherry . . .

An hour-long interview and esraj performance by Guru was broadcast live July 3 on "The Other Hour" over *WRVR-FM*, New York's largest jazz station . . . A similar programme taped in June was aired July 11 in New York by *National Public Radio*. The pro-

gramme, "Bernard Gabriel Views the Music Scene," was syndicated to college radio stations throughout the U.S. . . . A half-hour discussion by Guru of spirituality and society, plus a short esraj performance, was aired over *WNYC* July 15 on "The Absence of Silence" . . .

Sri Chinmoy Centre attendants played a major role in co-ordinating the Fourth of July in Old New York Festival, which was sponsored by the city and the Seaman's Church Institute . . . To celebrate Guru's completion of 100 talks last month, the *San Francisco Centre* air parcelled to New York bags of 100 food items, which Guru gave out as prasad . . . Five disciple music groups gave *concerts* in Central Park the afternoon of July 16 . . . The night of the New York power failure, July 13, Guru was inaugurating Sarama's new divine enterprise, "Yoga-Life Perfection," a hatha yoga studio . . .

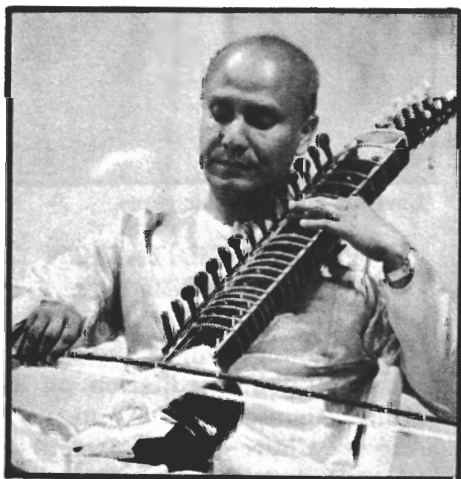
PUBLISHER CORNER

Newly published books by Sri Chinmoy:

The Spiritual Journey: Oneness in Diversity—Discusses inner receptivity, the Guru, and following Sri Chinmoy's path.

Reincarnation and Evolution—Questions and answers on the world of sleep, dreams and visions, death and reincarnation.

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Anahata Nada

"THE SOUNDLESS SOUND"

September 1, 1977

Vol. 4, No. 8

13-MILE RUN KICKS OFF BIRTHDAY CELEBRATION

JAMAICA, N.Y.—Hundreds of disciples from around the world gathering here August 27 to celebrate Sri Chinmoy's birthday began the event with a 13-mile run.

The run, emphasizing the Master's keen interest in physical fitness, began at 5 a.m.

As the runners circled the lake in Flushing Meadow Park, Sri Chinmoy sat nearby, playing the esraj.

Some 95 men completed the 13-mile run, while 99 women completed a seven-mile course.

TWO-WEEK BIRTHDAY CELEBRATION CULMINATES WITH 28-HOUR FETE

Sri Chinmoy's disciples celebrated their Guru's birthday last month with a two-week series of spiritual, musical, dramatic and athletic events.

Interspersed with the periods of meditation were two athletic meets—one for track and field events and one for soccer, tennis, volleyball and other sports; a jala ramane water ballet; the disciple-run Madal Circus, and a parade up Madison Avenue.

There were also outings to Great Adventure amusement park and a two-day excursion to Washington, D.C.

Several days were devoted to dramatic and musical performances, including a classical music concert and renditions of several hundred English and Bengali songs Sri Chinmoy had written for the celebration.

The actual birthday festival August 27 began at 5 a.m. with a long-distance run and concluded at 9

a.m. the following morning. Highlights included recitations from the Master's writings, instrumental and vocal performances of his music (including songs he wrote in honour of various countries), the premiere of his song "India and America," skits, a magic show, and various comedy routines.



Sri Chinmoy plays the esraj during the 13-mile race the morning of his birthday.

A TREE GROWS IN QUEENS

JAMAICA, N.Y.—Disciples of Sri Chinmoy planted a tree on 87th Ave. here August 27 in honour of their Guru's 46th birthday.

Councilman Morton Povman, on hand at the ceremony, read out a proclamation from Queens Borough President Donald Manes proclaiming the day "Sri Chinmoy Day."

The athletic councilman was offered a shovel to symbolically uncover the first bit of soil. But he became inspired and continued digging energetically until he struck rock and a pick was needed. When the hole was finally dug and the tree planted, the Master and each of the disciples tossed in a handful of dirt.

POEMS THAT RHYME DONE 630 TIME(S)

JAMAICA, N.Y.—An Indian poet and spiritual teacher set what is probably a world record August 13 when he completed 630 rhymed poems—in English—in 24 hours.

Sri Chinmoy, a native Bengali, worked around the clock from midnight to midnight to complete the feat, using yogic powers of concentration.

During the 13 years he has lived in America, he has written several thousand English language poems, but never before in rhyme.

The 630 poems have been published under the title *A Soulful Cry Versus a Fruitful Smile*.

All told, during the month of August Sri Chinmoy wrote over 1,000 rhymed English poems.

PUBLISHER'S CORNER

Recent books by Sri Chinmoy:

A Soulful Cry Versus a Fruitful Smile—rhymed poems.

Everest-Aspiration—four-part series of extemporaneous talks.

The Hour of Meditation—essays and questions on meditation experiences, the Master's presence and collective meditations.

Great Masters and the Cosmic Gods—questions on the Guru, prayers and mandalas, and the cosmic gods.

The Soul's Evolution—questions on divine qualities, negative thoughts, aspiration and the soul's evolution.

The Mind and the Heart in Meditation—questions on meditation.

Aspiration and God's Hour—questions and essays on problems in meditation, spiritual light and personal aspiration.

THE TALK OF PARSONS BOULEVARD

During an impromptu deep kneebend contest Guru held after circus practice August 6, *Casey Watters* took top honours, completing 1,100 non-stop. "I didn't care about winning," Casey said. "I just tried as hard as I could. I wanted to please Guru." He said he could have done a few more if he had had to, "but I felt Guru would feel it was okay if I stopped." In appreciation of his achievement, other disciple contestants showered Casey with gifts, and the 28-year-old dishwasher found himself with more clothes than he had ever had in his life. But the celebrity status didn't appeal to him. "I don't like the way it feels," he declared. "I wish it would end." . . .

Sundari's group of San Francisco women singers sang by heart 150 English and Bengali songs during the birthday festival. *Tanima's group* sang 100, and several other groups performed 50 songs each. In an amusing and enlightening vote, the disciples gave Sundari's and Saumitra's groups top marks over the New York groups for their singing performances . . .

Joyce Podell taught some of her third and fourth grade students Guru's song "Phule Phule," which

they performed in rounds during a Glee Club recital . . . *Bashwar* took first place among the men in the Sports Day track and field competitions, while *Ranjana* placed first among the women for her seventh straight year . . . At Guru's request, French composer *Olivier Greif* set tune to 27 of Guru's poems and writings for an August 27 performance . . .

Swadhin, owner of the "Smile of the Beyond," celebrated the birthday of his chief griddle man, *Santosh*, by offering free food to all disciples. Santosh, who had to cook the food, says he never worked so hard in his life . . . The *United Nations Meditation Group* participated in a programme August 10 at Wainwright House in Rye, N.Y. with supporters of the original Meditation Room at the U.N. . . .

An exhibit of Sri Chinmoy's *Jharna-Kala* paintings will run through the end of September in the arcade of Manhattan's Grand Central Station.

RADIO AND TV HOSTS TAKE LIKING TO GURU

Several radio and television personalities who have interviewed Sri Chinmoy on their shows in recent months have found the Indian Master an excellent guest.

Some of their comments:

"Sri Chinmoy has managed to maintain a credibility unmatched by most other Gurus and Yoga Masters."—David Anderson, Religion Editor, United Press International.

"Sri Chinmoy is a remarkably faithful man who makes a startling impression on TV."—Dr. Russell Barber, host-producer, "The First Estate," (WNBC-TV).

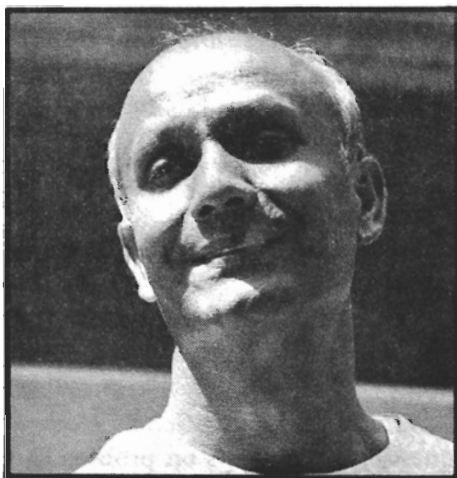
"Sri Chinmoy is a splendid gentleman, exquisite and greatly inspired. I'd love to have him on again."—Phyllis Haynes, host, "Straight Talk," (WOR-TV).

"I've done thousands of interviews and it's one of the most unusual and inspiring of my life. Sri Chinmoy can come back anytime. He has an open door here or wherever I am."—Joel Martin, host, "Long Island Spectrum," (WBAB).

BOOK OF THE MONTH

The Master's Inner Life—Probably one of the best books ever published on what it means to be a disciple of Sri Chinmoy, surpassing even the popular *Dependence and Assurance*. Topics include obedience and discipleship, the Master's inner life, devotion, meditation with the Master and inner and outer contact with the Master.

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Anahata Nada

"THE SOUNDLESS SOUND"

October 1, 1977
Vol. 4, No. 9

MUHAMMAD ALI MEDITATES BEFORE SHAVERS FIGHT

NEW YORK— On the morning of his championship fight with Earnie Shavers Sept. 29, Muhammad Ali met with Sri Chinmoy for an hour of prayer, meditation and discussion.

"You are changing the face and fate of mankind," Sri Chinmoy said. "As soon as people hear 'Muhammad Ali' . . . they get such dynamism to fight ignorance."

The fighter replied: "My goal is to be like you one day—to be peaceful and out of this sport working for humanity and for God."

He said he didn't mind the image of being the greatest boxer. But he didn't want people to call him the greatest preacher "because that's boastful; it is not humble, it is not spiritual." In the ministry, he added, "everybody is equal before God."

The Master told him "you don't have to say that you are the greatest, but your heart of oneness with all humanity makes you the greatest."

Sri Chinmoy garlanded the champion and presented him with a trophy. "It's the biggest trophy I have," Ali exclaimed. "You didn't have to do that, Brother."

"But along with this is my heart," Sri Chinmoy said. "My heart is inside this. So please take my heart." Later, some 30 of Sri Chinmoy's students sang a song the Master had composed in the fighter's honour, and the group meditated together in silence for about twenty minutes. A photograph of Ali meditating with Sri Chinmoy appeared in the next day's *New York Times*.

"I was so deeply absorbed, I couldn't do anything," Ali told Sri Chinmoy afterwards. As the group was leaving, he added, "This really got my spirits high. It might end in one round now. God bless you."



Sri Chinmoy meditates with Muhammad Ali the morning of the Shavers fight.

U THANT ISLAND DEDICATED

The United Nations Meditation Group has dedicated a small island in the East River to the memory of a great champion of world-peace.

State authorities gave the Meditation Group permission to name the island "U Thant Island."

In dedication ceremonies Sept. 16, the Meditation Group buried a box containing a gold pen and tie clasp belonging to the late U.N. Secretary-General, plus various significant artifacts and documents from the U.N., government officials, the Meditation Group and Sri Chinmoy, the Group's director and a personal friend of U Thant.

A spokesman for New York's Governor Hugh Carey read out a letter commending Sri Chinmoy and the Meditation Group for their project.

Also participating in the ceremony were Robert Muller, Deputy to the Under-Secretary-General for Inter-Agency Affairs at the U.N. and Mrs. Myint U, U Thant's daughter.

GURU RECEIVES AWARD

NEW YORK—The World Gratitude Day Foundation presented Sri Chinmoy its annual award Sept. 21, citing the Master for having "enhanced the spirit of globalism with his compassion, creativity and nobility of spirit."

Sri Chinmoy was one of a handful of persons to receive the award, which has been given out for the past 13 years on Sept. 21, which is "World Gratitude Day."

NEW YORK NEWS ITEMS

Sri Chinmoy will be holding a series of public meditations on Wednesday nights at St. Paul's Chapel of Columbia University at 7:30 p.m. for the next several weeks.

Sri Chinmoy's exhibit of Jharna-Kala paintings in the arcade of Grand Central Station, originally scheduled to end last month, will continue indefinitely.

MAYOR BEAME HONOURED

NEW YORK—Mayor Beame got a surprise Sept. 28 when Sri Chinmoy and his students held a gala reception for him at the Master's Jharna-Kala art gallery.

The mayor was treated to a song, which Sri Chinmoy had composed in his honour, plus a plaque praising him for his life of public service.

Sri Chinmoy, who had met Beame on two previous occasions, also painted a picture for the mayor right on the spot.

"I could have used a lot of these moments of meditation during these last months and years," the mayor declared.

Later he quipped: "If I knew I was going to get so much, I would have brought a valise." As he left, the mayor said, "You've made my evening wonderful," to which a woman in the audience replied, "You made New York great!"

TALK OF PARSONS BLVD.

Guru's *art gallery* was the subject of three television and news stories last month. An article on the gallery appeared in the Sunday "New York Times," Sept. 18, and stories appeared over WNBC-TV and WPIX-TV . . . The publication of a book about the *U.N. Security and Safety Service* was celebrated with a function at Guru's Jharna-Kala Gallery. The book, containing

personal reminiscences by several of the guards, was compiled by the U.N. Meditation Group . . .

At a U.N. Meditation Group programme honouring Pope Paul's 80th birthday, *Monsignor Giovanni Cheli*, Permanent Observer of the Office of the Holy See to the U.N., told the audience gathered in the Dag Hammarskjold Auditorium that "your intentions and your work in this beautiful Meditation Group under the leadership of this highly respected Master of spirituality, Sri Chinmoy, are in harmony with those of the Pope . . . The *U.N. Meditation Group* also held a programme last month (Sept. 19) commemorating the opening of this year's session of the General Assembly

Harry Austin was named employee of the month for October at the U.N. Plaza Hotel, where he works as a bellman . . . Two other hotel employees, *Tarak* and *Abakash*, who work, respectively, as a waiter and busboy at the hotel's Ambassador Grille, were featured in the U.N. Plaza Hotel Yearbook, which explained how their calmness on the job is related to their meditation with Guru . . . *Sipra* is teaching two courses on "Meditation for Inner Peace" as part of an adult education programme in Adelaide. She says she was chosen because the authorities "felt we were one of the few legitimate practitioners of meditation in the city" . . . A *five-mile race* in Han-

nover, New Hampshire, sponsored by Boston and New Hampshire disciples, was held Sept. 24 to raise money for UNICEF . . . Guru gave *public concerts* at the University of Vermont and St. Paul's Cathedral in Burlington, Vermont the afternoon and evening of Sept. 24 . . .



SAN FRANCISCO ART SHOW

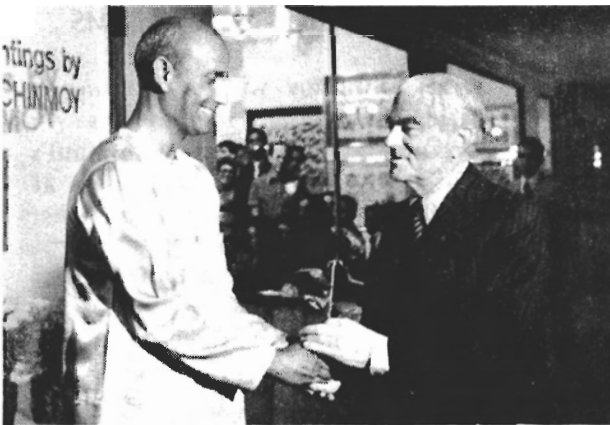
Sri Chinmoy painted a 13' x 25' canvas Sept. 10 in 47 minutes, which he named "Journey's Battle-Victory."

The painting will be exhibited next month on a billboard at the Embarcadero near Fisherman's Wharf in San Francisco, as part of a billboard exhibit being sponsored by The Eyes and Ears Foundation, an artistic organisation.

Sri Chinmoy was one of 17 artists selected to exhibit his work.

A film of Sri Chinmoy painting the canvas, produced by Silver-Journey to Infinity's Shore, will be shown at the San Francisco Museum of Modern Art, along with photographs of the artist at work.

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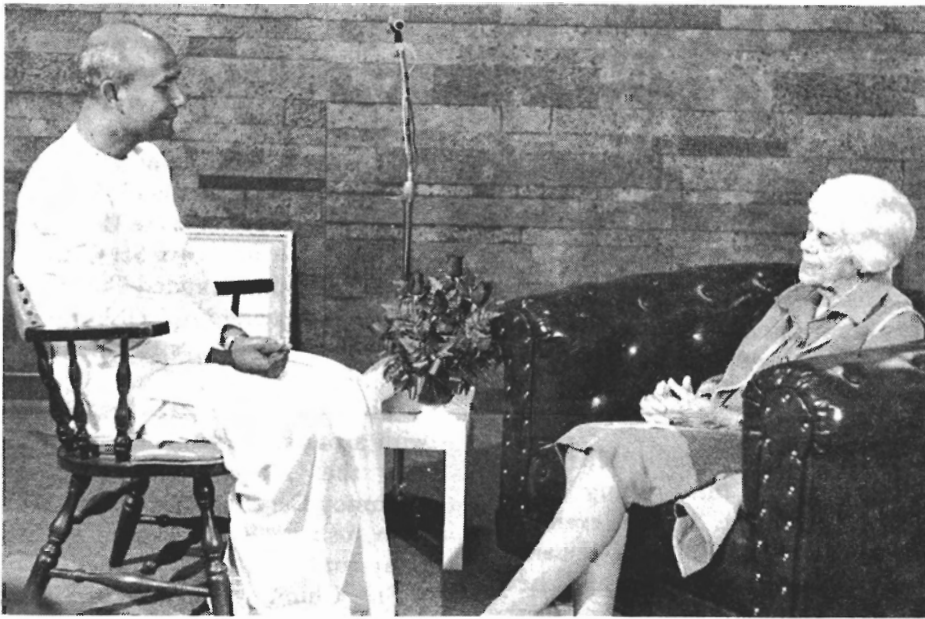
Sri Chinmoy greets Mayor Beame at **Jharna-Kala** Gallery.

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"THE SOUNDLESS SOUND"

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Sri Chinmoy meditates with Miss Lillian .

MISS LILLIAN MEETS MR. CHINMOY

AMERICUS, Georgia—Mrs. Lillian Carter met Sri Chinmoy and a group of his disciples Oct. 7, charming them with tales of her experiences in India and vignettes about what it's like to be the President's mother.

The Master, in turn, meditated with the 79-year-old "first Grand-mama" and sang her a song he had composed in her honour, which brought tears to her eyes.

Miss Lillian felt very much at home among the sari-clad women and white-trousered men. When Sri Chinmoy asked if they could meditate together, she quipped to the group, "He wants me to be quiet."

Later she declared, "Mr. Chinmoy, you've never met anyone like me, have you?"

Toward the end of the interview, she said, "This is one of the greatest honours I've had."

Later that evening, Miss Lillian attended a concert the Master and his disciples put on in a motel here. Sri Chinmoy played the esraj and his disciples sang several Bengali and American songs, including

India's National Anthem, "America the Beautiful," and songs dedicated to Miss Lillian and to her son, President Carter.

During picture taking at the end, she walked up to the Master and took his arm, saying, "I want my picture taken with you."

As she departed, southern hospitality mingled with Indian spirituality as she said, "Namaste, y'all."

U.N. DAY FESTIVAL HELD

UNITED NATIONS—The Sri Chinmoy Centre sponsored a festival Oct. 23 in Dag Hammarskjold Plaza outside the United Nations to celebrate the world organisation's 32nd birthday the following day.

Entertainment was provided by folk dance troupes from the Philippines, Turkey and India. There were also booths selling food and crafts from different nations.

Elsewhere around the world, Sri Chinmoy's disciples commemorated the event Oct. 24 with 32-mile or 32-kilometre relay runs, which were held in 17 cities across the U.S., Canada, France, England, Switzerland, Sweden and Puerto Rico. Australian disciples held a 24-hour bicycle marathon and a two-day run between Sydney and Canberra to celebrate U.N. Day.

MARATHON SONG PREMIERS

UNITED NATIONS—Sri Chinmoy's song *Marathon, Marathon* had its first public performance Oct. 22 when the United Nations Meditation Group sang it at a reception for Olympic and world class runners at the United Nations.

The event was sponsored by the N.Y. Roadrunner's Club, organiser of the 26-mile New York City Marathon scheduled for the next day, and the United Nations Association of the U.S.A.

Sri Chinmoy, who is Director of the United Nations Meditation Group, led off the programme with a short meditation, and then delivered this prayer: "O Lord Supreme, may each marathon runner run along Your Eternity's Road and receive from You Your Infinity's Love-Light and Your Immortality's Oneness-Delight."

Later Sri Chinmoy, along with 15 Ambassadors attending the function, received the New York City Marathon Medal from Fred Lebow, Roadrunner's Club president. The same medal was awarded the following day to the top 25 runners.

During the evening, the Master met privately with Miki Gorman, who was first-ranked among the women marathon runners, and presented her with a trophy.

The authorities were so pleased with the U.N. singers that they asked them to perform Sri Chinmoy's marathon song at the finish line of next year's 26-mile race, and also during the awards ceremony.

CONCERT AT CARNEGIE HALL

NEW YORK—Sri Chinmoy gave a concert Oct. 18 at Carnegie Hall Recital Hall. The Master performed several of his own compositions on the flute and esraj. A number of instrumental and vocal ensembles also played the Master's music.

SRI CHINMOY MISCELLANY

Celestial Seasonings Tea Company has reprinted one of Guru's essays on the back panel of several thousand of its tea boxes . . . A poem by Guru won first place in the religious category in a Contra County (California) poetry contest . . . In the past couple of months, his works have appeared in six British and U.S. poetry magazines. Guru was "special feature poet" in the latest edition of *Hob-Nob Quarterly*, and a write-up on his Jharna-Kala art appeared in *Pendulum Magazine* . . . A 15-minute special on Guru and his path was broadcast Oct. 2 over CBC French network television in Canada as part of a programme called "Second Regard" . . . In New York, Guru appeared on "Mellow Magazine," a WKTU-FM radio talk show Oct. 16 and on "Forefront," a WNCN-FM programme Oct. 24 . . . Guru began a new series of Wednesday evening meditations Oct. 5 at St. Paul's Chapel of Columbia University.

TALK OF PARSONS BLVD.

World Publications, the largest publisher of sports books, has asked Nilaya to write a book on last summer's Liberty-Torch run . . . Nilaya also was responsible for organising the U.N. reception for *marathon* runners Oct. 22 and serving as its master of ceremonies . . . Twenty-three men and seven women from the Sri Chinmoy

Centre participated in the 26-mile marathon Oct. 23. *Rejean Gauthier* placed first among the men disciples and *Yvonne Hannemann* was tops among the women . . . *Tarak* organised a 10-mile Sri Chinmoy Centre race in Greenwich, Conn. Oct. 2 . . .

Apeksha has come out with a new line of "Fragrance of the Soul" incense . . . *Marty Solomon* and *Justin Catz* have organised a Sri Chinmoy Poetry Contest with \$900 in prize money for the best spiritual poems. Deadline for entries is Nov. 27, and disciples are not eligible . . . Guru inaugurated a new music group, *Sri Chinmoy Rainbow*, led by Devadip . . .

The United Nations Meditation Group held a fund-raising *bazaar* for UNICEF Oct. 31. The event was opened by Aldaba Lim, Assistant U.N. Secretary-General and head of the International Year of the Child. The U.N. singers also performed Guru's new song "UNICEF"

. . . Other *Meditation Group* functions last month were a programme dedicated to President Carter and a programme for Indians working at the U.N., including music, meditation and a huge banquet . . . *Mrs. Aye Aye Myint-U*, daughter of the late U Thant, invited the Meditation Group musicians to perform at her "Festival of Light" dinner in Riverdale Oct. 15 . . . An exhibit of Guru's *Jharna-Kala* prints and originals was held Oct. 3 in a

downtown church in Perth, Australia . . .

VISIT TO AN ENCHANTED ISLAND

SAN JUAN—In a ceremony Oct. 25 attended by members of the Consular Body from several nations, Mayor Hernan Padilla honoured the Sri Chinmoy Centre for the marathon relay run it had held the previous day to commemorate U.N. Day.

The Mayor also gave Sri Chinmoy a plaque and applauded "his selfless service for having inspired humanity to utilise its resources to run swiftly towards a universal peace."

The Master presented Dr. Padilla with a baton the runners had used, but the Mayor asked the Sri Chinmoy Centre to act as its custodian, using it each year in a U.N. relay run.

Sri Chinmoy commented that "the spirit of the marathon inundated...this most enchanted island." Further, he said, "the marathon spirit has captured in silence the length and breadth of the world."

That night Sri Chinmoy gave a concert and meditation at the Museo del Arte in Ponce and, the following evening, was guest of honour at the second Sri Chinmoy Sangit in Casa Blanca Concert Hall in Caguas, where musicians from the Puerto Rico Conservatory of Music and from the Casals Festival performed the Master's music before a crowd of 250.

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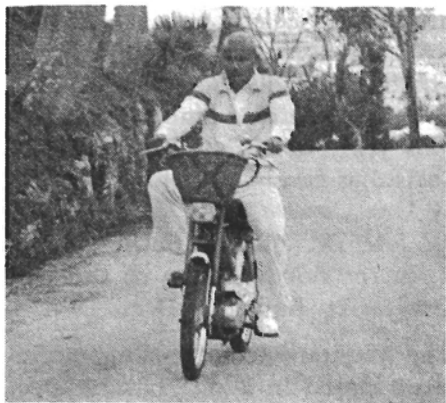
Sri Chinmoy presents a trophy to marathon runner Miki Gorman.

1/77 - 1/78

Anahata Nada

"THE SOUNDLESS SOUND"

Vol. 4, No. 12
January 4, 1978



Sri Chinmoy tries out a moped during his visit to Bermuda.

CHRISTMAS IN BERMUDA

HAMILTON, Bermuda—Sri Chinmoy and about 140 disciples came here January 20 for a two-week holiday and spiritual retreat that touched the consciousness of this small island in a special way.

The Master gave a public meditation December 30 and a public concert January 1 at the Admiralty House. He also appeared on "Bermuda Today" and "Good Morning Bermuda," two local TV shows, and was featured on the front page of *The Bermuda Sun*.

Bermudians became further acquainted with the group when the Sri Chinmoy Song-Waves choir, led by Olivier Greif, performed 27 of the Master's songs in Victoria Park and also in the Bermudiana Hotel. And, of course, there was the 10-mile UNICEF run. The park concert and the run were also covered by the media.

By the end of the visit, local residents were stopping disciples in the street to say hello, and shopkeepers and taxi-drivers were greeting Sri Chinmoy by name.

During his television appearances, the Master commented on the hospitality and kindness of the Bermudians. "For that," he declared, "we are leaving behind a gratitude-heart to the soul of Bermuda."

The group occupied the entire Sherwood Hotel and did its own

vegetarian cooking in the hotel kitchen.

While in Bermuda, Sri Chinmoy played a good deal of tennis, often with the island pros. He also composed 80 Bengali songs, held meditations twice a day, and went on frequent shopping excursions.

RUNNING FOR UNICEF IN CONNECTICUT

NEW CANAAN, Conn.—Nearly 300 runners from the New York metropolitan area participated in the Sri Chinmoy Ten Mile Run Dec. 11 in honour of UNICEF's 31st anniversary.

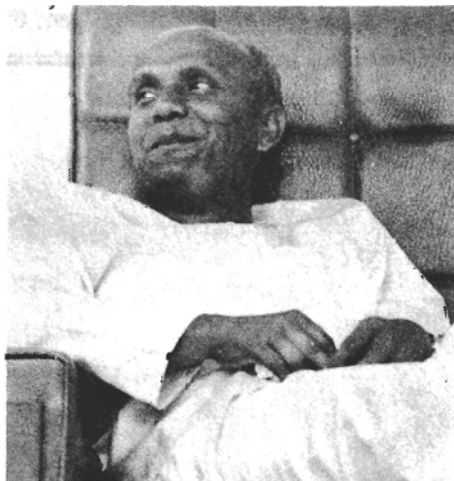
Winner of the race, Dr. Norb Sanders, said: "In over 20 years of running, I think this has been one of the most inspiring running experiences that I've ever had."

Sri Chinmoy, who awarded him the UNICEF cup, also gave the doctor an extra prize—a watch—because of the cheerful and devoted consciousness he had while running.

This watch, the Master said, "symbolically tells that your time has pleased us, perhaps far beyond your own imagination."

... AND IN BERMUDA

HAMILTON, Bermuda—Bermudians running in the Sri Chinmoy Ten Mile Run here Jan. 2 said the event had an intimacy and feeling of camaraderie not often encountered.



A relaxing moment.

"This is more than an athletic event," declared Jim Butterfield, who placed second. "This is like a family gathering."

His Mid-Atlantic Athletic Club was so impressed with the run that its members invited Tarak, organizer of the race, back to the island—at their expense—to participate in a 26-mile marathon scheduled for Jan. 29.

The Sri Chinmoy run, which like its Connecticut counterpart sought to raise money for UNICEF, attracted what is believed to be the largest participation in Bermuda running history.

Both runs were inspired by Sri Chinmoy, a former decathlon champion, who encourages his followers to integrate sports and spirituality.



NEW YEAR'S MESSAGE

NEW YORK—Sri Chinmoy held his annual public meditation for the New Year on Dec. 18 at Columbia University's McMillan Theatre.

At the end he read out his New Year's Message:

"The heart of the year 1978 belongs to the aspiration-perfection-sky.

"The life of the year 1978 belongs to the dedication-satisfaction-land.

"Heart is humanity's changeless oneness with God. Heart is humanity's changing newness in God.

"Life is humanity's crying fullness in God. Life is humanity's smiling fullness for God."

ONENESS-EARTH CELEBRATED

UNITED NATIONS—Ambassadors, religious leaders and U.N. officials joined Sri Chinmoy here December 14 in a programme celebrating the holiday spirit of human oneness.

Televised excerpts from the programme, called "Oneness-Earth," were broadcast nationwide by CBS on Christmas Day.

Sri Chinmoy concluded the event with these words:

"The desire-man demands division-earth. The aspiration-man yearns for oneness-earth. Oneness-earth means God-Satisfaction in its universal dream-reality. Dream is the oneness of the earth-family; reality is the perfection ever-transcending of the earth-family."

Other speakers included the Ambassador of Panama, a representative of the African National Congress, the Director of the International Year of the Child Secretariat, the U.N. Observer for Pope Paul and officials from the U.S. Mission and the United Nations.

HUMAN RIGHTS DAY

UNITED NATIONS—The United Nations Meditation Group sponsored a Human Rights Day programme Dec. 9 that brought together an international gathering of diplomats, government officials and businessmen.

Sri Chinmoy opened the convocation by describing Human Rights Day as a day of hope, a day of promise and a day of achievement.

Hope, he said, is "tomorrow's earth-illuminating reality founded upon humanity's purity-heart."

Promise, he continued, is "constant self-giving," and achievement is "man's complete perfection in the inner world and man's total satisfaction in the outer world."

The Master also composed a song in honour of Human Rights Day, which was sung by the Meditation Group choir.

Alan Paton, author of *Cry the Beloved Country*, said he agreed with the Meditation Group motto that every man and woman is an instrument of God. In a statement delivered to the Group, he said, "We can only make man's inhumanity to man endurable when we manifest in our own lives man's humanity to man."

Also participating in the programme were representatives of the U.N. High Commissioner for Refugees and of New York's Governor Carey, a U.S. Congressman, the board chairman of the Suffolk Industrial Development Agency and various U.S. officials.

TALK OF PARSONS BLVD.

Guru cooked a *nine-course dinner* Dec. 15 to raise funds for Swadhin's Smile of the Beyond, which had been closed for a few weeks because of fire damage. . . *Joyce Podell*, a teacher at P.S. 214, brought about 75 third-graders to Guru's Jharna-Kala Gallery, where they viewed the paintings and heard a talk by *Ranjana*. . . The Agony Brothers, a new comedy acting troupe consisting of *Harsha* and *Sudhir*, performed their version of "Romeo and Juliet" last month. . . Agni Press has published a book by *Shambhu* about Guru's music. . .

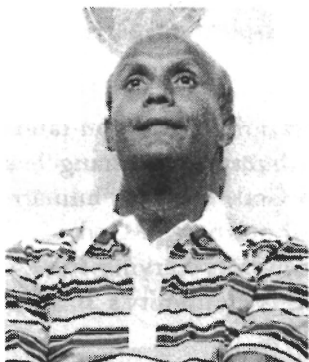
Guru gave an *esraj concert* Dec. 6

at the Unitarian Church in Philadelphia. . . Several disciples performed circus acts at a *UNICEF benefit* Dec. 11 at Lincoln Centre. . . At the United Nations, the *Meditation Group* held a programme Dec. 15 honouring Finland, which celebrated its 60th anniversary as a nation last month. There were slides, songs and a talk by the Finnish ambassador. . . This year, the Meditation Group's Christmas carol sing-a-long was led by *Mrs. Coretta Scott King*, wife of the late Dr. Martin Luther King, Jr. in the South Lobby of the UN Secretariat Building Dec. 19. . .

The Meditation Group singers also participated in a programme Dec. 18 at Trinity Episcopal Church near Valley Forge, Pa. celebrating the 200th anniversary of America's *first day of Thanksgiving* as a new nation. . . *Canadian disciples* last month gave lectures on meditation and spirituality in all 10 provinces.

In Bermuda, Guru placed first in a disciple *tennis competition*, defeating top-ranked *Mukunda*. During his stay, Guru also played the president of the Bermuda Tennis Association, Bermuda's number two tennis player, the Sherwood Hotel tennis coach, and a former island champion, who is now 83. . . *Sundari's singing group* came first in consciousness and *Tanima's group* came first in performance in a 50-song singing competition. Overall, *Tanima's group* won by one point. . . In another contest, *Tanima* won the highest mark and *Rabindra* came in second for composing the best four-line songs. . .

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Sri Chinmoy presents flowers to C. V. Narasimhan, U.N. Under-Secretary-General for Inter-Agency Affairs and Co-ordination, during India Day Programme.

SOUND OF MUSIC STRETCHES 1,200 MILES

Sri Chinmoy gave a series of four concerts and meditations the week-end of Jan. 28 in North Carolina, Virginia and Washington, D.C.

The Master, accompanied by a dozen car loads of disciples, began his 1,200-mile weekend trek in Chapel Hill, where he told a University of North Carolina audience: "Aspiration is our achievement in our inner world. Dedication is our achievement in our outer world. Surrender is our achievement in our higher world.

"In Heaven we achieve a fruitful smile. On earth we achieve a soulful cry. In ourselves we achieve a prayerful life."

Later that day Sri Chinmoy played on the flute and esraj and disciple music groups performed to an overflow audience at Guilford College in Greensboro, N.C.

As seekers, "our inner choice is Infinity's perfection-poise," the Master said in a brief talk.

"Sri Krishna's choice was a sea of harmony. The Buddha's choice was a sky of illumination. The Christ's choice was a flood of compassion. And our choice is a heart of poise that can easily brave all the buffets

of life: poise within, poise without."

The following morning, Jan. 29, found the group in Virginia Beach, Va. In a talk on spirituality, Sri Chinmoy explained that the seeker-hero "loves God the Creator with his heart's ever-mounting cry (and) . . . loves God the creation with his life's ever-serving readiness."

A seeker, he continued, "conquers himself in order to become man the blossoming God," and conquers "God's infinite Compassion or God the infinite Compassion to become God the fulfilling man on earth."

During his last appearance that weekend in Washington, the Master said: "Music is the newness in God. Music is the oneness with God. Music is the fulness of God."

"When the seeker-musician embodies sterling sincerity, he can offer newness in God to the music-lovers. When the seeker-musician embodies sleepless purity, he can offer oneness with God to the music-lovers. When the seeker-musician embodies birthless and deathless divinity, he can offer the fulness of God to the music-lovers."

UNMG HONOURS INDIA AND AUSTRALIA

UNITED NATIONS—The United Nations Meditation Group held programmes here last month on the musical heritage of India and Australia.

The first programme Jan. 25, celebrating the 28th anniversary of the formation of the Indian Republic, featured C.V. Narasimhan, Under-Secretary-General for Inter-Agency Affairs and Co-ordination, as main speaker. Mr. Narasimhan, an accomplished musician himself, spoke on south Indian devotional music.

The second programme Jan. 27 commemorated the founding of Australia in 1788. The main speaker was Ambassador Ralph Harry.

Both programmes included songs Sri Chinmoy had written about the country being honoured.

GURU COMPLETES HIS 2,000th BENGALI SONG

JAMAICA, N.Y.—Sri Chinmoy completed his 2,000th Bengali song Jan. 26 This is tenfold the output of Steven Foster and three times that of Franz Schubert, the most prolific composer in the West.

The 2,000th song, entitled "Chalbo Ami Parama Pita," has this translation:

O my beloved Absolute Father Supreme / Singing the song of my constant self-offering / All day and night / I shall walk along with You.

In addition to these devotional Bengali songs, the Master has written and composed some 800 English songs.

PUBLISHER'S CORNER

Sri Chinmoy's latest book, *Transcendence of the Past*, has just come off the press. It consists of a series of essays and questions and answers on spiritual problems and how to overcome them.



Members of the original Bengali Singers at Jan. 13 celebration.

**BENGALI SINGERS
CELEBRATE ANNIVERSARY**

JAMAICA, N.Y. — Sri Chinmoy's Bengali Singers celebrated the sixth anniversary Jan. 13 of their first 50-song concert.

Since that initial performance of 50 of Sri Chinmoy's Bengali songs, at the Victoria Church in Queens, this group of American women has learned and performed in public 500 of their Guru's songs.

The original New York-based group, led by Tanima, has a San Francisco counterpart led by Sundari. The West Coast Bengali Singers gave their first public performance of 50 songs in 1976. There are also New York and San Francisco men's Bengali singing groups.

During the Jan. 13 celebration, Tanima's group sang 13 songs. Sri Chinmoy also sang 13 new songs which he had composed during the first 13 days of 1978. He plans to compose one Bengali and one English song for each day of the year.

TALK OF PARSONS BLVD.

The Toronto Centre presented 300 of Guru's books to the newly opened Toronto Metro Library . . . Guru composed a new *birthday song*, "Birthday is the Vision-Day of Days," on Jan. 10 . . . During a week-long visit to Puerto Rico last month, Guru played a match with tennis pro Jaime Gonzalez . . . Guru and about 140 disciples were in Bermuda from Dec. 20 to Jan. 4, not on Jan. 20 as previously reported in "Anahata Nada" . . . Nearly a hundred of Anupadi's co-workers in the UN's Office of Financial Services attended a concert the U.N. Meditation Group held Jan. 6 in honour of her birthday . . . Guru has begun a series of U.N. lectures on famous historical figures, beginning Jan. 13 with *Swami Vivekananda* . . . Uma placed first among some 70 women runners in the Sri Chinmoy 10-mile race held Dec. 11 in New Canaan, Conn. The following week she came in first in her age-group division in a 10-mile race in New York's Central Park.

**CANADIAN POET WINS
SRI CHINMOY AWARD**

NEW YORK—A Canadian poet named Sherri Heizer won top honours last month in the first annual Sri Chinmoy Poetry Awards, a contest of spiritual poetry.

Her prize-winning poem, "A Door," selected from among some 500 entries, won a cash prize of \$500. Sylvie L.F. Richards of Canonsburg, Pa. won second prize.

The funds were raised by a committee chaired by Marty Solomon and Justin Catz, who was also one of the preliminary judges. Final selection was made by Sri Chinmoy—himself the author of some 9,500 poems. Disciples did not participate.

In a ceremony held Jan. 15 in the Jharna-Kala Gallery, tapes of the poets reading their winning works were played, and Sri Chinmoy read out several of his own poems, including "God's Absence and God's Presence"—the first poem he wrote in America—and "My Flute"—his first English poem, written in India.

Despite his prodigious output, the Master said he is not a poet and does not want to become a poet. "I wish only to become a devoted, self-giving instrument of (God). While utilising me as an instrument, if the Supreme wants me to play the role of a poet or . . . an artist, I am always at His behest to fulfil His Command in His own Way."

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"THE SOUNDLESS SOUND"

March 1, 1978

Volume 5, Number 2



Dean Stendahl of Harvard Divinity School thanks the Master for his gift of 300 books, which loom behind.

GURU PRESENTS 300 BOOKS TO HARVARD

CAMBRIDGE, Mass.—The intellectual brilliance of the West opened its heart to the spiritual illumination of the East on Feb. 5, when Harvard University accepted 300 of Sri Chinmoy's books.

"We seldom receive this many books at one time and have never received them all from one person's hands," said Peter Oliver, Harvard Divinity School Librarian. "It is a great gift for our students who are seeking their own path."

Harvard Divinity School Dean Krister Stendahl told the Master that Harvard's Center for the Study of World Religions seeks to study "such an understanding of the Ultimate Reality as your paintings and your work and your insight represent."

Usually, he declared, the Center is limited to studying "the foundation period of religions far back. But the live and contemporary manifestations of insights are usually not part of that total picture. Your gift . . . seems to me to be another and significant piece in that wonderful puzzle of the totality of human religion. Ultimately, only God can hold the whole thing together."

Commenting on Sri Chinmoy's paintings, which were on display as part of a three-week *Jharna-Kala* exhibit at Radcliffe's Hilles Library, Dean Stendahl said: ". . . as I sit in this room, as I see this Fountain-Art of yours, I feel it is beautiful and it might be the beauty of holiness. Therefore, we are very graced."

Sri Chinmoy told the assemblage, "I am a seeker, and all these writings are expressions of my soulful aspiration. My aspiration cried, cries and forever shall cry for the total embodiment of divinity. Today we are in a temple of divinity. No other school, no other temple is as soulful, as meaningful and as fruitful as this divinity-flooded Divinity School."

KEEPING GOOD COMPANY

In the February 20 issue of *Forbes Magazine*, in a column entitled "Thoughts on the Business of Life," sandwiched between entries from Aristotle, Cicero, Goethe, Whitman and T.S. Eliot, is this aphorism by Sri Chinmoy: "At times to think of one's outer helplessness is good, but to think always of one's inner strength is infinitely better."

PUBLIC MEDITATION PLANNED FOR HUNTER

New York—Sri Chinmoy will be holding a public meditation April 14 at Hunter College Auditorium at 7:30 p.m.

The event, one of three major public meditations Sri Chinmoy holds each year in New York, is being held in conjunction with a 10-day celebration commemorating his arrival in the West 14 years ago.

Other events during the celebration which are open to the general public include:

- Sri Chinmoy 10-mile race, April 9, in Wilton, Connecticut
- Concert at St. Paul's Chapel, Columbia University, April 12, 7:30 p.m.
- Parade up Madison Avenue, beginning at noon April 15

TALK OF PARSONS BLVD.

Guru left on a three-week trip to visit his family in India Feb. 13. His elder sister Lily returned with him for her first visit to the U.S. . . . The U.N. Meditation Group held a programme Feb. 3 highlighting the musical heritage of Sri Lanka . . . During a disciple function last month, each disciple was asked to recite a short aphorism or poem. Guru said the *Canadian men* and *New York women* gave the most soulful recitations, followed by the New York men and Canadian women, who were tied for second place . . . Guru said the aphorism he liked best was the one *Tejiyan* recited: "I shall not fail you, if you can dare to think that I care for you." . . . *Nayak* is running a weekly meditation course at the Experimental College of the University of Washington . . . *San Francisco disciples* are giving a weekly concert at the India Kashmir Restaurant.

PUBLISHER'S CORNER

Sri Chinmoy has recently published a book of questions and answers entitled *Service-Heroes*.



Disciples stand outside Sri Chinmoy's house for morning darshan while the Master meditates on them from the second story [left] window. Afterwards he came out and offered prasad. Last month's blizzard prevented his coming to Annam Brahma for his customary morning meditation with his disciples.

UNMG COMMEMORATES LINCOLN'S BIRTHDAY

UNITED NATIONS—Sri Chinmoy joined ambassadors from Israel, Panama and Liberia February 10 in a programme commemorating Abraham Lincoln and the emancipation consciousness.

The Jewish people, who have been fighting for liberation since the time of the ancient Pharaohs, have felt especially attracted to Lincoln, declared Ambassador Soffer of Israel.

They see Lincoln not only as the emancipator of the Negro slave, but also "as a dreamer of peace and as the spokesman of a way of life," he declared.

Ambassador Illueca of Panama said Third World countries feel that "the symbol of Abraham Lincoln and his emancipation consciousness are a permanent source of inspiration, strength and positive action."

Ambassador Thomas of Liberia spoke of how Lincoln urged Congress to recognise his nation in 1862, when it was one of the world's only two black republics. Lincoln's own life, he declared, exemplified "the spirit of freedom and justice for all."

Ambassador Young of the U.S. was unable to attend because he was involved in negotiations over South Africa. A representative of the U.S. Mission declared, however, that his "absence is a living proof that America still has that commitment to civil rights, human rights, social rights and freedom of all peoples."

This programme, which was sponsored by the United Nations Meditation Group, was opened with a short meditation and musical dedication by Sri Chinmoy.

CONCERT SERIES AT STATE UNIVERSITIES

Sri Chinmoy has begun a statewide series of concerts and lectures that will bring him to each of New York's thirty-seven universities.

The series began Feb. 10 at Columbia University, where the Master spoke on prayer.

"My prayer is a two-way conversation between my heart's soulful cry and my Lord's blessingful Smile," he said.

Identifying with the aspiring seeker, he said: "My life is a combination of my unanswered prayer and my unoffered prayers. My unanswered prayers are blessings in disguise. . . . But it is my unoffered prayers that pain me constantly."

The schedule of concerts/talks for April and May, still incomplete follows. Further details can be obtained a few days prior to each event by calling (212) 523-3471.



- April 1—SUNY, Oswego, 2 p.m.
Cornell, 7:30 p.m.
2—SUNY, Cortland, 2 p.m.
Syracuse Univ., 7:30 p.m.
4—Adelphi, 7:30 p.m.
18—C.W. Post, 7:30 p.m.
23—Alfred Univ., 7:30 p.m.
- May 6—SUNY, Fredonia, 7:30 p.m.
16—SUNY, New Paltz

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"THE SOUNDLESS SOUND"

Volume 4, Number 2
March 1978



8-77/B

MARCH: A HECTIC MONTH OF CONCERTS AND LECTURES

Sri Chinmoy continued his concert and lecture series at New York universities in March, making 14 public appearances on university campuses or in nearby churches. Excerpts from the Master's talks follow:

State University of New York (SUNY) at Albany (March 4):

"When we pray, our Father-Friend lovingly feeds us. When we meditate, we soulfully feed our Father-Friend. . . . Our soulful prayer makes us our Lord's choice instruments. Our fruitful meditation makes us our Lord's Vision-Voice."

Union College and University (March 4): "The desiring man tells me that human life is full

of difficulties. The aspiring man tells me that human life is full of opportunities. The self-giving man tells me that human life is God's constant Vision-Manifestation.

"Each difficulty discourages and delays our success-life. Each opportunity encourages and expedites our progress-life. Each Vision-Manifestation of God helps us march faster towards our destined Goal."

SUNY, Oneonta (March 5):

"Illumination, liberation and realisation . . . are inseparable friends. Illumination conquers darkness. Liberation conquers ignorance. Realisation transforms both darkness and ignorance into a perfect

instrument which is used by the Supreme in His own Way."

Pace University (March 7):

Concentration reminds us of God the omnipotent. Meditation reminds us of God the omnipresent. When we concentrate, Infinity in its power-aspect appears before us. When we meditate, Eternity in its tranquility-aspect appears before us.

"God created the world with His meditation and in His meditation. But in the process of evolution . . . , He adopts concentration. God the Creator awakens us, inspires us and aspires in and through us with His Meditation-Light. God the creation is around us and for us with His Concentration-Power."

SUNY, Buffalo (March 11):

"We shall not wait. . . . To wait is to make friends with empty hours, empty days, empty months and empty years. . . . If we do not wait, in the inner world revolution will be our name; in the outer world, evolution will be our name; and in our own world, satisfaction will be our name."

State University College at Buffalo (March 11): "We shall wait. We shall devotedly wait for the right hour. . . . We shall soulfully wait for the right place. . . . We shall unreservedly wait for the right Master. . . . We shall unconditionally wait for the right goal. . . . We shall wait and grow into God's Compassion-Height. We shall wait and glow in God's Patience-Light."

Hunter College, CCNY (March 17): "God's universal Push

awakens us. God's transcendental Pull liberates us. . . . In our life of aspiration (and) dedication . . . we achieve (progress) on the strength of our faithfulness, cheerfulness and soulfulness. Faithfulness we need in our physical consciousness. Cheerfulness we need in our vital consciousness. Soulfulness we need in our psychic consciousness."



72-4a/Shr

SUNY, Plattsburgh (March 18): "Our gratitude-heart ceaselessly receives blessingful love, soulful concern and fruitful oneness from above. Our gratitude-heart feels that its very existence on earth is an unconditional act of God's Grace. Our gratitude-heart knows that all its acts are for God and for God alone."

SUNY, Potsdam (March 19): "What does the seeker in us need? He needs God-Truth, God-Light and God-Delight. God-Truth awakens him, God-Light illumines him and God-Delight fulfils him. God-Truth he hears. God-Light he sees. God-Delight he feels."

St. Lawrence University (March 19): "The human duty is to love, serve and become the height of truth. The

divine duty is to sing the song of oneness, to dance the dance of perfection and to live the life of fulness. The human duty is to discover God-Reality within and without. The divine duty is to uncover God-Beauty here, there and all-where."

SUNY, Stony Brook (March 20): "A man of will-power braves all the storms and tempests of life. He knows that he is not the earth-bound body but the Heaven-free soul. He also knows that he is not his nature's slave, but a supremely chosen instrument of his Inner Pilot, his Beloved Supreme."

SUNY, Farmingdale (March 21): "Yesterday, my Lord, I came to You proudly and haughtily. Today, my Lord, I have come to You devotedly and unreservedly. Tomorrow, my Lord, I shall come to you soulfully and unconditionally."

Fordham University, Bronx Campus (March 28): "Silence is the greatness of the human mind. Silence is the goodness of the divine heart. Silence is the selflessness of the perfect soul. Silence loves God's inner Beauty. Silence reveals God's inner Duty. God's inner Beauty awakens the human seeker in us. God's inner Duty fulfils the divine lover in us."



Sri Chinmoy tries out an exercise-toy which one of his disciples has given him.

C.W. Post College of Long Island University (March 30):

"Before God created this world, He watched and measured His Silence; He measured the ascendance of His Silence-Height. Now that God has created the world, He watches and measures the excellence of His Sound-Might."



54-5/Shr

TALK OF PARSONS BLVD.

Guru gave a talk March 23 to *Atmananda's* class at New York's New School for Social Research. "This is not a philosophy class," the Master declared. "This is a class that is offering inner awakening and inner illumination." He called the class "a true, simple, tiny temple, a place to worship, a place to dive deep within . . ."

A new Centre, the *Silver Group*, was inaugurated by Guru on March 15 . . . Guru and the disciples held a concert March 8 at Columbia University for the *Spanish-speaking community* . . . The United Nations Meditation Group sponsored a programme March 9 to honour *women in international affairs* in conjunction with International Women's Day . . . A *Sri Chinmoy Meditation Tree* was planted in the University of Washington arboretum in Seattle . . . Another *aphorism* of Guru's has appeared in *Forbes Magazine's* Thoughts on the Business of Life column, in the March 20 issue: "An unaspiring person always complains. There is no end to his complaints. He bitterly complains even when the blessings of opportunity knock at his very door."

Anahata Nada

"THE SOUNDLESS SOUND"

Volume 4, Number 3
April 1978

CELEBRATE GURU'S 14TH ANNIVERSARY IN AMERICA

JAMAICA, N. Y.—Sri Chinmoy's disciples celebrated the 14th anniversary of their Master's arrival in the West with a 10-day festival of plays, songs, athletic events and silent meditation.

Highlights of the event included a disciple circus, a jala ramane water ballet, a parade up New York's Madison Avenue, and a major public meditation at Hunter College.

On April 13, the actual day that Sri Chinmoy arrived in America in 1964, the programme opened up with a 10-mile run for men and a seven-miler for women.

Later in the day, Sri Chinmoy sang 14 special songs—one for each of his years in the West—and held 14 seven-minute meditation sessions. There were also other meditation sessions and songs as well as a number of less serious events.

EIGHT YEARS AT THE U.N.

UNITED NATIONS—The United Nations Meditation Group turned eight years old on April 14.

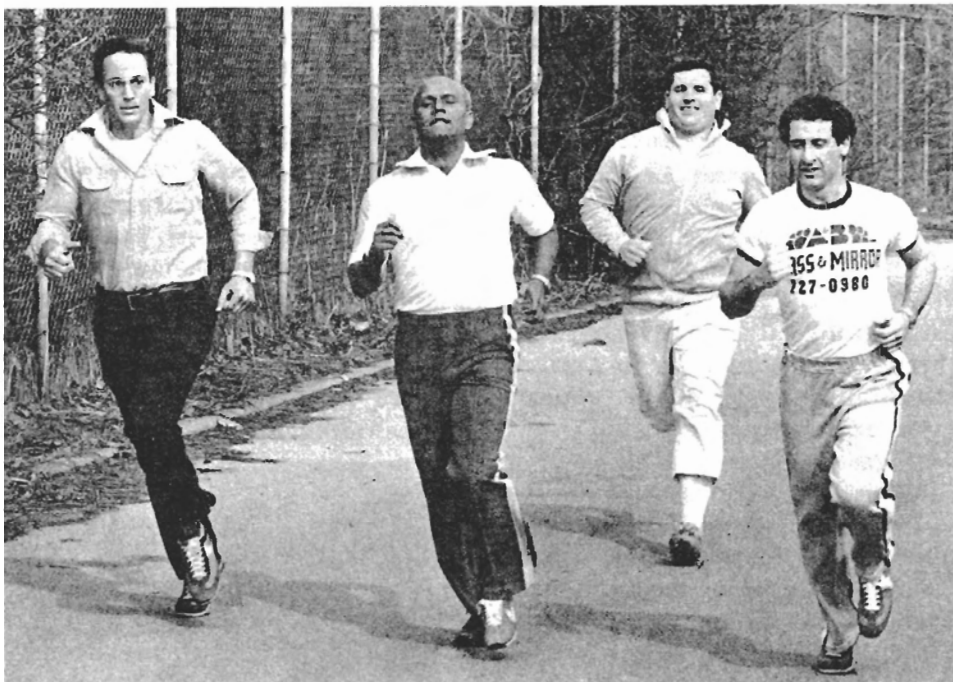
Its birthday was celebrated with a special meditation at the U.N. Church Center Chapel.

SRI CHINMOY RUN

WILTON, Conn.—The fourth Sri Chinmoy 10-Mile Run was held April 9 amid the rolling hills of this picturesque Connecticut town.

Marvin Wilson of Yonkers, N.Y. took first place with a time of 52 minutes, 34 seconds. First among the women was Cathy Ball of Woodbury, Conn., who came in 62nd overall.

Among the disciple participants, Rejean Gauthier of Ottawa placed first, coming in third overall in the race. Hermine Barte of Manhattan was first among the women disciples.



Sri Chinmoy's assistants accompany their Master as he joins in the April 13th run.

DIAL-A-MEDITATION

JAMAICA, N. Y.—Seekers looking to get in touch with their deeper selves during the course of the day can now hear Sri Chinmoy reciting one of his meditations by dialing (212) 526-1111.

Meditations are changed daily, and the service is available around the clock.

A WEEKEND IN CANADA

The Canadian north received a visit from a man of the East when Sri Chinmoy came to Montreal April 6 to participate in the International Fair of Religions and Philosophies.

The *Montreal Star* gave the Master's visit front page treatment in its April 10 edition, headlining the story: "Guru Graced from Above."

Addressing the symposium, which was sponsored by La Societé des Conférences du Canada, Sri Chinmoy said: "I have given to man my devoted service, my selfless service, my loving service. . . . I am giving to man my determination-vital. . . . I shall give to man my sleepless, untiring body."

To the Supreme, he continued, "I have offered . . . my soulful cry. . . . I am offering to my Beloved Supreme my surrender-heart and my gratitude-life. . . ."

The following day, Sri Chinmoy gave a concert at CEGEP Francois Xavier Garneau, a college in Quebec.





4-15-78/B

Devadip Carlos Santana, marching in the disciple parade, pauses for this photo with his Master.

CONCERT SERIES ENDS

The music from Sri Chinmoy's esraj and flute reverberated through New York State in April as the Master made public appearances at 21 universities.

It was the tail-end of his series of concerts and lectures at or in the vicinity of 36 New York universities. The series began in February at Columbia University and ended at Long Island University's Southampton College on April 30.

There were also concerts at Columbia University on April 12 and at the Artists' Association in Woodstock, N.Y. on April 29.

THE TALK OF PARSONS BLVD.

Uma won top honours in the Metropolitan AAU 10,000 metre race (Masters championship) on April 23 in New York . . . Kautuhol has made an animated film named "Dreams that Fly," which he showed

during the April 13 celebration . . . Guru said that the play performed by the *Victoria Centre* under *Savitri's* direction was equal to the best of any disciple performance in terms of embodying the consciousness of his writings . . . Disciples gave highest marks to *Tanima's Bengali Singers* for a group of seven songs they learned and performed on April 16. Guru said *Tanima's* and *Sundari's Group* tied . . .

In a sari contest, *Lavanya* won the largest disciple vote for most beautiful sari, best worn sari, and sari that most brought out the wearer's inner qualities. In a similar costume contest that followed, *Swadhin* stood first in all three categories . . . Guru and the disciples began *bike riding* April 24 in preparation

for the 24-hour Central Park Marathon over Memorial Day Weekend

PUBLISHER'S CORNER

Recent books by Sri Chinmoy include six song books, three books of questions and answers and volume of rhymed poems.

The song books are: *My Gree Adoration-Gifts, Part 2; Transcendence-Perfection; Freedom Heights, Part 1; Illumination Song, Liberation-Dance, Parts 1 6;* and *Patience-Groves.*

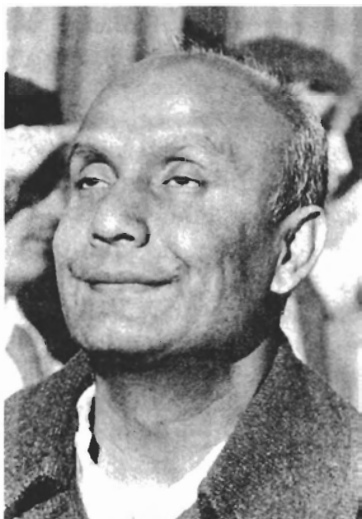
Question and answer books are *Smile of the Beyond; God the Supreme Humorist, Part 2;* and *Earth's Cry Meets Heaven's Smile, Part 3.*

The book of poems is *From the Source, To the Source.*



To celebrate the completion of Sri Chinmoy's New York university concert series, the cake was baked by Radha, Chetana, Chandika and Cathy Culver. The figures on the cake represent Kanan's and Tanima's singing groups, with Sri Chinmoy in the centre.

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CYCLING GURU LEADS TEAM TO VICTORY



Bhashwar

NEW YORK—Sri Chinmoy led a team of 197 disciples to victory in the 24-hour Pepsi-Cola Bike Marathon in Central Park here over Memorial Day weekend.

Proving that spirituality can triumph over exhaustion, the team of 114 men and 83 women—which was able to begin training only four weeks before the event—won three first prizes and pedalled a total of 38,605 miles.

The 46-year-old Master, who saw the marathon as an opportunity for his students to utilise inner qualities developed through meditation to expand their own physical capacities, himself did 230 miles.

"As a team, we wanted to exceed last year's mileage, when our 133 participants did about 22,000 miles. And each of us had his own personal goal—to transcend what we did last year," said Joanne Caruso, who took first place in the women's division after going 305 miles.

The Sri Chinmoy Centre Cycling Team also took first prize for the best 10-member riding team, logging 3,150 miles—more than a thousand miles better than its closest

competitor. It also took top honours for the best 10-25 member riding team, with a 24-member entry pedalling 6,355 miles.

Nirjhari (Barbara DeLong) came in third in the women's division, with 265 miles, and Ashrita (Keith Furman) beat 1975 Pepsi Marathon champion Bill Bauer in a neck-to-neck contest for third place, completing 405 miles.



Ashrita

For a long time former marathon champion Bill Bauer and Ashrita were pedalling it out side by side in their battle for third place. "I was concentrating tremendously on Guru, and I felt his force while I was riding. At one point it almost got easy, and I was just smiling as I rode along. That totally freaked out Bauer, who dropped out of the race shortly afterwards," said Ashrita.

Shortly before the end of the race, Sri Chinmoy led the entire group in a victory lap around the five-mile course. The team, dressed in orange shorts, white shirts and rainbow coloured hats, also was awarded a prize for best riding costume. Lavanya, the team captain, who worked tirelessly on the project, accepted the award, and then the entire group had a giant banquet in the park, provided by Swadhin.

The marathon, sponsored annually by Pepsi-Cola and the Kissena Cycling Club, drew a few thousand participants. Members of the Sri Chinmoy team came from as far away as Miami, Ottawa and Chicago.

'JHARNA-KALA DAY' IN SAN FRANCISCO

SAN FRANCISCO—Mayor George Moscone proclaimed June 1 'Jharna-Kala Day' here in honour of Sri Chinmoy's visit.

In the proclamation, the mayor said he wanted to honour "the art work and the other civic-related accomplishments" of the Master.

The proclamation was presented to Sri Chinmoy at a reception in City Hall, where a four-day exhibit of his paintings was being held.

The ceremonies included a display of marching and rifle maneuvers by a four-man military colour guard sent from the Presidio.

**TWO WEST COAST
MEDITATIONS HELD**

Sri Chinmoy offered two public meditation-concerts in the San Francisco Bay area during a two-day visit to the West Coast.

One was held at Grace Cathedral in San Francisco on May 31 and the second was at Dominican College in San Rafael on June 1.

TALK OF PARSONS BLVD.

WPIX-TV reporter Jeff Kamen (*Suvikash*) has been awarded an Emmy for his spot news coverage of the 1977 blackout . . . *Ben Spector*, who is giving a series of courses on meditation and Guru's philosophy in seven U.S. and Canadian cities, has logged 13,000 miles since the first of the year. On weekends he visits as many as four cities, traveling 750 to 1,000 miles, mainly by bus . . . Australian disciples sent copies of Guru's song "O My Australia" to top national figures and translated it into 14 languages. Adelaide's morning paper, "The Advertiser," printed the words to the song and told of efforts to promote it as a new national song for the country. An exhibit of Guru's paintings was held in an Adelaide shopping mall in the first week of May, and Bengali songs from Guru's Australian-produced "Peace-Light-Delight" album were

broadcast over an *Adelaide radio station* . . .

Guru began a new series of talks May 18 which he said would be another "Everest-Aspiration" . . . During his visit to San Francisco, Guru inaugurated two divine enterprises: *Pratik's* health food store—"Man's Health: God's Wealth"—and *Garima's* medical practice—"Happiness Life-Tree, Fulness Body-Home"

. . . While in town, he also met with *Dr. Joan Ulyot*, author of "Women's Running" and his former boss who is now Consul-General of India in San Francisco, *L. L. Mehrotra*. Earlier in the month, Guru was visited by two Indian Members of Parliament who were in New York . . .

Guru and a group of disciples took an excursion May 7 to *Rye Playground*, where Guru rode on the Merry-Go-Round, took a Bumper Car ride, and went on one or two other rides. On the way home they stopped off at *Aqueduct Race Track*, watching the last two races . . . *Dipti Nivas* restaurant and *God-Ascending Beauty's Feast Bakery* gave demonstrations of cooking and cake decoration at Macy's in San Francisco . . . The May 15 issue of *Forbes* has published another aphorism of Guru's: "Choose a friend. He will help you. Alas, he deserts you. Choose an enemy. He will fight against you. Lo, he corrects and perfects you."

**GURU IS HONOURED
BY STATE LEGISLATURE**

SAN FRANCISCO—A special "Certificate of Recognition" was given to Sri Chinmoy by a representative of the California State Legislature.

The certificate sought to honour "an exceptional spiritual leader for his contributions, devotion and dedication to religious principles, and gratefully commend him for his priceless gifts of knowledge and faith that he has so bountifully bestowed throughout the world."

The presentation was made at City Hall here June 1 as part of local ceremonies commemorating the Master's visit.



Guru is amused by exercise belt rigged up for him by his disciples. (3-14-78/B).

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Indian Prime Minister Desai and Sri Chinmoy hold spiritual discussion.

PRIME MINISTER DESAI VISITS WITH INDIAN MASTER

NEW YORK—India's Prime Minister Morarji Desai put spirituality before politics last month when he interrupted his busy schedule of U.N. disarmament talks and meetings with President Carter to discuss spiritual matters with Sri Chinmoy.

The political leader and spiritual leader discussed the nature of good and evil and the *Bhagavad Gita*, India's "Bible," during a half-hour meeting in Desai's hotel suite here on June 12.

During the get-together, Desai reminisced about his days as a poli-

tical prisoner in the 1930s. Members of the United Nations Meditation Group sang a song in the Prime Minister's honour, which Sri Chinmoy had composed, and the spiritual Master presented Desai with a plaque.

"With you India is great and good. In you India is safe and happy," Sri Chinmoy declared.

"India can't be saved by one man," Desai replied. Later he commented that the nations in the United Nations are not united. "So I hope you will unite the United Nations."

MEDITATION PLANNED FOR GURU'S BIRTHDAY

NEW YORK—A public meditation and concert of spiritual music will be held Wednesday evening, Aug. 23, at 7:30 p.m. at McMillan Theatre, Columbia University, to celebrate Sri Chinmoy's 47th birthday, which falls four days later. All sincere seekers are most cordially invited to attend.

"There is nothing worth knowing but the soul. There is nothing worth becoming but God."

DIAL-A-MEDITATION
(212) 526-1111

GURU CELEBRATES TENNIS ANNIVERSARY BY PLAYING 453 GAMES

JAMAICA, N.Y.—Sri Chinmoy celebrated the first anniversary of his taking up the sport of tennis by playing his disciples 453 straight games.

"I wanted to give my spiritual children joy," the 46-year-old Master declared.

Some of the Guru's followers drove in from neighbouring cities to participate in the 21-hour marathon, which began shortly before 6 a.m. on June 13 at a local public court. At dusk, the games were continued indoors.

By 11:10 p.m., when the Master decided to stop, he had played 89 disciples.

A WEEKEND IN CANADA

Sri Chinmoy and his disciples gave a series of four concerts during the first weekend in June in north-east Canada.

Programs were held in Queen's University in Kingston and at the National Gallery of Canada in Ottawa on June 3.

The following day the Master gave a concert and meditation at the University of Ottawa, where an exhibition of his paintings was being held, and at the Musee des Beaux-Arts in Montreal.

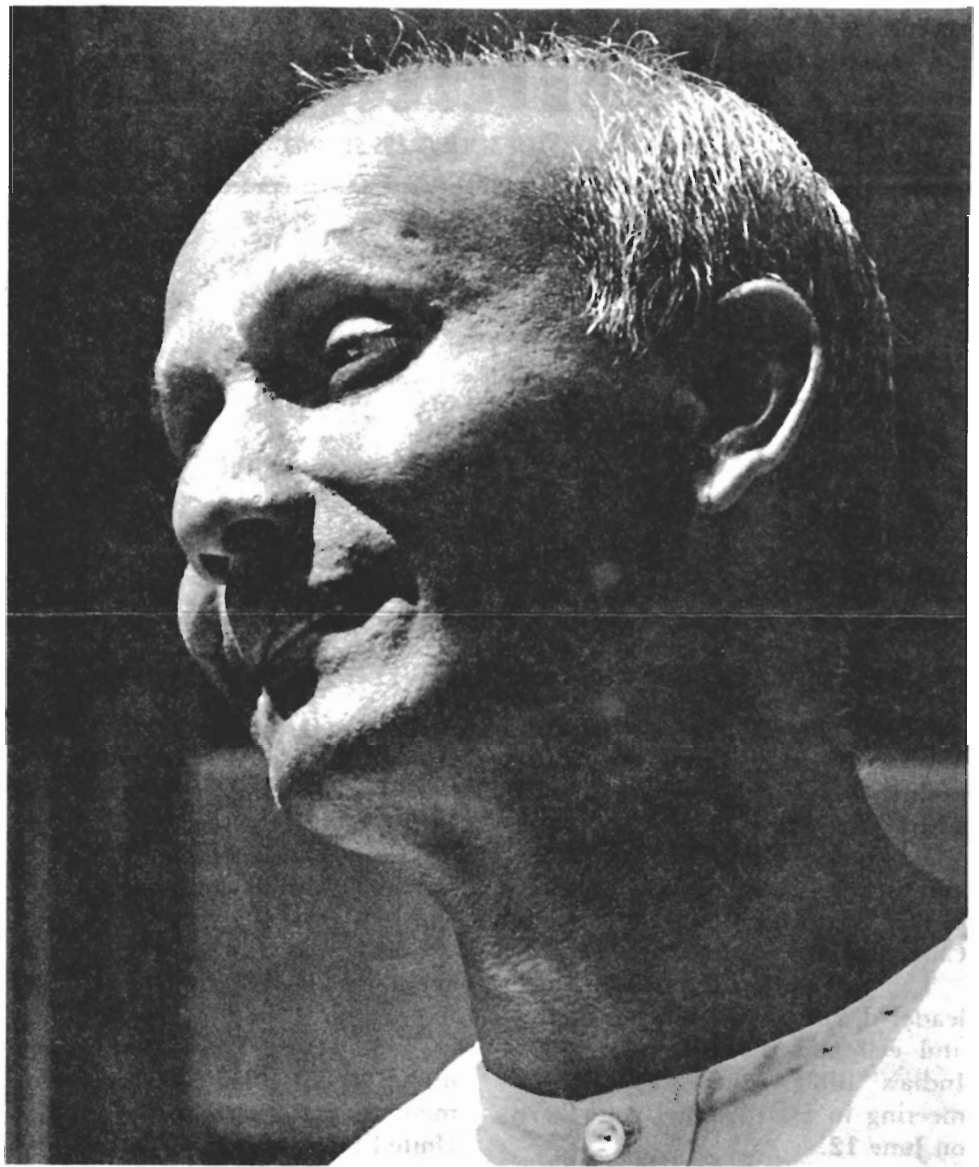


Sri Chinmoy blesses a lamb which was given to him by two disciples, Namita and Satyakarma. They gave him the lamb after Sri Chinmoy described an inner experience he had had a few days earlier involving 27 lambs. The Master named the lamb Yogamaya.

THE TALK OF PARSONS BOULEVARD

With the Bicycle Marathon over, Guru has set a new physical goal for his local area disciples. He asked that all who were physically able to begin training for this October's 26-mile New York *running marathon* . . . In Canada, *Gariyan* was chosen by "Big Brothers of Canada" — a public service organisation for fatherless children — to organise a trans-Canadian fund-raising run. Each of the three teams involved in the run was captained by a former member of Canada's Oneness-Heart: *Utpal, Abadh and Allen Hockley*. The run ended in Ottawa on Father's Day . . . Sri Chinmoy's Song-Waves choir, directed by *Olivier Greif*, gave a concert recently at a week-long UNESCO festival just outside Paris . . .

In a series of disciple bicycle races held June 11, *Lavanya* was high scorer among the girls and *Tarak*, who won the one, five, seven and 15 mile races, placed first among the boys . . . Guru and a group of disciples went to the "Big Apple Circus" June 17 . . . Guru left for *Europe* the next day.



The real transformation of human nature comes not through an austere, ascetic life or a complete withdrawal from the world, but through a gradual and total illumination of life.
—Sri Chinmoy

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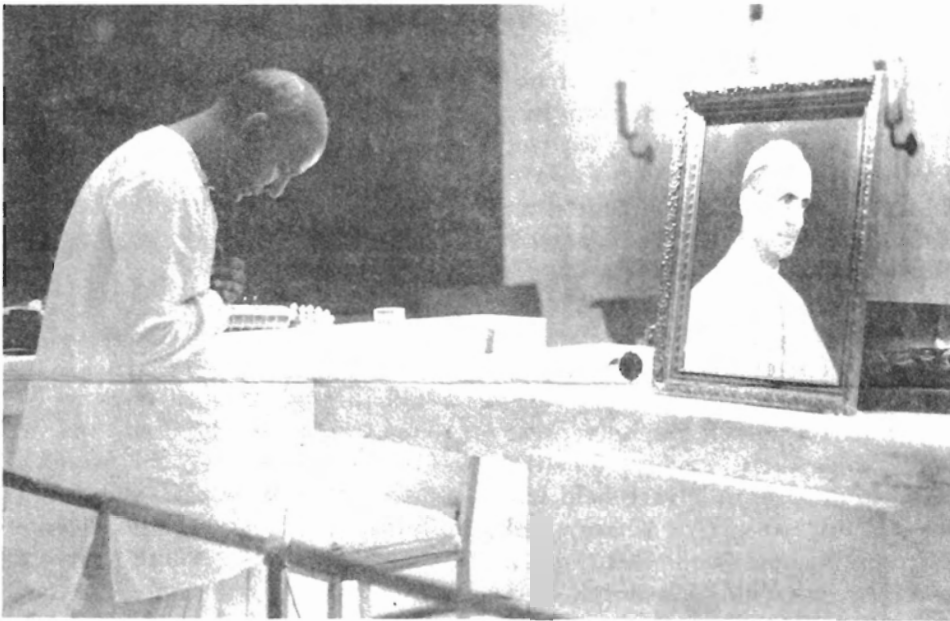
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Anahata Nada

"THE SOUNDLESS SOUND"

Volume 4, Number 6
July 1978



Sri Chinmoy bows before a portrait of Pope Paul during a memorial meditation he conducted for the Pontiff.

FAREWELL MEDITATION HELD AT U.N. FOR POPE

NEW YORK (Aug. 8)—The Indian spiritual Master who conducts meditations at the United Nations held a memorial meditation for Pope Paul Aug. 8 in a ceremony attended by 150 diplomats and U.N. staff members.

Sri Chinmoy, who has been holding U.N. meditations since 1970, bowed before a portrait of the Pontiff and declared: "Father . . . with your mind's illumination you showed mankind the beauty of a new Dawn. With your heart's oneness you told man his duty in a new Day."

Members of the Meditation Group at the United Nations offered personal reminiscences of the Pope and read out memorial tributes. A song Sri Chinmoy had written about the Pontiff was also sung by the Meditation Group choir.

Sri Chinmoy, who had privately met with the Pope on a number of occasions, said:

"Your divine greatness was your contribution to the Heavenly Father. Your supreme goodness was your contribution to Mother-Earth.

Continuing to address the photograph, he added:

"Constant self-giving was your inner life. Constant peace-offering was your outer life.

"Our aspiration-heart treasures your Vision-Eye. Our dedication-life treasures your Perfection-Heart."

THE CAMARADERIE OF THE LONG-DISTANCE RUNNER

JAMAICA, N.Y.—At six o'clock in the morning, you'll see them fanning out through the neighbourhood, their "Nikes" kicking up pebbles in the pot-holed streets.

Others go out only at night—white-clothed apparitions loping through the moonlit streets of Queens long, long past midnight.

Two months ago, most of them, at best, were occasional joggers; some hadn't run a mile in years. But now they're running 30 to 50 miles a week in intensive training for the New York City 26-mile Marathon in October.

The idea for a Sri Chinmoy Centre marathon team first showed

its face over the June 3 weekend during a disciple bus trip to Canada, when the Master read out a list of people whom he felt would have the capacity to get in shape for the race.

A few of them were as much as 40 pounds overweight, but the initial sense of shock soon turned to exhilaration as they realised they were being given the inspiration—and motivation—to outwardly transform their lives.

Sri Chinmoy, a champion sprinter during his youth in India, himself became inspired to take up long-distance running during a run through San Francisco's Golden Gate Park on June 1. Since then, the nearly 47-year-old Guru has been running several miles a day.

From a spiritual point of view, the Master sees athletics as a means of overcoming inner lethargy and increasing aspiration in the physical.

It also represents an opportunity, he feels, to use spiritual capacities to transcend the limits of what the physical mind says is possible.

In this same spirit he and his disciples participated in the 24-hour Pepsi Bicycle Marathon in New York's Central Park a few months ago, winning three first prizes and pedalling a team total of 38,600 miles.

Who is the winner? Not he who wins the race, but he who loves to run sleeplessly and breathlessly with God the Supreme Runner.

— Sri Chinmoy

SAN JUAN CENTRE HOLDS BIRTHDAY PARTY

SAN JUAN, P.R.—Sri Chinmoy's first spiritual Centre celebrated its 12th birthday last month.

The first Aum Centre, forerunner of the Sri Chinmoy Centre, was established in San Juan on July 22, 1966.

THE TALK OF PARSONS BOULEVARD

A selection from Guru's prose poem "God the Supreme Musician" won *honourable mention* in the prestigious New York State Poetry Forum's contest on poems dealing with music. Some 6,000 poets participated in the contest . . . An exhibition of Guru's *Jharna-Kala* paintings was held from July 17-19 in Confederation Centre, Charlottetown, on Prince Edward Island in Canada . . . The first annual *Sri Chinmoy 10-Kilometre Run* was held July 2 in Victoria . . . Scottish disciples held a programme of Guru's music and poems at the Glasgow Theosophical Society July 23 . . .

While the other disciples were conserving their energy for the start-up of a six-mile race held last month in Chicago, *Casey* and *Nathan* accompanied Guru on a two-mile run. The run didn't hurt them any, though, as they came in first and second, respectively, among the disciples. Guru said it was because of the inner inspiration they received from jogging alongside him . . .

Guru's sister *Lily-di* returned home to India Aug. 4 after a five-month visit. She had arrived on March 3 . . . *Nilaya* organised the July 4 "Carry the Torch for New York" run in which 13 celebrities celebrated America's birthday by carrying a torch from "Federal



Sri Chinmoy and Consul-General Nevile.

Hall through Central Park in New York. The torch used was the famous "Liberty-Torch" which 33 disciples took around the country during their 9,000-mile Bicentennial relay run . . . *Hank Levine* will be speaking on some of Guru's meditation techniques at a NATO-sponsored psychology conference in England this month . . . *Phil Schlipstein* took top place in an impromptu contest Guru held on the cleanliness and consciousness of disciples' cars. "Par excellence," Guru said of his gleaming Chrysler Cordoba . . . Another of Guru's *aphorisms* has appeared in *Forbes Magazine*, in the July 24 issue: "What you do not need yourself, do not give to others. For example: advice."



A meditative moment for Lily-di, Guru's sister, during an outing in New York's Central Park.

CHICAGO MAYOR HONOURS INDIAN GURU

CHICAGO—Mayor Michael A. Bilandic proclaimed July 28 as "Sri Chinmoy Day" in Chicago in honour of the spiritual Master's visit to the city.

During his three-day stay, Sri Chinmoy and the group of 40 or so disciples accompanying him gave concerts of spiritual music at the Chicago and Evanston campuses of Northwestern University. The Master also held a lakeside meditation before he departed.

TWO INDIAN HEARTS

CHICAGO—An Indian spiritual Master met with a master Indian diplomat July 28, and the two found they had a lot in common.

Pran Nevile, the Indian Consul-General in Chicago, visited Sri Chinmoy during the Master's tour here and attended one of his concerts.

Sri Chinmoy said he saw in the Consul-General "the heart of simplicity, majesty and purity of Mother India revealed in a striking manner."

The diplomat, deeply moved, replied: "It has been a unique experience for me to be near such a great soul, who is carrying the message of my country to people so far away from my homeland. You are an enlightened soul who is doing so much for mankind."

"My heart is really feeling something which I can't express. This is a blissful moment for me. It's a unique experience for me to be in your nearness."



Haridas conducting Sri Chinmoy choir.



Sri Chinmoy and New York's Mayor Koch walk down the steps of City Hall together for the Aug. 16 award presentation to the Master [photo by Bhashwar].

47-MILE RUN CELEBRATES GURU'S 47TH BIRTHDAY

JAMAICA, N. Y. — Long-distance runners from three continents ran a 47-mile ultra marathon Aug. 27 to celebrate the 47th birthday of their Guru, Sri Chinmoy.

While hundreds of other disciples cheered them on, 47 men and 11 women from across the U.S., Canada, Europe and Australia raced around a 1¼-mile loop circling Jamaica High School in Queens.

Seasoned marathon runner Tarak Kauff, a 36-year-old waiter at New York's U.N. Plaza Hotel, came in first, breezing in at just a shade under six hours with a time of 5:57:07. Top woman runner was Garima Hoffman, a 30-year-old

physician from San Francisco, who finished at 8:00:44.

Only a handful of the participants had run even 26-mile marathons before, and some of them lurched in 10 or 11 hours after the midnight starting time. Only one runner, who suffered a serious injury, failed to complete the course.

To encourage the runners, Sri Chinmoy himself ran most of the night until an injury also disabled him.

The run was the first of what will be an annual 47-mile event on the Master's birthday.

For those who didn't feel up to a 47-mile run this year, there was a 13-mile race for men and a seven-mile race for women Aug. 28.

12-DAY BIRTHDAY PARTY BEGINS AT CITY HALL

NEW YORK — A 12-day "birthday party" for Indian spiritual Master Sri Chinmoy got off to a gala start Aug. 16 with a ceremony involving Mayor Koch and several hundred of the Guru's disciples on the steps of City Hall.

The birthday festival consisted of an almost non-stop series of plays, songs, athletic meets and meditation sessions—punctuated occasionally with a few hours of sleep.

Disciples sang 475 of their Master's songs and performed a couple of dozen of his plays. There were also several concerts, a public meditation at Columbia University, the annual track and field competitions, a parade up New York's Madison Avenue, a games day, a circus, a water ballet and a 47-mile run.

In the kick-off ceremony at City Hall, Mayor Koch gave the Master a special citation which noted that his "contributions as spiritual leader, meditation teacher, musician, artist and poet have been an inspiration to thousands of New Yorkers."

Before the presentation, the Mayor told Sri Chinmoy: "It is an honour to meet with you. It is a privilege and pleasure to greet you here at City Hall."

The Master gave Mayor Koch an original painting and said he saw in the city's leader a sense of fulfilling determination which "will bring about success in every sphere of American life."

"The city of New York is the capital of the world," Sri Chinmoy continued, "and here when success and progress take place, the rest of the world immediately derives considerable benefit."

The ceremony ended with two disciple choir groups conducted by Haridas singing several of Sri Chinmoy's songs as the Master meditated in front of City Hall.

SRI CHINMOY DAYS

JAMAICA, N.Y. — The Borough Presidents of Manhattan, Queens, Brooklyn and Staten Island proclaimed Aug. 27 "Sri Chinmoy Day" in their districts in honour of the Master's 47th birthday.

The Bronx Borough President awarded Sri Chinmoy a certificate of appreciation on that day "in recognition of his enormous contributions in the spiritual, artistic, literary and musical fields."

Councilman Morton Povman, a long-time admirer of Sri Chinmoy, personally presented the Queens proclamation to the Master at the Jamaica High School track following the 47-mile run.

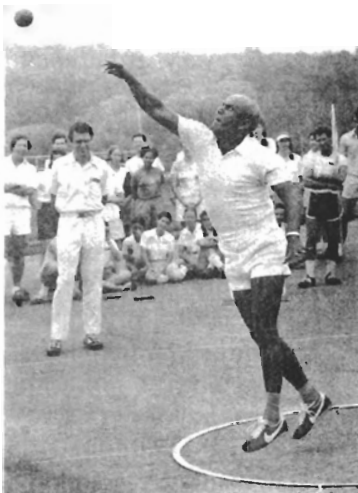
Commenting on the run, he declared: "It seems almost a miracle that you can have people, not trained in running, run 47 miles with only one person dropping out. It was with the inspiration that Guru provided . . ."

Sri Chinmoy told Povman, "You are not only a councilman but . . . a true loving brother and friend in the hearts of all disciples of mine."

ART GALLERY OPENS

NEW YORK — A renovated and expanded *Jharna-Kala* art gallery reopened this month in Manhattan's Grand Central Station. Paintings are on exhibit only, and not for sale.

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WOODSTOCK REVISITED

WOODSTOCK, N.Y. — Ten years after the Woodstock Festival crystallised the spirit of the hippie generation and sent Devadip Carlos Santana rocketing to musical fame, Woodstock again was in the news.

Devadip returned here Aug. 26 to give a free outdoor concert, but he came as an entirely different person.

His throbbing guitar, which once symbolised all the excitement and frenzy of the Woodstock generation, evoked a more tranquil spirit, and his music consisted entirely of arrangements of compositions by his Guru, Sri Chinmoy.

Playing alongside him was a disciple group called Sri Chinmoy Rainbow.

Sri Chinmoy himself also performed on the esraj and conducted meditation.

The concert was held in a large open field on land owned by the non-profit Creative Music Foundation.

TALK OF PARSONS BLVD.

Guru gave a concert Aug. 6 at Merce Cunningham dance studio in Westbeth, an artists' residence in New York's Greenwich Village . . . *Bhashwar* came in first among the men and *Ranjana* took top honours among the women in the annual track and field competitions Aug.

24 . . . Famed American ultra-marathoner *Ted Corbitt* met Aug. 12 with disciples planning to run the 47-mile race on Guru's birthday and gave them some tips . . . *Haridas* was commissioned by the world-renowned Paris Conservatoire to write an original composition which viola students played as part of their final exam this past June . . . Guru named *Chris Lok* best actor of the year for his performance during the birthday celebration. Tied for second place were *Swadhin*, *Nilima* and *Michael Chernian*. *Sundar* was third . . .

Two of Guru's poems have won second prizes and two have won third prizes in four different categories in the *Contra Costa County (California) Fair Poetry Contest* . . . The Aug. 21 issue of *Forbes* carried this aphorism of Guru's: "Do not be afraid of evil. But be always cheerful in doing good. Evil will soon leave you, for evil is extremely jealous of good."

During a football (soccer) match between the *Sri Chinmoy Lions* and the *United Nations Meditation-Flames* on Aug. 22, Guru played on both sides. While playing for the *Chinmoy Lions*, he scored three goals and made three assists. . . .



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ELLIOT RICHARDSON DISCOVERS NEW OCEAN

NEW YORK—Elliot Richardson, America's spokesman at the U.N. Conference on the Law of the Sea, learned something new about the sea Sept. 11 when he met with Indian spiritual Master Sri Chinmoy.

"The sea represents consciousness and vastness," the Guru declared. "It reminds us of our own Infinity which we embody within ourselves."

"In the inner life, we give utmost importance to consciousness, and we try to keep it as high as possible through prayer and meditation."

Richardson, who came to meet Sri Chinmoy at the Master's *Jharna-Kala* art gallery, said: "Those are very inspired words. I shall certainly remember them in my own efforts at the Conference."

During their meeting, Richardson also discussed the United Nations with Sri Chinmoy, who has been conducting meditations there for delegates and staff for the past eight years.

"You express with great eloquence the universal spirit of the United Nations," Richardson told the Master. "Whatever may be its problems, it constitutes the best hope we have for creating a more peaceful world order."

As he was leaving, the former cabinet member under Presidents Nixon and Ford told Sri Chinmoy: "It has been a great honour to meet you, and I look forward to meeting you again. In the meantime, this will be a very memorable first meeting."

Afterwards, he sent the Master a copy of his book *The Creative Balance*, with this inscription: "To Sri Chinmoy—Artist, Musician, Thinker, Articulator of ideas, Communicator of insights, with the sincere admiration, respect and gratitude of a fellow laborer in the vineyard of peace."



Elliot Richardson receives an original painting from Sri Chinmoy during a meeting at the Master's Jharna-Kala art gallery.

PROPHET HONOURED BY OWN COUNTRYMEN

An Indian spiritual Master belied the adage that a prophet is without honour in his own country when he was acclaimed by two major political figures from India.

After attending one of Sri Chinmoy's meditation-concerts at the University of California at Davis Sept. 29, India's Minister of Agriculture and Irrigation, Surjit Singh Barnala, told the Master: "I felt you bringing down Peace and Grace from above."

The Minister came to the concert at the urging of L. L. Mehrotra, India's Consul-General in San Francisco, who had attended the Master's meditation at San Francisco State University two days earlier.

During that event, the Consul-General asked if he could say a few words and then declared:

"Sri Chinmoy belongs to that stream of thought and sentiment which has shown us the light for ages."

Quoting a verse from the Upanishads—*Lead me from death to Immortality*—the Consul-General continued: "... while we mortals pray for that Immortality, Sri Chinmoy is part of that Immortality."

"I consider those blessed who sit in his presence . . . and I know that even after I and you and everyone are gone, his voice and his message will be with us, for that is the Message Supreme to which I bow."



Sri Chinmoy exchanges greetings with Surjit Singh Barnala, India's Minister of Agriculture [right], as two aides look on.

JHARNA-KALA REUNION WITH GOVERNOR COLON

NEW YORK—Former Puerto Rican Gov. Hernandez Colon enjoyed a welcome respite from his diplomatic battles Sept. 5 when he attended a reception in his honour at the art gallery of Indian spiritual Master Sri Chinmoy.

"You don't know how much gladness is in my heart to be here with you," Colon told the Guru. "Or perhaps you do, because you are able to read our hearts."

Sri Chinmoy, whom Colon had proclaimed an "honorary resident of Puerto Rico" during his governorship, replied: "Every day you are in my prayers. Every day you are in my consciousness. Every day you are in my soulful meditation."

As 200 of his followers applauded, the Master presented Colon with a cake and personally escorted him around his *Jharna-Kala* gallery in New York's Grand Central Station, where several hundred of his paintings are on display.

Colon told the assemblage: "I feel united with all of you and with Guru in our aspiration. I feel oneness in our souls. I feel that your hearts touch mine and that we are all together travelling on the same path."

To Sri Chinmoy, whose first spiritual Centre in the Western world was established in San Juan 12 years ago, Colon said: "This opportunity to see you . . . comes at a time when I am very much in need of help because I am engaged in a very serious matter for Puerto Rico." He is involved in a diplomatic mission to the United Nations concerning Puerto Rico's relationship with the U.S.

While he was governor, Colon invited Sri Chinmoy to his home in Puerto Rico on several occasions, but hasn't seen him since 1976. "I have thought about you very much during the past two years . . . always with the deepest respect, admiration and love," Colon said. "I had a great desire to see you and this desire has been fulfilled tonight."



The Master presents former Puerto Rican Governor Hernandez Colon a bouquet at the Jharna-Kala gallery.

RUNNER'S WORLD GIVES AWARD TO SRI CHINMOY

Sri Chinmoy received the distinguished service award from *Runner's World* magazine for his "dedicated service to humanity through the promotion of running."

The managing editor of the magazine presented him the award Sept. 28 on behalf of editor Bob Anderson.

The Master inspired 200 of his followers—most of whom had never run before in their lives—to enter the New York City 26-mile marathon in late October.

He was also the inspiration behind the famous bicentennial Liberty Torch run in the summer of '76, in which 33 of his followers went on an 8,800-mile relay through the various states, carrying aloft a flaming torch to symbolize the rebirth of America's spiritual values.



Runner's World award given to Sri Chinmoy.

LIKE FATHER, LIKE SON

NEW YORK (Oct. 4)—A 24-year-old stationery store worker apparently set a world record Oct. 4 when he juggled three rubber balls a total of 100,000 times. He says he did it to celebrate the third anniversary of his Guru's completion of 100,000 paintings.

"I wanted to get some idea of what the number 100,000 meant," said a bleary-eyed Ashrita Furman, after having juggled continuously for 10 hours and 38 minutes. A Guinness spokesman says there is presently no published juggling record.

Ashrita, an off-hours magician who often entertains his audiences with juggling performances, began his marathon shortly after midnight Oct. 4 at his spiritual father's *Jharna-Kala* art gallery. The gallery is exhibiting several hundred of the 100,000 paintings Sri Chinmoy completed in an 11-month period ended Oct. 3, 1975.

"A few times I almost fell asleep," Ashrita said, "so I had to stomp around to stay up"—still juggling, that is.

He said he felt great after he finished, "except that I wouldn't want to shake anyone's hand. My wrists are killing me!"

15 LECTURE-CONCERTS GIVEN IN CALIFORNIA

An eight-day lecture and concert tour across the state of California brought Sri Chinmoy to the campuses of 15 colleges and universities.

The tour began Sept. 27 at the University of California (UC) at Berkeley and ended Oct. 5 at Stanford University.

Other universities visited were: San Francisco State University, San Jose State University, UC at Santa Cruz, UC at Davis, University of the Pacific, California State University at Fresno, California State College at Bakersfield, California State College at San Bernardino, UC at San Diego, UC at Irvine, UCLA, University of Southern California and UC at Santa Barbara.



Receiving key to the city of San Jose.

5 MAYORS HONOUR GURU

Mayors of five California cities honoured Sri Chinmoy during his lecture and concert tour of the state.

Two mayors gave the Master a key to the city, and three proclaimed the day of his visit 'Sri Chinmoy Day.'

The Vice-Mayor of San Jose presented him with a key to the city on behalf of Mayor Janet Gray Hayes on Sept. 28, and the Deputy Mayor of Los Angeles gave the spiritual teacher a key to the city on Oct. 2 on behalf of Mayor Tom Bradley.

Mayor Warren Widener declared Sept. 27 'Sri Chinmoy Day' in Berkeley, and Mayors Arnold I. Rue and Phillip L. Isenberg of Stockton and Sacramento, respectively, declared Sept. 29 'Sri Chinmoy Day' in their cities.



The President of the Pacific School of Religion, John von Rohr, [left] gives Sri Chinmoy a certificate naming him an "Honorary Visiting Scholar" as Dean A. Durwood Foster [far right] and one of the Master's devoted followers [center] look on.

SPIRITUAL TEACHER NAMED VISITING SCHOLAR

BERKELEY, Ca.—Sri Chinmoy has been appointed an "Honorary Visiting Scholar" at the Pacific School of Religion, which is part of the Graduate Theological Seminary at Berkeley.

Pacific School President John von Rohr and Dean A. Durwood Foster met with the Master Oct. 5 and presented him with the honorary certificate in view of his "creative achievements in ecumenical religious interpretation and in behalf of humanity."

The Master told them: "I am not a scholar and I will never be a scholar. No, I am just a seeker . . . In my writings I am not trying to il-

lumine anybody; only I am trying to share with the rest of the world my heart's cry, which tries to serve my Beloved Supreme in each individual."

MEDITATION BOOK OUT

A complete, practical guide to meditation by Sri Chinmoy has been published. The 304-page book, compiled from everything the Master has written on the subject, is available from Aum Publications, P.O. Box 32433, Jamaica, N.Y. 11431 for \$5.00 plus 60 cents postage and handling.



The Deputy Mayor of Los Angeles presents Sri Chinmoy with the key to the city.



Sri Chinmoy met with U.N. Secretary-General Waldheim.

SPIRITUAL LEADER CONFERS WITH U.N. LEADER

UNITED NATIONS—The spiritual leader who conducts meditations for delegates and staff at the United Nations had a soulful and fruitful meeting with U.N. Secretary-General Kurt Waldheim on Oct. 24, which was "U.N. Day."

Sri Chinmoy presented Waldheim with a book he had written about him and a plaque, telling the Secretary-General that "you embody the hope, promise, success and progress of the United Nations."

The two leaders discussed some of the problems the United Nations faces and the activities of the U.N. meditation group which Sri Chinmoy leads.

"Please tell the members of your Meditation Group that I am very pleased with them," the Secretary-General said. "Their dedicated service to the United Nations I sincerely appreciate, and I wish you all continuous success in your great and good endeavours."

SRI CHINMOY RUNNERS BLITZ N.Y. MARATHON

NEW YORK—In their green shirts, adorned with their Guru's picture, and blue running shorts, they seemed to be everywhere.

And indeed they were. The 200-member Sri Chinmoy Centre Running Team, the largest single entry in the Oct. 22 New York City marathon, stretched more or less the whole length of the 26-mile course.

Tarak Kauff, with a time of two hours 49 minutes, was near the head of the pack, finishing about 37 minutes after first-place Bill Rodgers. At the other extreme was Carla Graifer, who took seven hours 14 minutes to cross the finish line, coming in absolutely last.

Tarak and Carla represented the two extremes among the 131 men and 69 women participants who look upon running as an extension of their spiritual life with Sri Chinmoy.

Running and meditation, Sri Chinmoy teaches, have a similar goal: self-transcendence. "We compete with others not for the sake of defeating them but in order to bring forward our own best capacity. If we learn to participate in competitive sports devotedly, then we will make real spiritual progress."

In this spirit, in early June he requested 200 disciples to begin marathon training. Most had never run even 10 miles before, and several had never run competitively at all.

"The spiritual life means constant newness, constant growth," says Dr. Garima Hoffman, who came in first among the women disciples with a time of three hours 40 minutes. "We are trying to grow inwardly through our meditation and outwardly by extending our meditative life to everything we do."



Sri Chinmoy gives an award to Fred Lebow, Race Director of the New York City Marathon, during pre-marathon kickoff ceremonies Oct. 21 at Lincoln Center.



Ultra Marathoner Ted Corbett holds aloft a flaming torch while Sri Chinmoy meditates at Lincoln Center's Damrosch Amphitheatre during kickoff ceremonies Oct. 21 for the New York City marathon. Corbett was the final participant in a pre-marathon relay over the route of the 26-mile course.

AMBASSADORS AND STAFF CELEBRATE U.N. DAY

UNITED NATIONS—Ambassadors and staff from the U.N. joined together Oct. 24 to celebrate United Nations Day in a programme sponsored by "Sri Chinmoy at the United Nations."

"The United Nations is not a mere building," Sri Chinmoy declared, "... nor even a dream. It is a reality which is growing, glowing and manifesting its radiance here, there, and all-where.

"Throughout the length and breadth of the world, all those who are sincerely crying for a oneness-family, according to their receptivity, are receiving light from the soul of the United Nations."

Another speaker, Ambassador Rossides of Cyprus, said that "the spirit of man should become prominent in the United Nations . . . because the spirit is the link between man and...the universal flow...."

Other speakers included Ambassador Thomas of Liberia, who called on nation-states to subordinate their own nationalistic self-interest to the broader U.N. interests, and Donald Keys, head of Planetary Citizens, who said the U.N. represents a major step by mankind toward its goal of unity.

ART SCHOOL DIRECTOR VISITS INDIAN MYSTIC

NEW YORK—The Director of the Lake Placid (N.Y.) School of Art, Brian Gormley, visited the spiritual artist Sri Chinmoy Oct. 24 at the Master's Jharna-Kala Gallery.

"Sometimes when there is pressure and I don't know whether it is worth continuing or not, I think of you and your work and your inspiration, and it helps," the art director told Sri Chinmoy.

These paintings are my aspiration-friends," the Master said. "And these friends I try to grow, like a garden, inside the hearts of those who care for a better life, a more illumining life and a more fulfilling life."

Afterwards, Sri Chinmoy presented Gormley with a painting which he said depicted his soul.

Gormley, deeply moved, said: "I feel so filled with emotion at this time. It's not very often that one has his soul done on a piece of canvas. There are not many people . . . who have had any influence upon me in art, literature and spiritual guidance, and who could claim to have influence in all of them, like Sri Chinmoy has had."



Brian Gormley, Director of the Lake Placid School of Art, expresses his deep gratitude to Sri Chinmoy for offering him an original painting.

U.N. MEDITATION GROUP GETS NEW NAME

The United Nations Meditation Group, which Sri Chinmoy has been directing since 1970, has gotten a new name.

The organisation of U.N. delegates, staff, NGOs and accredited press representatives is now officially known as "Sri Chinmoy Meditation at the United Nations."

TALK OF PARSONS BLVD.

Guru was up the whole night Oct. 21 personally cooking a *feast* for his 200 spiritual children who were planning to run in the New York City marathon the next day. The meal was served at his house after the race was over . . . Guru has composed a series of songs called *Four Universals* to express primary emotions all human share: "Welcome" and "Congratulation," composed in Puerto Rico on Sept. 15 and Sept. 17, respectively, and "Thank You" and "Farewell," composed in California on Oct. 2 and Oct. 4, respectively. Other recent significant songs by Guru include *O Marathon Runner*, *Brother Elliot*, *Ambassador Richardson* and *Ambassador Rossides*, (of Cyprus) *O Heart of Sympathy-Seas* . . .

A five-mile *Sri Chinmoy Centre run*, organised by *Vajra*, was held Oct. 1 for the black community in Harlem under joint sponsorship with the Harlem YMCA . . . An exhibit of Guru's Jharna-Kala paintings was held in *Zurich* during the first week of October. A six-day exhibit was also held during the month at the *Nova Scotia Technical College* in Halifax, and a 2-day showing at *Charletown, Prince Edward Island*, is scheduled for early November . . .

The Sri Chinmoy Centre singers sang Guru's "Marathon" song at a *Lincoln Centre rally* Oct. 21 that kicked off the 26-mile New York City marathon. The ceremonies included meditation by Guru . . . *Dr. Janis Klavins*, Professor of Pathology at SUNY at Stony Brook, sang Schubert's "Die Schöne Müllerin," Oct. 20 at Guru's Jharna-Kala Gallery, accompanied by *Haridas*, who flew in from Paris for the event . . . "Sri Chinmoy Meditation at the United Nations" held a *programme* Oct. 31 commemorating the 33rd anniversary of India's joining the U.N. . . . Guru gave a *public esraj concert* Oct. 29 at Columbia University . . . Another aphorism by Guru has appeared in the Oct. 16 issue of *Forbes*: "I take the greatest lesson from compassion—it takes away all the conceit out of my life."

HINDU TEMPLE WELCOMES GURU OF THE WEST

FLUSHING, N. Y. — The spirit of the East openly embraced the Guru of the West when the Hindu Temple Society of North America invited Sri Chinmoy to give a meditation and devotional concert at its main temple here Nov. 12.

Showing that not only America but also India claimed this Indian spiritual Master, Dr. A. Algappan, Secretary of the Hindu Temple Society, welcomed Sri Chinmoy with these remarks:

" . . . when a person becomes perfect, he wants to shed the benign radiance on others. While India has many holy people who have been able to do this, we in New York are blessed with one person who has been silently and steadfastly doing this, and this is Sri Chinmoy.

"Not only by his teachings but also by his example, he has been able to inspire so many people and put them on the right path. We give him not only a double and triple welcome, but a welcome for every day."

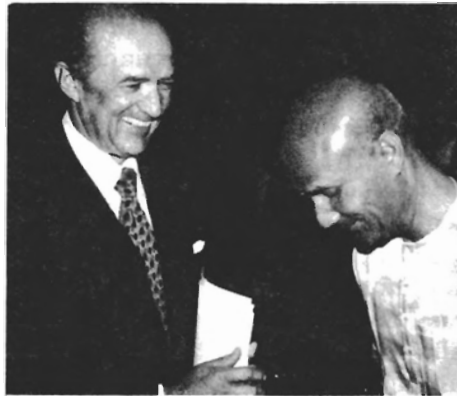
SRI CHINMOY CHOIR TOURS EUROPE

The Sri Chinmoy Song-Waves choir gave a series of four concerts in early November in Holland, Germany and Belgium.

The 25-member choir, conducted by Haridas, appeared in The Hague, Cologne, Bonn and Belgium November 1-3. One of the concerts was held in Germany's well-known Cologne Cathedral, the largest in that country.

In addition to the formal concerts, the group gave a number of impromptu street concerts that attracted large crowds.

Another tour is scheduled for Switzerland and south Germany in February.



Sri Chinmoy and Ambassador Illueca of Panama.

MEDITATION GROUP HONOURS PANAMA

UNITED NATIONS—Sri Chinmoy Meditation at the United Nations held a Panama Day programme Nov. 14 to commemorate the 33rd anniversary of Panama's joining the U.N.

In his prepared remarks, Panama's Ambassador Illueca said: "Everything that is great and noble in this world is the product of meditation."

Later, he told Sri Chinmoy, "Today you have done something very significant to our inner being. We feel that we have encountered some superior feelings in ourselves . . . There are no words to express this feeling. It is something very good."

The Master had opened the programme with a short meditation.

Earlier in the month, Sri Chinmoy's U.N. meditation group had celebrated the 33rd anniversary of Liberia's joining the U.N. Featured speaker at that programme on Nov. 3 was Liberia's Ambassador Thomas.

The difference between Truth and Love is this: Truth lived before anything began; Love will live after everything ends.

— Sri Chinmoy

DIPLOMATS CELEBRATE THANKSGIVING AT U.N.

UNITED NATIONS—Sri Chinmoy Meditation at the United Nations sponsored an international thanksgiving programme Nov. 20 that drew diplomats from all parts of the world.

Guest speakers included the U.N. ambassadors from Kenya, Equatorial Guinea and the German Democratic Republic, as well as representatives of the Bahamas, Kuwait and the Federal Republic of Germany.

Sri Chinmoy opened the event with a short meditation and musical dedication.

ASHRITA SPRONGS TO NEW POGO STICK RECORD

NEW YORK—Ashrita Furman set a new world record when he completed 131,391 pogo stick jumps in a 24-hour period ended Nov. 16.

Ashrita embarked on the marathon to celebrate his Guru's completion of 16,031 paintings in 24 hours. Sri Chinmoy did the paintings on Nov. 16, 1975.

During the 24 hours he was spronging in New York's Central Park, Ashrita wore down nine pogo sticks and two dozen tips. The pogo sticks were supplied by Masters Juvenile Products Co.

The previous world pogo stick record was 100,000 jumps in 18 hours.

For Ashrita, this was his second world record in six weeks. On Oct. 4 he juggled three balls a total of 100,000 times to celebrate the third anniversary of Sri Chinmoy's completion of 100,000 paintings. That feat took him a little over ten and a half hours.

What's next for this 24-year-old stationery store manager? "I'm thumbing through Guinness to get ideas," he says, laughing.

TALK OF PARSONS BLVD.

Guru began setting music to passages from famous *literary and philosophic works* by Shakespeare, Byron, Tennyson, Frost and others on Nov. 3. The first group of 13 songs in this series was performed by a "non-singers" singing group, the *Immortal Singers* . . . At the other end of the musical spectrum, the *New York Bengali Singers* celebrated their seventh anniversary Nov. 18 . . . When the San Francisco disciples brought Guru's former boss, *L. L. Mehrotra*, several food items Nov. 1 in honour of his birthday, the Indian Consul-General said he felt that the food actually came as a blessing from Guru and asked them to offer some to each of the employees in the consulate, saying it was Guru's *prasad* . . . *Dial-A-Meditation* has come to San Francisco, and Guru can now be heard 24 hours a day reading one of his aphorisms by dialing 415-239-2200 . . .

The Sri Chinmoy Singers sang Guru's *Four Universals* on radio for the first time Nov. 23 on a Thanksgiving Day 'special' broadcast over WNYC in New York . . . Significant new songs composed by Guru this month include *Ambassador Illueca* (of Panama), *Norman Rockwell, Run and Become*, and *Fountain-Art*, a new *Jharna-Kala* song . . . Guru appeared on WCBS-TV's "The Way to Go" on Nov. 26. The programme marked the first time

any of the *Four Universals* were sung on TV . . . France's most popular and prestigious National Radio Station, *France-Inter*, interviewed *Haridas* Nov. 24 about Guru and his path . . .

Guru ran his first consecutive 10-mile stretch Nov. 26 in the *Sri Chinmoy 10-Mile Run* in New Canaan, Conn. in 88 minutes 18 seconds. Among disciple runners, *Rejean* was fastest boy and *Karabi* fastest girl . . . Guru's *Jharna-Kala Art Gallery* in New York's Grand Central Station, which has been open since August, ended its exhibit this month . . . While the gallery was open, *Ranjana* had given talks and conducted a series of programmes and tours there for hundreds of schoolchildren from the New York Public School System, who were brought in by their teachers to learn about C.K.G. . . . An exhibit of C.K.G. originals was held this month at the *New Metro Library in Toronto*, the *Ottawa Public Library* and also in the *Ottawa hotel room* where Guru painted his first *Jharna-Kala* rose . . . *Melbourne* disciples commemorated the anniversary of "Transcendence-Perfection" by printing seven of the poems and sending copies to 20 of Australia's most famous poets . . . The *Chicago Centre* sponsored a vegetarian dinner and concert at the National College of Chiropractic . . .

The *Ottawa Board of Education* has selected Guru's *Phule Phule* as one of the songs to be performed by

a group of children at a city-wide musical programme in February . . . A book containing reproductions of all Guru's awards and achievements, titled *Among the Great*, has been published by Aum Publications . . . *Scottish disciples* gave a concert of Guru's music last month at the Edinburgh Theosophical Society and a musical programme at the United Nations Association in Glasgow.

JHARNA-KALA PARADE BRIGHTENS JAMAICA

JAMAICA, N.Y.—A colourful procession of floats and bands marched up Hillside Avenue in Queens Nov. 19 to celebrate the fourth anniversary of Sri Chinmoy's *Jharna-Kala* creations.

The Master completed his first painting, a rose, four years ago in an Ottawa hotel room. Since then, he has done more than 130,000 works, which he calls *Jharna-Kala*.

After the parade, disciples continued their celebration with a series of plays and songs.

FOUR CONCERTS GIVEN

Sri Chinmoy gave four public concerts and meditations at universities and schools in New York.

He appeared at Columbia University on Nov. 4, at Queens College on Nov. 20, at the High School of Art and Design in Manhattan on Nov. 25 and at Wagner College in Staten Island on Nov. 30.

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Guru in the Sri Chinmoy 10-mile Race

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Anahata Nada

"THE SOUNDLESS SOUND"

December 1978
Volume 5, Number 11-12



Sri Chinmoy with Premier Bird .

GURU AND DISCIPLES HOLIDAY IN ANTIGUA

Sri Chinmoy and a group of about 160 disciples went to Antigua Dec. 19 for a two-and-a-half week spiritual holiday.

The group, which occupied the entire Sugar Mill Hotel and did its own vegetarian cooking in the hotel kitchen, combined tennis, swimming, scuba diving and jogging with seven or more daily meditation sessions.

There was also a seven-mile Sri Chinmoy Run, which the Master as well as a number of Antiguan participants participated in, and a public concert Jan. 2 in St. John's.

POLICE SALUTE GURU WITH MARCHING SHOW

ST. JOHN'S, ANTIGUA—The Antiguan Constabulary saluted Sri Chinmoy Jan. 2 with a private exhibition of precision marching at their headquarters here.

"I'm very glad to have you here to share with you our experiences in

marching and other things," Police Commissioner Wright George told Sri Chinmoy and about 150 of his disciples observing the show. "I hope we learn from each other."

Ceremonies began with a short marching demonstration by the Sri Chinmoy Marchers, led by Tarak, and then the police gave their demonstration.

Afterwards, Sri Chinmoy presented Commissioner George with a trophy.

TV HOST DEEPLY MOVED BY GURU'S APPEARANCE

NEW YORK—Commenting on Sri Chinmoy's Nov. 26 appearance on the television programme he hosts, Ormond Drake, Professor Emeritus at New York University, said:

"The presence of Sri Chinmoy on *The Way to Go* was inspirational, I am certain, to our viewers. To me, personally, his presence was transforming. I look upon the visit as the highlight of the twenty-two-and-one-half years of the program's life."

INDIAN MASTER MEETS WEST INDIES LEADER

ST. JOHN'S, ANTIGUA—Indian spiritual Master Sri Chinmoy met with the Premier of Antigua Jan. 2 and discussed the island's future role in the United Nations.

Premier V.C. Bird said that after Antigua achieves independence from Britain, "we expect to become a member of the United Nations and to assist in any way we can in seeing that this august body continues to help the world's troubles . . ."

The Premier told Sri Chinmoy: "Your presence at the United Nations in the Meditation Group must help because, after all, it is the inner values—the way we think and the faith that we express—that . . . will be able to dilute the wrongs and make a better world for us all."

Afterwards, the Master presented Bird with the banner of the Meditation Group at the U.N., and the Sri Chinmoy Choir sang the Master's newly-composed "Antigua" song.

As he left the Premier's office, Sri Chinmoy wrote in the guest book: "Dear Premier, On behalf of the Meditation Group at the United Nations I wish to offer you our most soulful gratitude. We shall always treasure your kind and illumining thoughts."

MASTER OFFERS NEW YEAR'S MESSAGE

NEW YORK—At the close of his annual New Year's public meditation, held this past Dec. 15 at Columbia University, Sri Chinmoy delivered the following New Year's Message:

"The New Year is the year of man and earth's self-giving choice, and also is the victory-year of God's Soundless Voice."

TALK OF PARSONS BLVD.

Guru's *Four Universals* were performed Dec. 11 at a benefit premiere of the movie "Superman," which was attended by the Hollywood stars as well as New York Gov. Carey. The songs were also performed Dec. 17 before a capacity crowd at New York's *Shea Stadium* during a football game between the Jets and Cowboys . . . The *Four Universals*, now out in a 45 rpm record, are in the juke box at *Lucille's*, a popular restaurant in Queens . . . Significant new songs Guru composed in December include *Winter Olympic Games* and the *Red Cross Song* . . .

Guru held a *public concert* at the Rhode Island School of Design in Providence on Dec. 9 . . . While in Antigua, Guru held 110 *meditation sessions* lasting a total of 28 hours. . . . Guru received an award Dec. 7 from the Queens Chapter of the *American Red Cross* for his peace efforts at the U.N. and for the "Red Cross" song he had composed . . . The Sunstorm Gallery in Hicksville, N.Y. gave Guru its "Artist of the Year" award Dec. 5 . . . *Kundalini, Evolution and Enlightenment*, an anthology edited by John White and published by Anchor Press/Doubleday, includes a chapter by Guru entitled: "The Two Paths to Kundalini" . . .

San Francisco disciples began a new 10-minute weekly radio show, "The Sunlit Path," over station KEFT on Dec. 4 . . . An exhibit of

Guru's paintings was held Dec. 2-9 at *Ottawa City Hall* . . . Retiring *Ambassador Rossides* of Cyprus invited Guru and the Meditation Group members from the U.N. to his home for a private reception. . . . *Karabi* organised a 3½-mile Sri Chinmoy Women's Race in Prospect Park Dec. 2 . . . A 48-hour non-stop relay run was held in Queens beginning the evening of Dec. 14 in Guru's honour. Guru ran the initial 13 miles plus several other segments, including the final mile. The run ended with a *public meditation* Dec. 16 in Queens.



OLYMPIC GROUP HONOURS SRI CHINMOY

LAKE PLACID, N.Y.—The National Fine Arts Committee of the 13th Winter Olympic Games presented Sri Chinmoy with an award Dec. 3 for his "contribution to our efforts to recognize the whole man during the XIII Olympic Winter Games."

The award, presented by National Fine Arts Committee Chairman Carolyn Hopkins, cited the Master as one who "himself embodies the whole man through his outstanding work as a painter, writer, composer, musician and athlete."

At the same ceremony, Brian Gormley of the Lake Placid School

of Art, awarded the Master a certificate "in recognition of his outstanding contribution to the arts."

It was Gormley who had invited the Master to Lake Placid to deliver a lecture on the concept of the whole man, the theme being emphasized by the Fine Arts Committee for the 1980 Olympics.

The talk and awards presentations were held in the Lake Placid School of Art, where a two-week exhibit of Sri Chinmoy's paintings was being held.

GRANDSON LAUDS U.N. GROUP'S HOMAGE TO ELEANOR ROOSEVELT

UNITED NATIONS— "Sri Chinmoy Meditation at the United Nations" held a programme Dec. 1 in tribute to Eleanor Roosevelt.

Sri Chinmoy opened the programme with a silent meditation and then the U.N. Singers sang a song the Master had composed about Mrs. Roosevelt.

Deeply moved by this presentation, Curtis Roosevelt, Mrs. Roosevelt's grandson, declared, "I've heard over the years many speeches about my grandmother. . .but I must tell you with all my heart that the silent meditation followed by the singing is the most accurate and true expression we could ever give to Eleanor Roosevelt."

Curtis Roosevelt is presently a Senior Liaison Officer for the U.N. Department of International Economic and Social Affairs.

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Sri Chinmoy running in the 48-hour relay.

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"THE SOUNDLESS SOUND"

Volume 5 Number 1
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Sri Chinmoy shares a warm moment with Muhammad Ali.

SRI CHINMOY AND MUHAMMAD ALI: TWO GOD-LOVERS HAVE A REUNION

NEW YORK—One is a Master of the spirit, the other a master of the ring. But Sri Chinmoy and Muhammad Ali proved they have a lot in common January 30 when they met in the boxing champion's hotel suite here for a chat and meditation.

It was their third meeting, and Sri Chinmoy asked his disciples to sing a song which he had composed in Ali's honour. Its title: *Greater than the Greatest*.

"It is such an honour that you would compose a song about me and come and sing it here," Ali said.

The spiritual leader replied: "Although you have got the supreme honour from the entire world, you have maintained your humility. That is why you will always remain greater than the greatest."

Said the champion: "It is Allah who is really greater than the greatest. I would be guilty in His Eyes if I said that I am the greatest."

The Master smiled and said, "When Father and son become entirely one by virtue of the son's prayer and meditation, if you say something about the Father, the son gets joy; and if you say something about the son, the Father gets joy."

Pausing, Ali declared, "I never thought of it like that." Then, turning to the Master's disciples, he added: "He's a wise man. I can see why you are with him."



CORBITT JOINS GURU AT RUNNERS' DINNER

NEW YORK—Ultra-marathoner Ted Corbitt joined spiritual Master Sri Chinmoy as featured speaker January 29 at an unusual dinner combining athletics and spirituality.

The dinner, sponsored by the Sri Chinmoy Centre Marathon Team,

brought together runners from the tri-state area for an evening of camaraderie, meditation and running talk.

After opening the dinner with a short meditation, Sri Chinmoy spoke of the difference between running in the inner world and running in the outer world.

"In the inner world, we run in order to proceed. In the outer world, we run in order to succeed," he said.

"Success is the message of the outer world. Progress is the message of the inner world. We must embody, reveal and manifest these two sacred and secret realisations."

Corbitt spoke of the five different kinds of runs, ranging from the "free ride that just spills out of your body" to the "muscle run" to the struggle, "where the body feels like it is burning brand X fuel." The worst kind, he said, is the limp, "where you are performing with an injury."

Another speaker, Dr. Norb Sander, Director of the Preventive and Sports Medicine Center in City Island, New York, offered a few anecdotes about patients who are runners. The former New York City marathon champion also presented Sri Chinmoy with a book of essays.

GURU BEGINS WRITING INDIAN STORY SERIES

JAMAICA, N.Y.—Sri Chinmoy has begun writing a series of stories based on traditional Indian tales or historical events.

He began writing January 5 and 19 days later had completed 100 Indian stories. He plans to do 700.

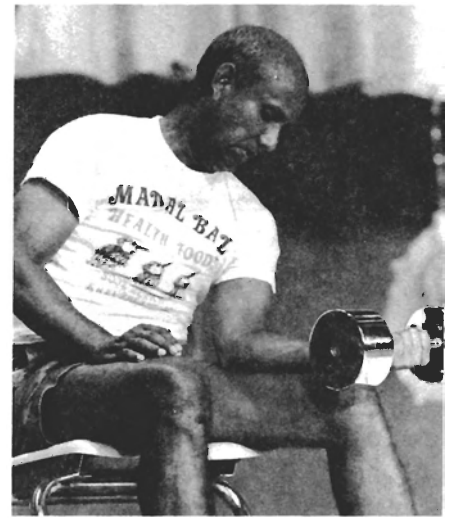
As fast as the Master writes them, his followers have been converting these stories into plays and performing them at large disciple gatherings.

Eventually the stories will be published in book form.

TALK OF PARSONS BLVD.

Guru is now averaging over 50 miles a week in his jogging, which usually includes one run of about 15 miles . . . A group of disciples are up several nights a week from midnight to four or five o'clock marking out and measuring different routes for Guru to run. Leader of this group is *Sudhir*, who is assisted by *Achyuta*, *Peter Alaimo*, *Harry Austin*, *Kevin Fox* and *Russell*. On a few occasions Guru has invited some of them to accompany him on his post-midnight runs . . . Several disciples have designed and built *exercise equipment* for Guru to improve his running . . .

In a contest sponsored by *Bay Area Music Magazine*, *Devadip* has been voted "musician of the year" by fans . . . The *San Francisco Sri Chinmoy Singers* gave a performance January 28 at the India Republic Day celebration in their city . . . A two-week exhibition of Guru's paintings was held in *Quebec* beginning January 23 . . . The January 8 issue of *Forbes* magazine carried this aphorism by Guru: "I love my enemies for two reasons. They inspire me to recognise my weakness. They also inspire me to perfect my imperfect nature." . . . During January, *Sri Chinmoy Meditation at the United Nation*, the meditation group that Guru leads, held programmes honouring Australia, the International Red Cross, Woodrow Wilson and Swami Vivekananda . . .



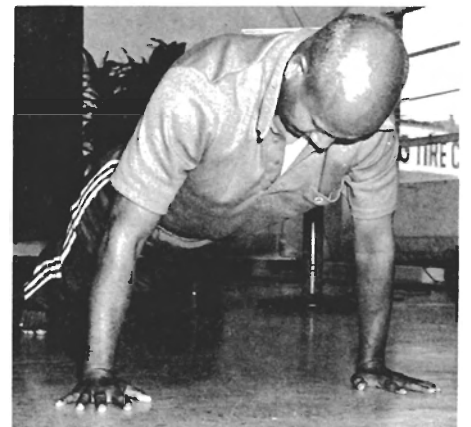
"A Yogi is not in the body. He is not of the body. But he is for the body—for the transformation of the body and for the perfection of the body."—Sri Chinmoy

U.N. GROUP HONOURS
SWAMI VIVEKANANDA

UNITED NATIONS—The meditation group that Sri Chinmoy leads at the United Nations held a special programme January 19 to commemorate Swami Vivekananda's birth on Jan. 12, 1863.

"O hero-warrior-sannyasin, in the core of the creation sleeplessly shall burn the incense of your self-offering," Sri Chinmoy declared.

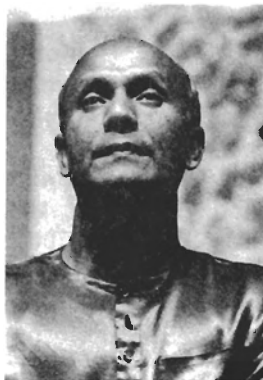
The Indian monk electrified the Western world in 1893 when he spoke on the oneness of all religions at the World's Parliament of Religion in Chicago. During his lifetime he spread the message of his Master, Sri Ramakrishna, throughout India and America.



Vivekananda, Sri Chinmoy said, was "Sri Ramakrishna's supreme gift to mankind, Sri Ramakrishna's victory-song all-where."

During the U.N. programme, Sri Chinmoy sang a song about Vivekananda which he had composed.

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GURU RUNS FIRST MARATHON

CHICO, Ca. (March 3) — For the first time ever, a spiritual Master of the highest order has proclaimed the supreme importance of the physical body by completing a 26.2-mile marathon.

Showing that physical achievement is an integral aspect of spiritual growth, Sri Chinmoy ran the course in four hours 31 minutes.

Since he first took up long-distance running eight months ago in San Francisco, the 47-year-old spiritual leader has been training intensively, often going out in the early hours of the morning when all are fast asleep.

His decision to run March 3 came as a surprise to local area disciples. Without advance warning, he suddenly disappeared without a word. The following day disciples learned that he had flown to San Francisco to enter the race.

The Chico marathon is only the first of several marathons the Master plans to enter before October, when he will join his disciples in the New York City marathon.

Sports, Sri Chinmoy teaches, offer an opportunity for the physical body to aspire and make progress. He emphasizes the need for physical fitness and encourages his disciples to utilise the spiritual qualities of determination, will-power, and receptivity—developed through meditation—to increase their athletic capacities.

U.N. COMMUNITY BIDS ROCKEFELLER FAREWELL

UNITED NATIONS—The United Nations community paid its final respects February 2 to the man whose inspiration and practical power played a crucial role in the establishment of the U.N. complex in New York.

Nelson Rockefeller "was a monumental man with a great influence on his time," New York Senator Jacob Javits told the diplomats and U.N. staff members assembled in the Dag Hammarskjold Auditorium here. "He well deserves your tribute as representative of the diverse peoples of the world."

Another speaker, former New

York Mayor John Lindsay, spoke of how Rockefeller was "prepared and willing to follow the dream that came out of (his) . . . enormously incisive vision" which saw "as far to the horizon as any other human being in modern society. . . ."

He said the U.N. service was most fitting, since the world body's headquarters now stands on land donated by the Rockefeller family.

The programme, sponsored by *Sri Chinmoy Meditation at the United Nations*, opened with a short meditation by Sri Chinmoy, followed by a performance by the Meditation Group choir of a song the Master had written about Rockefeller.

UPCOMING EVENTS

March 30—Sri Chinmoy and his disciples will give a public concert at Westchester County Center, White Plains, at 8 p.m.

April 16—Public meditation and concert with Sri Chinmoy at Manhattan's Community Church, 40 East 35th Street, 7:30 p.m.



Two of New York's great political leaders, former Mayor John Lindsay [left] and Senator Jacob Javits [right]



pay their respects to Sri Chinmoy at the memorial tribute for the late Nelson Rockefeller held at the U.N.

**SRI CHINMOY ADDRESSES
WORLD PARLIAMENT
OF RELIGION & CULTURE**

TORONTO—Sri Chinmoy was keynote speaker February 17 at the World Parliament of Religion and Culture.

Speaking on "God, Prophets and Religion," he told the international gathering that each smile of God's Vision "is a seeker-warrior that inevitably succeeds," while each cry of God's Reality "is a lover-giver that constantly proceeds."

Each religion, he continued, is like a sweet home, a nest, in which various soul-birds live. During their stay on earth, the soul-birds "mix with one another in silence supreme . . ." he said. "Love, more love, abundant love, infinite love they offer to one another during the day."

Then, when night advances and it is time for them to return to their Source, "peace, more peace, abundant peace, infinite peace they receive from within."

The three-day World Parliament, held in Toronto's Convocation Hall, was organised by the Universal Peace Mission founded by Sree Sree Mentu Maharaj.

During the Toronto visit, Sri Chinmoy and his disciples also gave a concert at the Ontario Institute of Secondary Education

THE TALK OF PARSONS BLVD.

The *Meditation Group Choir* performed Guru's Rockefeller song and the Farewell song at the Rockefeller family church, Union Church of Pocantico Hills, on February 4. Afterwards, *Happy Rockefeller* told the group, "I am deeply grateful for this tribute . . . You don't know how much the song meant to me and you don't know how much it would have meant to him."

During a visit to Boston February 10, Guru and the disciples gave a concert at *Harvard University*. That night, while most of the disciples were sleeping, Guru ran 13 miles of the *Boston marathon course*. The following morning, disciples ran a *five-mile race*, and then Guru inaugurated *Marion's health food*



"Above the toil of life my soul is a bird of fire, winging the Infinite."—Sri Chinmoy

store, which he named "Soul-Joy in Body-Fort" . . . Guru gave a concert February 28 at the Community Church of New York, the first in a series of "festivals of joy" being arranged by *Apeksha* . . .

Tejiyan won a disciple weight-lifting contest Feb. 3, push-pressing a 125-pound dumbbell with one hand . . . A week earlier, *Kanan* won a pushup contest, doing 152 . . . *Mohan* has been elected president of the United Nations Soccer Club . . . *Swadhin* reports that his Smile of the Beyond becomes *Casey's Diner* after midnight, when Casey—who cleans up for him—dispenses free food . . . Guru composed 15 songs about *Albert Einstein* in preparation for centennial programmes planned this month . . .

Guru visited *Puerto Rico* from February 20-25. On the last day of his visit a *10-mile Sri Chinmoy run* was held . . . *Sri Chinmoy Song-Waves* began a three-day tour of Scotland Feb. 16 . . . Scottish disciples opened an *exhibit* of Guru's Jharna-Kala prints in The Netherbow, an Edinburgh arts centre, Feb. 5. They performed a *concert* of Guru's music there a few days later . . .

10-MILE RUN TO BE HELD

FAIRFIELD, Ct. — A Sri Chinmoy 10-mile run will be held April 1 along a scenic route in Fairfield, Connecticut. The race begins at noon at the local YMCA.

PUBLISHER'S CORNER

New books by Sri Chinmoy:
Flame-Waves, Parts 9-11—Questions answered at the United Nations.

The Seeker's Mind—Talks delivered at the U.N., plus meetings with world figures.

United Nations Meditation-Flowers and *Tomorrow's Noon*—Talks and aphorisms.



Anahata Nada

"THE SOUNDLESS SOUND"

Volume 5 Number 3
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Sri Chinmoy and Leonard Bernstein meditate together.

A MUSICAL THANK-YOU FROM LEONARD BERNSTEIN

NEW YORK—Composer Leonard Bernstein, an admirer of the Indian spiritual Master and composer Sri Chinmoy, invited the meditation leader to his home March 21.

Sri Chinmoy, who deeply admires Bernstein and has himself composed 3,000 songs, wrote a special song about the maestro, which his disciples sang during their meeting.

The song, describing the former conductor of the New York Philharmonic as "Eternity's singing bird," left Bernstein moved to tears.

So it was only natural that Bernstein responded in kind, composing a song about Sri Chinmoy.

"Profound thanks to Sri Chinmoy and his forty angel-voices," Bernstein wrote. The composition, written for the sitar, flute, tabla, bass and drone, is accompanied by these words:

*Sri Chinmoy, Sri Chin-Joy,
Sri Chinmoy,
Free in Joy!
Thank you, thank you, Sri
Chinmoy—
You brought Leonard Bernstein
joy.*

GURU OPENS CONCERT AT MADISON SQ. GARDEN

NEW YORK—The golden silence of meditation blended with the dynamic brilliance of pop music March 15 when Sri Chinmoy opened a *Santana* concert with a silent meditation for peace.

Devadip Carlos Santana introduced the Master as "my source of inspiration" and invited a packed Madison Square Garden to "join us in a moment of silence towards world peace."

The Master and his disciple, both dressed in white, stood side by side on the stage with folded hands—one a symbol of America's dynamic exuberance, the other a timeless beacon of Peace, and a semi-hush fell over the audience.

At Devadip's request, Sri Chinmoy remained onstage, but out of view, during most of the concert, in a high meditative state.

Later the rock star said, "Tonight . . . by the Grace of God the people who came here received something very precious and special. I feel privileged to have been an instrument in that and I am truly grateful."

LONG-DISTANCE RUNNER OF THE SOUL

TOLEDO, Ohio—Indian spiritual Master Sri Chinmoy broke all athletic, not to speak of spiritual, stereotypes when he ran his second full marathon March 25.

It was the second 26-mile race *this month* for the 47-year-old Guru, who symbolises the spirit of self-transcendence for modern-day man.

Sri Chinmoy teaches his students to use the power of spirituality to transcend their own limits in all fields. In his own life, he has accomplished such things as writing 360 books, painting 130,000 paintings and composing 3,000 songs.

The spiritual leader, who began seriously practising long-distance running last September, ran his first official marathon March 3 in Chico, California, completing the course in four and a half hours. In the Toledo "Heartwatcher's Marathon," sponsored by the University of Toledo, he reduced his time by 35 minutes, completing the 26.2-mile course in three hours 55 minutes.

The Guru plans to run several more marathons this year, and if he keeps up this rate of improvement, it won't be long before he'll be looking over his shoulder at the best of them.

Frank Shorter, Bill Rodgers—
watch out!



SRI CHINMOY NAMED OLYMPICS CHAPLAIN

LAKE PLACID, N. Y.—Sri Chinmoy has been selected to serve as an official chaplain of the 1980 Winter Olympics here.

He will be one of 15 spiritual leaders from around the world to hold this coveted post.

TALK OF PARSONS BLVD.

Mayor Douglas Degood of Toledo declared March 25 *Sri Chinmoy Day* in connection with Guru's upcoming marathon run the following day . . . Guru met with tennis coach *Alex Mayer* March 11, and then rallied with world-ranked *Gene Mayer*, his son . . . Guru in-

augurated the *Gold Centre* March 14, which was also the first anniversary of the *Silver Centre* . . . While the singers were up all night March 20 learning the "Leonard Bernstein" song, Guru made a *drawing* for each of the non-singers who remained in the gym, and then took the non-singers with him for a *six-mile run* at 3 a.m. . . .

Guru opened an Einstein centennial program at *Princeton University Chapel* with a short meditation, and then the U.N. Meditation Group Choir sang his Einstein songs. The *Ambassadors of Israel and Cyprus* and the President of New York's *City College* were featured speakers at another Einstein programme held by the Meditation Group which Guru leads at the United Nations . . . The *Meditation Group* at the Geneva headquarters of the U.N. also held an Einstein celebration. Elsewhere in Europe, *Swiss and German disciples* performed the Einstein songs before a group of scientists attending a conference sponsored by the Einstein Society of Bern . . . Student choirs at three *Adelaide* primary schools will be singing Guru's Australian song "A Fountain-Heart, A Mountain-Soul" on three separate occasions as part of the International Year of the Child celebrations in 1979 . . .

San Francisco disciples sang Guru's "Four Universals" at the City Hall Rotunda March 19 . . . *Devadip's* band, *Santana*, performed two benefit concerts in California this month: one for the Marin Youth Symphony, which has been invited to perform in Vienna, and one to inaugurate the "*Santana Scholarship*" for Latin students at the University of California . . . Guru gave a *concert* March 30 at the Westchester County Centre in White Plains, N.Y. . . . *Vajra* organised a *seven-mile Sri Chinmoy Race* in Harlem March 25.

INDIAN GOVERNMENT GREETS CHILDREN OF THE WORLD

UNITED NATIONS—The Indian Government soulfully greeted the children of the world March 27 when its U.N. Ambassador presented a painting by the renowned Indian spiritual Master and artist Sri Chinmoy to the head of UNICEF's "International Year of the Child" (IYC).

Ambassador Rikhi Jaipal presented the painting on behalf of the Indian Government to Assistant U.N. Secretary-General Dr. Estefania Aldaba-Lim, Special Representative for IYC, at a luncheon at the U.N. Church Center.

"I consider it a great honour to be asked to present this beautiful painting, which seems to have a childlike quality about it and therefore seems a most appropriate gift," Ambassador Jaipal told some 200 dignitaries as he handed over the work of art.

"There can be no higher religion than our common allegiance to humanity, which is inherent in the

Charter of the United Nations and which is indeed the message implicit in the teachings of Sri Chinmoy," Ambassador Jaipal declared.

Dr. Lim replied: "As this painting travels around inspiring people to the beauty and joy of childhood, it will bring about the greater consciousness that we in the Secretariat are completely committed to."

The U.N. Meditation Group Choir then sang a song which Sri Chinmoy had composed for the IYC entitled, "This is my year."

The painting, which depicts the artist's vision of the world-child, was an expression of the Government of India's oneness with the cause of the International Year of the Child.

The painting will be displayed around the world as part of UNICEF's untiring efforts to promote the cause of IYC. The first exhibition, sponsored by the European-American Bank, will take place in New York.

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From left, Indian Ambassador Jaipal, IYC's Dr. Lim and Sri Chinmoy at the ceremony in which one of the Master's paintings was presented by the Indian Government to the IYC leader.

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"THE SOUNDLESS SOUND"

Volume 5 Number 4

April 1979

INDIAN MASTER CELEBRATES 15 YEARS OF ACHIEVEMENT

JAMAICA, N.Y.—Sri Chinmoy's disciples from three continents gathered here in April to celebrate the 15th anniversary of their spiritual Master's arrival in the West.

The two-week celebration consisted of several meditations, including a public meditation April 16 at New York's Community Church—as well as dozens of performances of the Master's plays, a circus, water ballet and athletic events.

Sri Chinmoy came to the U.S. on April 13, 1964, in response to an inner command that he offer his spiritual realisations to the Western world.

Since then, Sri Chinmoy has left his mark on the literary, artistic and musical worlds and become probably the most genuinely respected Yoga Master in either the East or West.

MEDITATION GROUP AT U.N. COMPLETES NINE YEARS

UNITED NATIONS—"Sri Chinmoy Meditation at the United Nations," the meditation group which Sri Chinmoy leads at the U.N., celebrated its ninth anniversary on April 14.

The group, formerly called the United Nations Meditation Group, holds meditations for delegates and staff and sponsors a variety of conferences and symposia for the U.N. diplomatic community.

1,500-MILE BIKE RELAY TO HONOUR INDIAN GURU

Some hundred men and women cyclists are gearing up for a seven-day, non-stop bicycle relay the length and breadth of New York State as a tribute to spiritual Master Sri Chinmoy.

The 1,500-mile relay, commemorating the Master's 15 years in New York State, begins June 21.

LETTERS POUR IN CONGRATULATING GURU ON 15 YEARS IN AMERICA

The 15th anniversary of Sri Chinmoy's arrival in the West this April 13 triggered a stream of congratulatory letters. Excerpts from a few of these letters follow:

"As United States Ambassador to your native India, as Ambassador to the United Nations—where you have served so selflessly and so well—and now, as United States Senator from New York, I have followed your important work in America with growing admiration. You have brought joy and spiritual enlightenment to countless Americans, and indeed, to the people of many nations, and for this, we are all very much in your debt."



—Senator Daniel Patrick Moynihan

"On the occasion of your 15th year of spiritual leadership in the United States, I am pleased to extend my congratulations to you."

—New York Governor
Hugh L. Carey

"Poet, writer, artist, musician and, most importantly, spiritual force for the fulfilment of goodness in mankind, you have made many contributions to New York City."



—New York Mayor Edward I. Koch



High striders at the parade celebrating Sri Chinmoy's 15th anniversary in the U.S.

"Your roles as teacher, writer, poet, artist, musician and spiritual leader lead me to believe you are in the fullest sense the 'Renaissance Man' of our times."

—New York State Senator
Hugh T. Farley

"As a spiritual leader, teacher, writer, artist and musician, you have enriched the lives of many people in Queens, our City, at the United Nations headquarters and across our nation."

—Queens Borough President
Donald R. Manes

"The many lives you have touched, with your prayers, words, songs, art and deeds, proves that you are a messenger, a catalytic atom of that Great Power that guides us all through this beautiful experience—life. Your fifteen years here in the West . . . only proves that you were chosen by Him, because His divine love always has met and always will meet every human need and the world is indeed—grateful."

—Roy Allen, Producer/Director of
"The Way to Go," WCBS-TV

"Having long earned my living with words—as a teacher and a broadcaster—I know of the power words have. They can be used as friends or as weapons. Your words have touched me deeply. For, your words do not claim to be wiser or better. Your presence, your accomplishments, the love of those devoted to you in your gentleness and strength speak louder and more meaningfully than any mere words in voice or print can!"

—Joel Martin, Host, "Long Island Spectrum," WBAB Radio

SRI CHINMOY RACES HELD ON EAST AND WEST COASTS

The Sri Chinmoy Centre ushered in the month of April by sponsoring two races at opposite ends of the country.

The gun went off for a 7-mile Sri Chinmoy Run in San Francisco's Golden Gate Park at the same moment as runners began a 10-mile Sri Chinmoy Run in Fairfield, Connecticut.

Sri Chinmoy, who had completed a 26-mile marathon just a week earlier, ran in the Connecticut race, completing the course in 86 minutes.

Explaining why his spiritual organisation sponsors races, the Master said: "We want to be of service to the runners who want an opportunity to compete but do not have the means to sponsor a race. By sponsoring these races, we feel that



Sri Chinmoy in the 10-mile race.

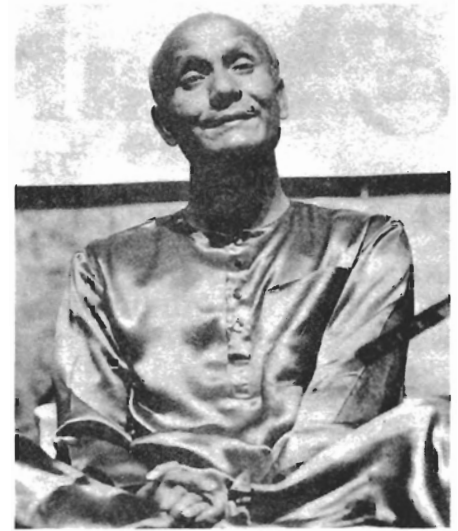
we can be of dedicated service to hundreds of runners."

The Centre will be sponsoring its first full marathon in June in San Francisco. Another is being planned on the East coast for November.

TALK OF PARSONS BLVD.

Second and third graders from four public school classes in the Bronx and Queens came to the gym April 3 to meet Guru and perform for him seven of his English and Bengali songs, which they had learned in school. Guru meditated briefly with the children, answered questions, told Indian stories and entertained them with a variety of rope tricks and whistles he had learned as a child. Radha also gave a puppet show . . . Guru wrote five running songs in April, which were published in a small book of his running and Olympic songs entitled "Run and Become" . . .

Kishore, Animesh and Prabhir celebrated April 13 by running non-stop for 13 hours, each covering 74 miles . . . Long-distance runner Tony Rafferty, who holds the world record for the longest non-stop run, met with disciples in Melbourne April 15 to learn how to meditate in preparation for his upcoming Death Valley run in the U.S. Disciples also introduced him to Guru's new Australian song and his running songs . . . The Australian songs were also presented to Australian Sculptor William Ricketts . . .



Sri Chinmoy at public meditation.

The Sri Chinmoy Singers performed Guru's International Year of the Child song at an IYC benefit April 30 at New York's Riverside Church . . . At Guru's request, Vinaya performed "He Paratha" on eight instruments simultaneously at the "Larger than the Largest" anniversary celebration . . . Connecticut disciples celebrated the anniversary of Guru's "Larger than the Largest" painting April 29 by bringing in a larger than the largest banana split - in a five-foot diameter plastic swimming pool - for the disciples to feast on . . . The Sri Chinmoy Centre gave out literature on Guru's philosophy of sports and meditation at a booth provided without charge at the Sports and Leisure Exposition at Long Island's Nassau Coliseum . . .

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During circus practice, Loren [right] teaches Casey "spiritual" disco.

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"THE SOUNDLESS SOUND"

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Sri Chinmoy in the Pepsi bike marathon.

215 DISCIPLES FOLLOW GURU IN BIKE MARATHON

NEW YORK—Sri Chinmoy led a 215-member team in this year's 24-hour Pepsi Bicycle Marathon held over Memorial Day weekend in Central Park.

Team member Joanne Caruso came in second among all women entrants, pedalling 295 miles, and Nilima, at 270 miles, had the third highest total.

Steve Di Angelo took third prize, completing 365 miles. Rudra, who also pedalled 365 miles in the allotted time span, came in a few minutes afterwards.

Sri Chinmoy completed 160 miles.

GURU RUNS 2 MARATHONS IN ONE WEEK

Sri Chinmoy ran two marathons during the first two weeks of May.

The Master, who has been practising long-distance running for less than a year, ran the Long Island Marathon on May 6 in four hours 16 minutes.

The following Saturday he completed the Champlain Valley Marathon in Plattsburgh, New York, in four hours 41 minutes, against heavy headwinds.



SRI CHINMOY MARATHON INAUGURATED

The first official Sri Chinmoy Marathon was held June 3 in Menlo Park and Atherton on California's San Francisco peninsula.

Some 180 participants completed the 26.2-mile event, which sought to raise money for UNICEF.

Winner was Steven Slawson, with a time of 2:25:03.

Indian Consul General L.L. Mehrotra, who gave Sri Chinmoy a post at the Indian consulate when the Master first arrived in America in 1964, handed out the awards. Several of Sri Chinmoy's running songs were also performed at the awards ceremony.

A second Sri Chinmoy Marathon is planned for the New York area in November.

PUBLIC MEDITATIONS HELD IN WESTERN STATES

Sri Chinmoy gave a series of lectures and public meditations in California and Arizona during the first six days of June.

On June 1 he delivered a lecture

at the Pacific School of Religion at Berkeley, California, on "The meaning of discipleship today."

The following day he had a public meditation in San Francisco's Grace Cathedral. Other public meditations were held in Santa Barbara on June 4 and in Tempe, Arizona on June 5. A June 6th meditation was held at Arizona State University.

TRIATHALON TO BE HELD IN CONNECTICUT IN JULY

GROTON, Conn.—A Sri Chinmoy Triathlon—the first such athletic event on the East Coast—will be held in Groton and Mystic, Connecticut, on July 29.

The race, a shortened version of the grueling "Iron Man Triathlon," will require participants to swim a mile, cycle 27 miles and run 10 miles in a single continuous event.

Information on the competition, which is open to the public, can be obtained by writing Sri Chinmoy Triathlon, c/o Supreme Sports, 20 Reef Road, Fairfield, Conn. 06430, or telephoning (203) 259-1291.

MEDITATION HELD IN U.S. CAPITOL

WASHINGTON—Spiritual Master Sri Chinmoy held a meditation May 23 in the Rayburn Building of the Capitol.

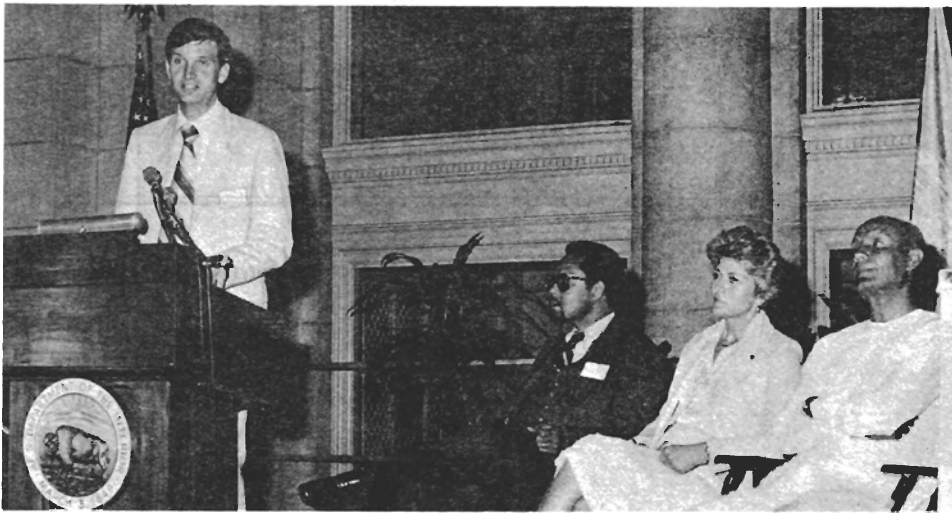
The meditation, held in the Banking Committee Room, followed a private White House tour conducted by the Press Secretary to National Security Adviser Zbigniew Brzezinski.

Sri Chinmoy was introduced to Brzezinski, and the two chatted for several minutes.

TALK OF PARSONS BLVD.

Guru wrote *six cycling songs* in May, and a seventh song about New York Senators and Assemblymen, in connection with the Empire State Bicycle Marathon scheduled in June. . . . He also wrote a song about *Tagore*, which he sang at a United Nations programme May 7 commemorating the 118th anniversary of the songwriter's birth. . . . Other significant songs by Guru include the *Mother's Day song* and a song about marathon runner *Bill Rodgers*. . . .

A musical composition entitled *Chinmoy* premiered May 14 at a Lincoln Center concert. The composition, and several others, were composed by a new disciple, *Heinrich Schweizer*. . . . The *Jharna-Kala Card Company* had a display at a New York Coliseum trade show this month. . . . Brisbane and Melbourne disciples visited the *Canberra Carillon* in Australia's capital May 19, and the bell master played Guru's Australian songs and IYC song on the 53 bells, their sound ringing out over the city . . . Australian disciples performed Guru's *Red Cross song* for the Executive Director of the Red Cross for the Australian Capital Territory, who plans to use it in subsequent Red Cross activities . . . Guru's Australian songs were also sung to the astronomers and scientists based in the *Mt. Stromlo Observatory* outside Canberra. . . .



Kevin Keefe of UNICEF (left), representing IYC, opens the special IYC programme at Washington's National Visitor Center while Interior Department Under-Secretary Joseph, Congresswoman Gerrero and Sri Chinmoy wait on the podium.

PARK SERVICE AND GURU JOINTLY HONOUR 'YEAR OF THE CHILD'

WASHINGTON—The U.S. National Park Service sponsored an exhibit of Sri Chinmoy's paintings at the National Visitor Center here May 23 in honour of the International Year of the Child (IYC).

Under-Secretary of the Interior James A. Joseph unveiled a tree dedicated to the IYC. Attached was a plaque with a quote by Interior Secretary Andrus and Sri Chinmoy's IYC song.

"There is something spiritual in a tree, as there is something spiritual in a child," Joseph said. "A tree sym-

bolises our faith in the future, as the child symbolises our hope for that future."

The tree was later planted by the Park Service in Presidential Park, just south of the White House.

The programme also included remarks by representatives of the Park Service and the IYC, and by Congresswoman Geraldine Ferraro, as well as a short meditation by Sri Chinmoy.

Some 70 fourth and fifth graders from Chevy Chase Elementary School sang Sri Chinmoy's IYC song, "This Is My Year," and the Sri Chinmoy Singers performed the Master's "America" and other songs.

Later in the programme, Sri Chinmoy offered an esraj concert.

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Play ball!

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"THE SOUNDLESS SOUND"

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1,500-MILE BIKE RELAY HONOURS SRI CHINMOY

A 1,500-mile bicycle relay the length and breadth of New York State took off June 21 in honour of Sri Chinmoy's 15 years in America.

The seven-day event, called the "Empire State Bicycle Relay," was probably the largest statewide event of its kind.

Some 100 bikers, paired up in teams of two, rode three-hour shifts through more than 300 towns and cities across the state.

Police provided escorts most of the way, and several mayors and county executives met the caravan in their local areas with "Sri Chinmoy Day" proclamations.

Proclamations came from the mayors of Albany, Buffalo and Rochester, among others, and from the chief executives of Nassau, Suffolk, Westchester and other counties.

The New York State Assembly adopted a resolution honouring Sri Chinmoy, whom they called a "celebrated humanitarian."

And the Mayor of Albany, Erastus Corning, proclaimed the Master's *Welcome* song an official song of the city. It, and several cycling songs Sri Chinmoy wrote to inspire the bikers, were played on the carillon at City Hall during ceremonies greeting the bikers.

The marathon ended around 6:20 a.m. June 27, with the return-

ing cyclists and about 125 cheering disciples pouring onto the Jamaica High School playing field.

Then, in the early morning silence, Sri Chinmoy got onto his own bike and very slowly began pedalling around the quarter-mile track that circled the field.

Fifteen times he made the wide loop—a solitary figure on a 10-speed bike—circling the small, intimate world of those most dear to him, as they clustered on a playing field in a tiny corner of Queens.

Then prasad was given out, and the Empire State Bicycle Relay officially concluded. Later that morning, cyclists who had taken off from work were treated to a six-course meal cooked by the Master.



N.Y. Assemblyman Arthur J. Cooperman presents Sri Chinmoy on June 28 with the Assembly resolution honouring him for his service to the State.

ULTRA RUNNERS VISIT THE 'ULTRA' GURU

JAMAICA, N.Y. — Three champion ultra marathon runners visited Sri Chinmoy June 16 after participating in a 100-mile race in Flushing Meadow Park.

Don Ritchie, who set a new world record of 11:51:11 at that event, visited the Sri Chinmoy Centre's private gym, meeting with the



Ultra marathoners Frank Bozonich (left) and Don Ritchie (center) meditate with Sri Chinmoy.

Master and answering disciple questions. Along with him came the U.S. record holder for 100 kilometres, Frank Bozonich.

Later that evening, ultra marathoner Cahit Yeter visited the gym, telling anecdotes about his life and also answering questions.

Sri Chinmoy was an observer of the 100-mile race, and several of his students assisted the organisers in manning the event. Sri Chinmoy himself fervently hopes to run 100 miles next year.



Sri Chinmoy and tennis star Pancho Segura.

300-MILE RELAY RUN HELD IN CONNECTICUT

NORWALK, Conn. — A 300-mile relay run through the hills and valleys of Connecticut was held in June by a group of marathon runners who took up the sport at the inspiration of spiritual Master Sri Chinmoy.

Some 60 members of the Sri Chinmoy Centre Marathon Team, many current or former residents of Connecticut, began their spectacular run June 8 in Norwalk and ended it here some 44 hours later.

The event, called the "Constitution State Relay Run," was held to honour Sri Chinmoy's 10 years of dedicated service to the people of Connecticut.

The Master has been holding weekly meditations in Connecticut since the summer of 1969. He has also offered several free public concerts in the state, and in the last couple of years there have been a number of public Sri Chinmoy 10-mile runs here.

"As Sri Chinmoy has inspired so many of us to take up long-distance running, we felt this relay would be an excellent way for us to show our appreciation, as well as share the joy we feel from running and meditation," says Tarak Kauff, chief organiser of the event.

The Master, a marathon runner himself, joined several segments of the relay, including the last five miles.

The run concluded with a public concert and meditation at the Greenwich Library the evening of June 10.

TALK OF PARSONS BLVD.

The Sri Chinmoy Singers performed several of Guru's songs at the Mets game at *Shea Stadium* on Father's Day . . . Guru composed a new *Father's Day song* . . . The head of England's *Bharatiya Vidya Bhavan*, an internationally renowned Indian cultural society, was so impressed with a recent performance by the *Sri Chinmoy Song-Waves*, conducted by *Haridas*, that he requested that a song be written about the organisation, which Guru



Completing the 300-mile Connecticut Relay Run.

did this month. The choir will perform it before the society . . . Guru's poem *Whatever Appears to Leave Us* received honourable mention in the Fourth Annual Viola Hayes Parsons poetry contest, sponsored by *Crossroads* poetry journal. It will be published in a *Crossroads* anthology . . . Brisbane disciples sang several of Guru's songs at the *Queensland Environment Festival* held the June 2 weekend in connection with U.N. Environment Day . . .

Guru attended a private farewell dinner for his former boss, Indian Consul General *L.L. Mehrotra*, in San Francisco June 1. The diplomat is leaving for a new post in Russia. . . . A portion of Blake Garden at Berkeley, California, has been dedicated as a *meditation park*. In the dedication ceremony a plaque containing Guru's *IYC song* was presented to the wife of the president of the University of California at Berkeley . . .

During his West Coast trip, Guru was interviewed June 2 on *KPIX-TV* in San Francisco in connection with the upcoming Sri Chinmoy Marathon the following day . . . Guru ran in three-mile races held by the *Santa Barbara* and *Phoenix Centres* during his visit this month. At the Arizona event, the Mayor of Scottsdale declared the day (June 6) "*Sri Chinmoy Running Day*" . . . *Pancho Segura* met Guru and

played tennis with him in California . . . Guru celebrated the second anniversary of his taking up the game of tennis by playing 100 disciples in three days, winning every match . . . Guru played his first game of *softball* during a Joy Day function in Connecticut June 10 . . . The Centre has found a new meditation hall, which Guru named *Progress-Promise*, to replace the private gym used up until now.

IMPROMPTU MARATHON HELD ON FATHER'S DAY

JAMAICA, N.Y. — Sri Chinmoy scheduled an impromptu 26-mile marathon race June 17 in celebration of Father's Day.

Some 25 of his male disciples, who had expected to run only a half-marathon, completed the 105 laps around the quarter-mile Jamaica High School Track. Rejean placed first at 2:44:44.

The race began around 3 a.m., after the women disciples ran their own half-marathon. Some of the participants had been up the entire previous night assisting the New York Road Runners Club in manning the 100-mile ultra marathon in Flushing Meadow Park.

Anahata Nada

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"THE SOUNDLESS SOUND"

GURU'S BIRTHDAY PARTY LASTS TWO WEEKS

JAMAICA, N.Y. — What is probably the longest birthday party ever held ended shortly after dawn on Aug. 28.

Several hundred disciples of spiritual Master Sri Chinmoy from Australia, Europe, Canada and across the U.S. held a two-week celebration of their Guru's birthday.

How does one celebrate the birthday of an Indian Guru, who also happens to be a writer, artist and composer?

It's simple. You sing several hundred of his songs, perform a few dozen of his plays, and weave your way through some of his 140,000 paintings on exhibit at his *Jharna-Kala* art gallery.

For a breather, you might run a 47-mile race—since the Guru's also an athlete and marathon runner.

And, of course, there are the periods of silent meditation, a disciple circus and water ballet, a parade and athletic competitions.

New York City did its own part as Borough Presidents from Manhattan, Queens, Brooklyn and Staten Island proclaimed August 27 "Sri Chinmoy Day."

Everything climaxed Aug. 27 with the actual birthday party, which began a few hours after Sri Chinmoy and 123 disciples finished a 47-mile race in the Master's honour.

GURU CELEBRATES BIRTHDAY WITH A 47-MILE RUN

JAMAICA, N.Y. — Sri Chinmoy celebrated his birthday Aug. 27 by joining his disciples in a spectacular 47-mile ultramarathon held in his honour.

The race, now in its second year, began shortly after midnight on a mile-and-a-quarter loop around Jamaica High School.

Sri Chinmoy opened the race with a short meditation, and then

the field of 136 runners took off to the cheers of several hundred spectators. Most of the spectators remained up throughout the night assisting race organiser Rabindra.

Guy St. Pierre of Quebec came in first with a time of 6:01:54. Prashanta, a Melbourne disciple, led the women with a finishing time of 7:35:12.

All told, 85 men and 37 women from Sri Chinmoy Centres around the world, and Sri Chinmoy himself, completed the race.

As might be expected, Sri Chinmoy emphasizes the importance of physical fitness as a complement to the spiritual life.

Over the next six days, while many of his disciples took it easy or nursed injuries, Sri Chinmoy ran another 53 miles, completing his first 100-mile week Sept. 2

700-MILE GRATITUDE-WALK TOUCHES NEW YORK'S HEART

Students of Sri Chinmoy embarked Aug. 3 on a 700-mile non-stop relay walk through scenic and historic sites in New York as an expression of gratitude to the state which has been their spiritual teacher's home since 1964.

A series of three-member teams walked day and night along a course that meandered through the Hudson Valley up to Lake George and Ticonderoga, and then back down through the Catskill and Adirondack Mountains. The route began and ended at the Sri Chinmoy Church in Bayside, Queens.

Local officials came out to greet walkers at more than 40 towns and historic sites, and several offered official letters of appreciation.

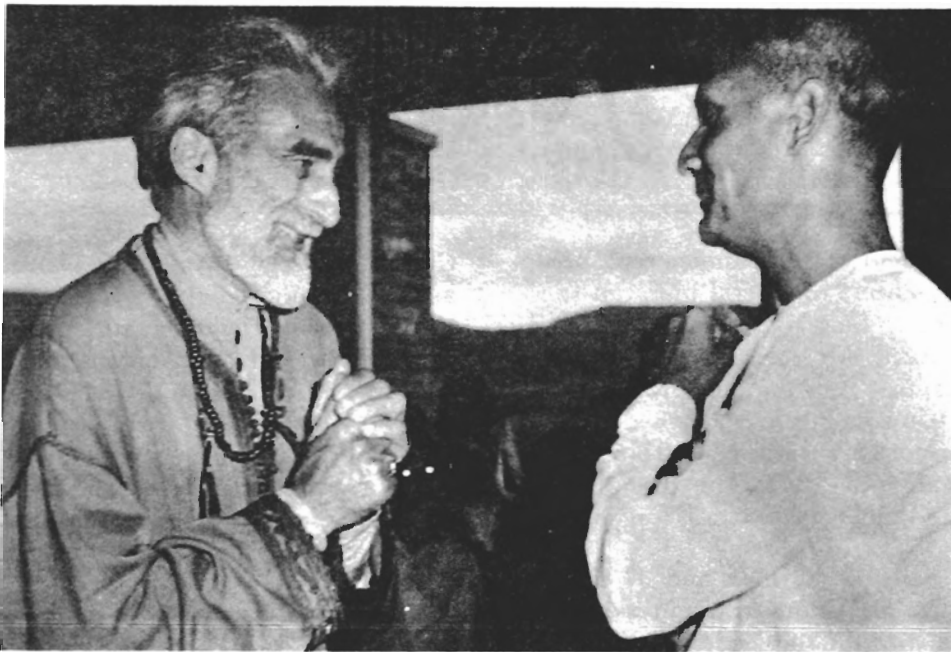
In connection with the walk, Sri Chinmoy wrote eight spiritual walking songs, which were sung at various locations, and gave a concert Aug. 5 in Albany.

Throughout the walk, which Sri

Chinmoy named "Aspiration-Plants and Gratitude-Leaves of New York," the participants attempted to maintain a meditative consciousness, and at each mile marker they paused to meditate and leave a flower of gratitude. By the time the walkers returned home 10 days later, a "necklace" of gratitude-light had been traced around the Empire State.



Sri Chinmoy, victory flag in hand, completes his final lap of the 47-mile race Aug. 27.



Pir Vilayat Khan, head of the Sufi Order in the West, greets Sri Chinmoy at his Omega Institute in upstate New York, where he had invited the Master to come and give a spiritual concert. Sri Chinmoy composed a song about Pir Vilayat entitled "Pir Vilayat Pir."

TRIATHLON DRAWS 69 COMPETITORS

GROTON, Connecticut—The Sri Chinmoy Triathlon held here July 29 attracted 69 athletes from around the east Coast.

The race, which will become an annual event, was a shortened version of the "Iron Man Triathlon." It required participants to swim a mile, cycle 27 miles and run 10 miles.

Marc McIntyre of Greenwich came in first with a time of two hours 49 minutes, followed by Rejean Gauthier, a disciple from Ottawa, who finished nine minutes later. Kiki Sweigert, a well-known marathon runner, came in third place overall and first among the women with a time of three hours three minutes. All in all, 65 participants completed the race.

Sri Chinmoy opened the race with a brief meditation, after which his students sang a new song the Master composed, entitled "I Love My Great Triathlon." That evening Sri Chinmoy held a public concert in Groton.

The Mayors of Groton and New London declared July 29 "Sri Chinmoy Day" in connection with these events.

500-MILE BICYCLE RELAY HONOURS YEAR OF CHILD

CHICAGO—A Chicago cycling team completed a 500-mile non-stop bicycle relay from Chicago to Springfield, Illinois, and back to celebrate the International Year of the Child.

The cyclists, all members of the Sri Chinmoy Cycling Team of Chicago, began their relay July 20 and completed it 42 hours later.

The cyclists were greeted in Springfield at ceremonies attended by a representative of the governor and IYC officials, and Chicago Mayor Jane Byrne declared July 20 "Year of the Child Day."

NEW WORLD RECORD SET FOR JUMPING JACKS

NEW YORK — Twenty-four-year-old Ashrita, who manages Guru Stationery Store in Queens, set a new world record Aug. 14 by completing 27,000 jumping jacks—the grueling exercise made famous by army drill instructors.

Ashrita had been aiming for 27,000 in honour of his Guru's birthday, which fell on Aug. 27. On that day his spiritual teacher, Sri Chinmoy, turned 48.

Sri Chinmoy, a record breaker

himself, who has done such things as paint 16,000 paintings and write 843 poems in 24-hour periods, teaches his students that normal human capacity can be transcended through the practice of meditation and spirituality.

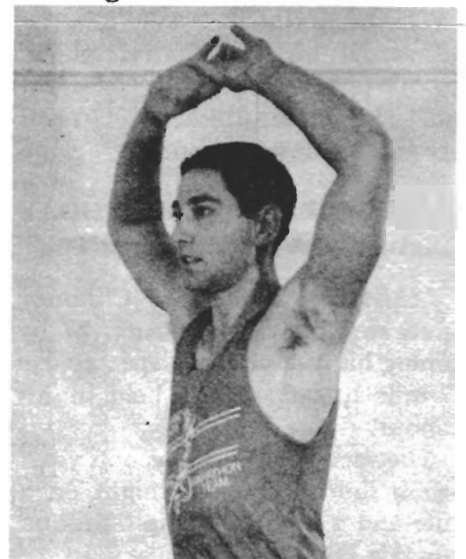
Ashrita's jumping jack record, done at Jack LaLanne's Health Spa under the watchful eye of LaLanne professionals, was 7,000 more than the previous record. It took him six hours 45 minutes.

For Ashrita, this is his third world record. Last October he juggled three rubber balls a total of 100,000 times to commemorate the third anniversary of Sri Chinmoy's completion of 100,000 paintings in 11 months.

And a month later he continued jumping on a pogo stick for 24 hours to celebrate the third anniversary of his Guru's completion of 16,031 paintings in a 24-hour period. During the 24 hours, Ashrita pogo-sticked 131,391 times.

Guinness Book of Records refused to accept either feat, however. It said it had no category for juggling, and disqualified the pogo stick hop because Ashrita's rest breaks exceeded permissible limits. Even so, Ashrita broke the previous Guinness record of 100,000 jumps by 90 minutes, and then went far beyond that.

He is hoping that the jumping jack feat will finally win him a place in Guinness and fulfil a long-standing dream.



Ashrita doing jumping jacks.

THE SEVEN-MILE CRAWL— CASEY-STYLE

NORWALK, Conn.—Casey Watters crawled on his hands and knees continuously for seven miles Aug. 17 in honour of Sri Chinmoy's 48th birthday. The feat took him eight hours 41 minutes.

Casey began his crawl during a disciple Games Day around the grassy edge bordering a quarter-mile track at Brien McMahon High School. He had wanted to do something spectacular to honour his Master, and this was the only thing he could think of.

On two occasions Sri Chinmoy came over to him and said, "Your suffering is my suffering. I will be equally happy if you go on or if you stop." Casey opted to keep going, despite severe pain.

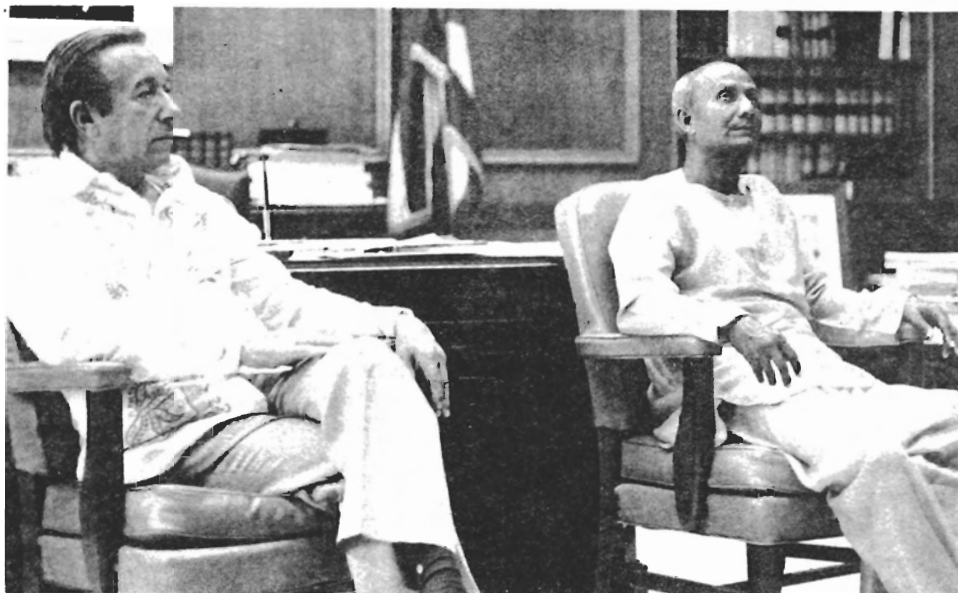


Casey Watters finishing his crawl.

At the six-and-three-quarter-mile mark, the Master told Casey to do only one or three more laps—whichever he wanted—and then to stop. Since one more quarter-mile lap would make seven miles, Casey asked his teacher if he could stop at seven, and Sri Chinmoy said yes. "That was it," Casey said.

All the disciples followed Casey around the track during his final lap, singing spiritual songs to encourage him. Casey, deeply moved, was on the verge of tears.

Afterwards, when someone asked him to say a few words, Casey said softly: "This was my gratitude to Guru for everything I am and have. Guru has been my only friend during my entire life."



Sri Chinmoy meditates with Angel Viera-Martinez, Speaker of the House of Puerto Rico, during a meeting in the Capital July 10. During his two-and-a-half-week visit to the island commonwealth, the Master also met with the Mayor of San Juan and former Governor Hernandez-Colon, and composed five songs about Puerto Rico.

TALK OF PARSONS BLVD.

Guru gave an hour-long concert July 9 at *Pan Am Village* as part of a programme put on for athletes participating in the Pan American Games . . . While in Puerto Rico, Guru met and played tennis with *Susan Hagey*, who had won a gold medal for women's singles at the Pan American Games . . . Guru gave a public concert July 21 at *Syracuse University*, and held his *public birthday meditation* Aug. 22 at Columbia University . . . A new *Jharna-Kala Gallery* opened July 30 on Manhattan's upper East Side for a month-long exhibit of Guru's paintings . . . Representatives from several *Latin American nations* and *India* spoke at an IYC function held Aug. 14 at the Gallery . . .

At this year's *Sports Day* competitions, *Bhashwar* came in first among the men and *Ranjana* among the women . . . *Boston disciples* had a float in an IYC parade and performed Guru's Bicentennial songs during Boston's July Fourth parade . . . *Beryl* of the Ottawa Centre made a half-hour show on the IYC which was shown on cable television . . . Each of Canada's seven Centres sponsored a *112-kilometre relay run* July 1 to celebrate Canada's 112th birthday . . . Fol-

lowing the success of their 13-mile Sri Chinmoy Run in May, *Quebec* disciples have been frequently asked to assist in other runs in the city . . . A *Jharna-Kala* exhibit was held in Halifax's Victoria Park in connection with Natal Day . . .

After the Albany concert Aug. 5, Guru and the disciples held an informal gathering at St. Patrick's Church, where *Friar Charles Murphy, S.A.* told Guru, "I have been an admirer from afar. I personally feel that the history of religion and spirituality in America . . . will have a very important place for Sri Chinmoy." And to the disciples, he said: "I would hope that people such as you who have tasted from experience that higher consciousness . . . and who have been in the sun, will return to share that light and that radiance with all who come into contact with you."

IMPOSSIBILITY SURRENDERS

The Sri Chinmoy Centre has come out with the first in a new series of booklets containing world records and outstanding achievements by disciples. Its title: *Impossibility Surrenders*. Ashrita's jumping jack record and Casey's seven-mile crawl are featured in Volume One.

RUNNERS HONOURED AT JHARNA-KALA GALLERY

NEW YORK—Some of the all-time greats in running history—who helped turn jogging into the great American pastime—held a grand reunion Aug. 9 at Sri Chinmoy's *Jharna-Kala* art gallery on New York's upper East Side.

Sri Chinmoy, who is a marathon runner himself, hosted the affair in honour of Fred Lebow, organizer of the New York Marathon and President of the New York Road Runners Club.

"It feels like a homecoming," Lebow said, looking around at the group of distinguished athletes. "It's incredible, because I could never get all those people together."

Guests of honour included Ted Corbitt, the "father of long-distance running" in America; Nina Kuscsik, New York and Boston marathon winner and pioneer in women's running; Norbert Sander, New York marathon winner and one of the founders of sports medicine; Joe Kleinerman, one of the great promoters of long-distance running; and Kathy McIntyre, one of New York's top woman runners.

The programme included a short meditation by Sri Chinmoy, a choral rendition of several of the Master's running songs—including a new one about Lebow and the Road Runners entitled "Promise-Courage"—and reminiscences by Lebow and the other runners.

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Sri Chinmoy in meditation.

CHINMOY LANE INAUGURATED

NEW MILFORD, Ct. — Chinmoy Lane, the street in this town named after the internationally renowned spiritual Master, was officially inaugurated July 21 by Sri Chinmoy.

The Master meditated on the street and asked his disciples to walk up and down the quarter-mile stretch seven times, staying in a meditative consciousness.

"This is the beginning of something most significant on the material plane or physical plane," Sri Chinmoy said.

Later his disciples sang a song he had written for the occasion, in which he described the reality that Chinmoy Lane represented as "bliss within, peace without, perfection all about."

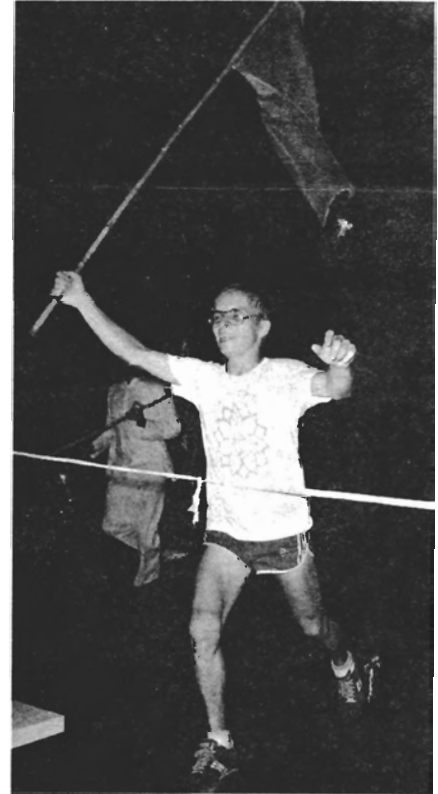
THEY "PEAL THE BELLS" IN GLOBAL BIRTHDAY SONG

The sound of music—an Indian Guru's music—was heard around the world Aug. 26 as carillonners throughout North America, Europe and Australia "pealed the bells" simultaneously to celebrate Sri Chinmoy's 48th birthday.

Starting at precisely 3 p.m. (EDT), bell players around the U.S., Canada, England, France, Belgium, West Germany and Australia performed the *Four Universals*—the Master's songs of universal good will.

The Secretary of the Guild of Carillonners in North America, Richard Gegner, called it the largest event of its kind in history.

Among those organisations participating in this international "orchestra" were New York's Riverside Church, whose 20-ton bell is said to be the largest tuned bell in existence, and Kirk in the Hills, the Bloomfield, Michigan, carrillon with the world's largest number of bells (77).



Guy St. Pierre is first to break the tape in the 47-mile Sri Chinmoy Ultramarathon.

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"THE SOUNDLESS SOUND"

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Indian Foreign Minister S.N. Mishra meets with Sri Chinmoy.

INDIAN FOREIGN MINISTER MEETS SRI CHINMOY

NEW YORK—Indian Foreign Minister S.N. Mishra took time out from his busy round of political talks Oct. 11 to meditate and discuss spirituality with America's foremost spiritual Master, Sri Chinmoy.

The visit took place toward the end of Mishra's 12-day visit to New York, which included an address before the United Nations General Assembly.

During the meeting, some members of the Meditation Group at the U.N. sang two songs the spiritual teacher had composed.

GURU RUNS HISTORIC MARATHON IN GREECE

MARATHON, Greece—Sri Chinmoy flew to Greece to run in the famous Marathon to Athens marathon on Oct. 6.

This historic marathon traces the course followed by the Greek runner who ran from Marathon to Athens to give news of a military victory over the Persians, and he died on the spot.

During his visit to Greece, the Master gave a meditation and a lecture in Athens and opened up a new Centre there.

U.N. PROGRAMME HELD IN U.S. CAPITOL

WASHINGTON—The Meditation Group at the United Nations held a programme Nov. 13 for U.S. Senators and Congressmen whose careers have included stints at the U.N.

The reception, which was co-hosted by Congressmen Benjamin L. Rosenthal (D-New York) and Larry Winn, Jr. (R-Kansas), included a short musical recital by Sri Chinmoy and the Meditation Group Singers.

SRI CHINMOY MARATHON HELD IN OTTAWA

OTTAWA—Some 550 runners participated in Canada's first Sri Chinmoy Marathon Oct. 14.

Winner was Clement Berube of Quebec Province, who came in with a time of 2:38:44.

The race also included a half-marathon and a marathon relay, with four-member teams. Some 60 teams, including 13 high school teams, participated in the relay.

The Brookfield High School Team from Ottawa won the Sri Chinmoy Cup in the relay, completing the course in 2:33:23. The cup will remain for a full year with the winning high school, and then be passed on to the next year's winner.

Dignitaries participating in the race, which was dedicated to the International Year of the Child, included the Queen's Representative in Canada, Governor-General Edward Schreyer, and two Members of Parliament.

Schreyer ran only that portion of the course that passed through the

Government House estate. The two MPs were part of a four-man marathon relay team. Originally they wanted to have an all MP-team, but in the end they brought in one of their aides and Guy St.-Pierre, a disciple from Quebec City, to complete their group.

TOKYO UNIVERSITY GETS 100 SPIRITUAL BOOKS

TOKYO—Sri Chinmoy presented a hundred of his spiritual books Oct. 24 to Tokyo University's Central Library, the most prestigious in Japan.

"I am so deeply honoured that you have come here personally to present me with these books," said Dr. Shizuo Fujiwara, Chief of Library, commenting that this was the largest gift the library had ever received.

"I have already read some of your works," Dr. Fujiwara told the Master. "They have much depth and light." He then asked Sri Chinmoy to autograph one of the books, which he did.

GURU LEADS LARGEST TEAM IN NEW YORK MARATHON

NEW YORK—Spiritual Master Sri Chinmoy led a team of 150 disciples in the New York City Marathon October 21.

Wearing dark purple shirts and pale blue shorts, the Sri Chinmoy Marathon Team was the largest team entry in the 26-mile race.

Dozens of other disciples, who didn't run, assisted the race organizers before and during the run.

A group of disciples also added a touch of musical dynamism to the scene by singing several of Sri Chinmoy's running songs over the loud-

speaker just before the race began.

Prior to the start, Sri Chinmoy chatted with ultramarathoner Don Ritchie and Olympic triple gold medalist Emil Zatopek, who served as Grand Marshall of the New York Marathon.

Sri Chinmoy had met Ritchie this past June when the runner visited his spiritual Centre after setting a new world record in a 100-mile run in Flushing Meadow Park.

For Zatopek, the only athlete ever to win three gold medals for the 5,000-metre run, 10,000-metre run

and marathon in a single Olympic (1952), it was his first introduction to Sri Chinmoy, whom he has heard a lot about.

"This is the best blessing I ever had," he told the Master.

Sri Chinmoy, who regards running as a physical complement to the inner life, normally trains about 80 miles a week. The New York marathon was his sixth this year. Only two weeks earlier, he had run the historic Marathon to Atheron in Greece.



Emil Zatopek, Olympic triple gold medalist, greets Sri Chinmoy before the start of the New York Marathon, above. Below, the Master chats with ultramarathon champion Don Ritchie.



Pictures from a Marathon scrapbook.

TALK OF PARSONS BLVD.

Guru gave a *seven-instrument concert* Sept. 11, which he called "Seven Earth-Cries Ascend, Seven Heaven-Smiles Descend" . . . A few days later, on Sept. 15, he held a *seven-hour meditation* at Progress-Promise . . . A Sri Chinmoy *10-Mile Run* was held Sept. 23 in Greenwich, Conn. Guru completed the course in 83 minutes . . . Earlier in the month, when he ran 100 miles for the first time in a single week (Sept. 2), Guru composed a song, *One Hundred Miles* . . . *Abakash's* United Nations Day poster was featured on the cover of the Sept. 28 "U.N. Secretariat News" . . . During a Meditation Group programme at the U.N. Sept. 11, Bahamas Ambassador Davidson L. Hepburn spoke of the "dedication and devotion to peace, justice and the preservation of human dignity of Sri Chinmoy" and the Meditation Group . . . The Centre sponsored a booth at the *Festival of Body, Mind and Spirit* show at the Coliseum in September . . .



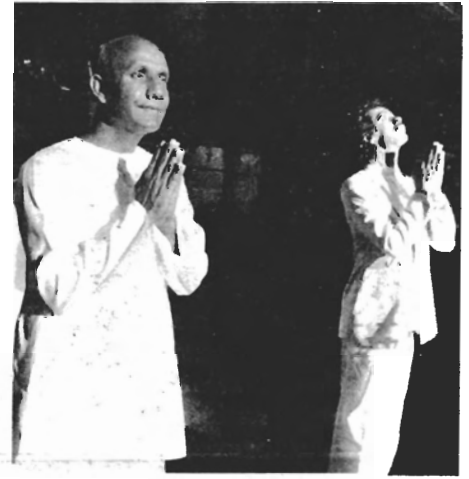
The *Rhode Island Centre* sponsored a 34-mile relay walk the week of Oct. 24 to commemorate the 34th anniversary of the United Nations. In honour of the event, City officials from Warren and East Providence, Rhode Island proclaimed the day "United Nations Day" and the town of Bristol presented a certificate of appreciation to the Centre . . . The *Montreal Centre* commemorated U.N. Day with a 34-kilometre relay run through the city, and the *San Francisco Centre* held a 34-mile peace run around a specially-lit track . . .

Guru set music to the *mottos* of four states Oct. 9 in the start of a project that will eventually include the mottos of all 50 states . . . Another long-term project Guru began during his trip to Japan and India, when he wrote the first 500 poems of what will be a 10,000-poem series. The opus will be published in 100-poem sets. So far, five volumes of *Ten Thousand Flower-Flames* have come out . . . *Devaki* and *Frances Clark* are taping four short children's shows for Montreal cable television using puppets to act out themes related to the International Year of the Child. . . .

The Governor of Vermont proclaimed Nov. 10 *Sri Chinmoy Day* in the state . . . On Nov. 18 Guru played his *tennis-playing disciples* a series of games, winning 82 out of 102 . . . On Nov. 22, in a similar match, he won 106 games out of 140 . . . A *choral competition* among elementary school choirs was held in the U.S. and Australia, based on the children's renditions of Guru's "This Is My Year" song. The Junction Park Primary School Choir of Brisbane was winner in Australia, and the Canton Street Elementary School Choir (Wharton, Texas) placed first in the U.S. . . .

NEW YEAR'S MEDITATION

NEW YORK—Sri Chinmoy will be holding his eighth annual New Year's Meditation and Concert on Sunday, Dec. 16, at 7:30 p.m. at McMillin Theatre, Columbia University. Admission is free.



Sri Chinmoy opens a concert by Devadip Carlos Santana with a silent meditation at Tokyo's Budokan.

MEDITATION FOR PEACE OPENS SANTANA CONCERTS IN TOKYO AND OSAKA

TOKYO—Some 8,000 music-lovers sat in pindrop silence as Sri Chinmoy held a meditation for peace at the opening of a concert by Devadip Carlos Santana Oct. 23 at Tokyo's Budokan.

Two days later Sri Chinmoy opened another Santana concert at Osaka's Festival Hall before an audience of 2,000. Many of the members of the audience joined the Master in folding their hands.

The two public appearances were highlights of a four-day tour by the Master which included a meditation and concert at Waseda University in Tokyo Oct. 24 and a public meditation Oct. 26 in Osaka, where a new Centre was opened.

The following day Sri Chinmoy left for India, where he spent a few days visiting his family.

MEDITATION GROUP HONOURS THE BAHAMAS

UNITED NATIONS—The Meditation Group at the United Nations held a programme Sept. 11 honouring the sixth anniversary of the Bahamas' joining the U.N.

Featured speaker was Bahamas Ambassador Davidson L. Hepburn, who commented on the "dedication and devotion to peace, justice and the preservation of human dignity of Sri Chinmoy" and the Meditation Group.



Sri Chinmoy and Mayor Koch in City Hall.

EGG-MAN SETS NEW WORLD RECORD

SAN FRANCISCO—Chris Riggio, a 26-year-old worker in Dipti Nivas Restaurant, set a new world record Oct. 7 for long-distance running while carrying an egg in a spoon.

Running at slightly over a nine-and-a-half-minute pace, Chris completed 28.5 miles in four hours 34 minutes.

A disciple of Sri Chinmoy, Chris says he carried out the feat as an exercise in self-transcendence. The spiritual teacher encourages his students to try to cross new frontiers not only in meditation but also in the outer life.

The previous record was 27 miles in four hours 27 minutes.

NEW YORK MAYOR GETS A 'MOUTHFUL'

NEW YORK—New York's Mayor Koch held a short meeting with Sri Chinmoy Nov. 13 to discuss spiritual philosophy and he ended up getting a mouthful.

The spiritual Master presented Koch with a large cake, with an image of the Mayor's face carved in icing.

"It's so beautiful," Koch exclaimed. "How can I eat it? But I will!"

The two spoke for a while and Koch gave Sri Chinmoy a medallion representing the City of New York. "You've made my whole day," the Mayor said.

U.N. PRAYER SESSION HELD FOR IRAN

UNITED NATIONS—The Meditation Group at the United Nations held a special prayer session Nov. 16 to pray for the U.S. hostages in Iran.

Participants in the programme included Rabbi Marc Tannenbaum, president of the American Jewish Committee; Dr. Abdul-Rauf, director of the Islamic Center in Washington; and Sister Janet Richardson representing the Holy See.

Sri Chinmoy, Director of the Meditation Group, presided over the session.

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HAWAIIAN LEADERS WELCOME GURU

HONOLULU—Hawaii's U.S. Senators and Congressmen greeted Sri Chinmoy's arrival in their state with an outpouring of welcoming letters.

"I wish to express my warmest aloha and best wishes to you," U.S. Senator Daniel K. Inouye wrote the Master.

"Your efforts to promote world peace through diplomacy, cultural understanding and spiritual harmony are well known and appreciated throughout the world

"As one who has personally admired the inspiration you have provided, please know that you have my sincerest hopes for much continued success."

Congressman Daniel K. Akaka wrote: "It is indeed a rare privilege to have a man of your stature in our islands. Your achievements in literature, music and the arts have provided a lasting treasure for our generation and those to come We have much to thank you for and trust that you will continue your cultural and educational contributions."

Letters also came from Hawaii's other U.S. Senator, as well as Congressman Heftel and Governor Ariyoshi.

NEW YEAR'S MESSAGE

NEW YORK—At his annual New Year's meditation held this year on Dec. 16, Sri Chinmoy offered the following message for the New Year:

"For the soulfully sincere seekers of the Absolute Supreme, the year 1980 is the year of amazing harmony, astounding peace and abiding oneness."

Sri Chinmoy also set the message to music, and the song was performed at the New Year's meditation.

PUBLIC CONCERTS AND RACE HIGHLIGHT HAWAIIAN TRIP

HONOLULU—Sri Chinmoy and his disciples gave two public concerts during their visit to Hawaii over the Christmas holidays.

One was held Jan. 3 at the Neal Blaisdell Center and the other on Jan. 6 at Central Union Church. The Master's new song "Hawaii" was performed at the first concert.

There was also a public Sri Chinmoy 5-Mile Run Dec. 30 at Ala Moana Park. A runner from Canada finished first in a field of 200, clocking in at 23:32.

Sri Chinmoy, who had completed a long run the previous night, race-walked the course.

400th BOOK PUBLISHED

JAMAICA, N.Y.—Sri Chinmoy's 400th book, entitled *Four Hundred Gratitude-Flower-Hearts*, was published Dec. 15.

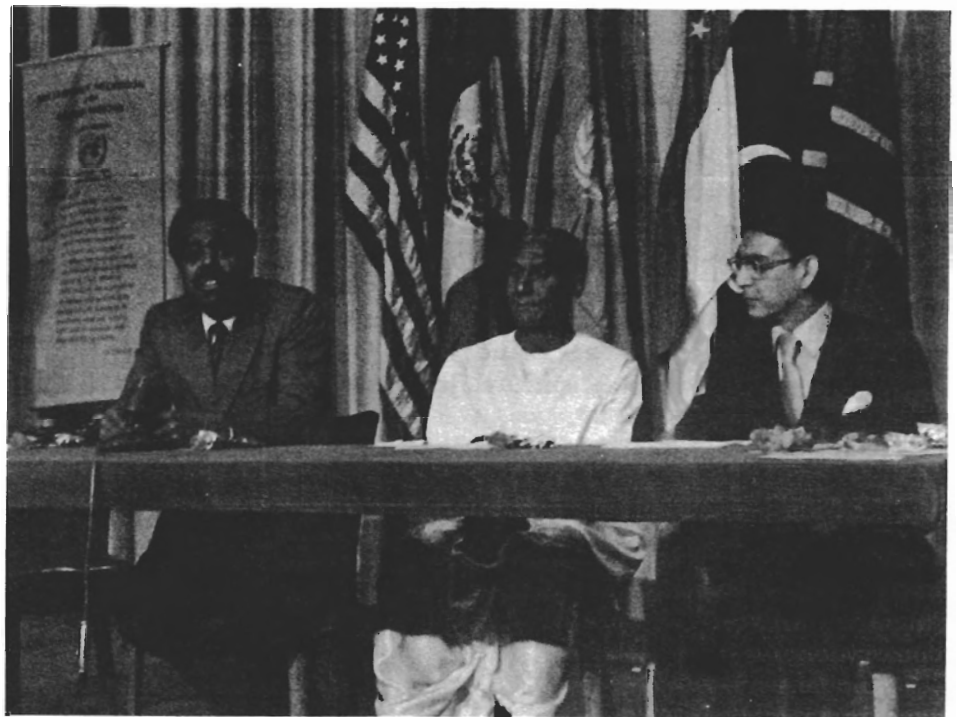
NEW JERSEY MARATHON IS SEVENTH FOR YEAR

ASBURY PARK, N.J.—Sri Chinmoy ran his seventh marathon of the year Dec. 2. He completed the 26.2-mile course of the Jersey Shore Marathon with a time of 4:33:55.

MARTIN LUTHER KING DAY —CELEBRATED AT U.N.

UNITED NATIONS—American U.N. Ambassador Donald McHenry joined with Sri Chinmoy and Third World diplomats Jan. 15 to commemorate Martin Luther King, Jr. Day here.

McHenry was joined on the podium by ambassadors from Pakistan and Singapore, as well as former Cleveland Mayor Carl Stokes (now a television correspondent) and Mexican journalist Luis Olavarrieta. Sri Chinmoy, sitting with them, opened and closed the programme with a short meditation.



America's U.N. Ambassador, Donald McHenry, left, speaks at a Martin Luther King Day programme at the U.N. while Sri Chinmoy and Pakistan's Ambassador, Niaz Naik, right, listen.



Sri Chinmoy presents Human Rights Award to Salim Ahmed Salim, President of the U.N. General Assembly.

ON THE TENNIS CIRCUIT

HONOLULU—During his spiritual holiday in Hawaii, Sri Chinmoy proved himself not only a Master of meditation but also a master of the tennis court.

In a continuous round-robin, he played two-game "sets" with one disciple after another, usually completing a hundred games or more each day he went to the courts.

On Dec. 27 he played 116 games, losing only 12. That was the most he played on any single day.

His grand total for the three-week holiday was 1,398 singles games, of which 1,023 were victories.

GAMES GURUS PLAY

JAMAICA, N.Y.—Children play Monopoly. Adults play war. And Indian Gurus like to play spiritual games.

That's what spiritual Master Sri Chinmoy did Jan. 17, showing his disciples a low-key display of occult power.

About 80 of Sri Chinmoy's students came up and stood before the Master, according to the month in which they were born, and Sri Chinmoy meditated on each one individually.

Then, after about an hour and a half, he called them back in front

A STARLIT RUN IN FLUSHING MEADOW

Sri Chinmoy took a 30-mile training run through Flushing Meadow Park Dec. 9 in a cold, bitter night under clear skies.

The Master began his run at 3 a.m., finishing five hours and 26 minutes later.

Later that morning, a public 13-mile Sri Chinmoy Run was held in the park, drawing about 400 runners.

John Doyle of Sunnyside, N.Y. ran the race in 1:09:08, nosing out Ottawa disciple Rejean Gauthier for first place by 34 seconds.

of him, remembering the exact order in which they had previously come.

"This is infinitely lower than the kindergarten level in the occult world," the Guru said. Usually he doesn't display occult power, he explained, because it does not increase anyone's love of God and only frightens people or arouses their mental curiosity.

"But on this occasion I just wanted to play an innocent game with my spiritual children," he declared.

SALIM RECEIVES AWARD FOR HUMAN RIGHTS WORK

UNITED NATIONS—At a Human Rights Day celebration Dec. 10, Sri Chinmoy presented a special award to the President of the U.N. General Assembly, Salim Ahmed Salim.

"I am completely surprised and overwhelmed by your gesture," a deeply moved Salim told Sri Chinmoy.

The award was given in recognition of Salim's efforts to promote the cause of human rights.

In his prepared remarks, Salim told the assembled U.N. diplomats and staff members: "We are, in the final analysis, all brothers and sisters and children of one family—the human family."

Other speakers included Israel Ambassador Yehuda Blum and representatives from the U.S. and Egyptian Missions.

The programme was sponsored by "Sri Chinmoy Meditation at the United Nations."

107 DISCIPLES FINISH MARATHON RACE-WALK

JAMAICA, N.Y.—It all began Feb. 1, when Sri Chinmoy—who has not been able to run recently—embarked on a 26.2-mile marathon race-walk along a three-mile course in Queens.

The 48-year-old Master maintained a steady pace, completing the course in six hours one and a half minutes. That's a 13:48 minute-per-mile pace.

A day and a half later, beginning at 3:20 a.m., 107 disciples followed their Guru's example in a marathon race-walk around the Jamaica High School track.

Martin Bentz placed first with a time of 4:55. First among the women was Sunanda, who completed the course in five hours 4 minutes.

The last walker, Tanima, crossed the finish line just before 1 p.m. in the afternoon.



Sri Chinmoy chats with Russell Barber, WCBS-TV talk show host, during a televised interview on "The First Estate."

IMPROMPTU MARATHON HELD IN VERMONT

BURLINGTON, Vt.—The Sri Chinmoy "Inspiration Marathon" was held here Sunday, Jan. 20, with only two days' planning.

It wasn't until Thursday evening that Chip and Sandy got the message that their Master wanted them to make arrangements for a marathon to be held the morning after a Jan. 19 University of Vermont concert.

Many of the disciples had lost their inspiration to practice running in the new year, Sri Chinmoy said, and he wanted to hold a marathon to give them new impetus.

Aided by Tarak, the Centre's Race Specialty Chief, and Rabindra, who has organized three Sri Chinmoy marathons and ultramarathons, Chip and Sandy picked out and carefully measured a route, painted

mile markers on the road, set up ERG and water stations at virtually every mile, and put up flyers announcing the race.

Some 36 runners, mainly disciples, completed the marathon. Sri Chinmoy, who was recovering from running injuries, ran the first 13 miles and the last two. Winner of the race was Rejean, with a time of 2:54.

"I hope this will inspire all of you to take your running seriously," Sri Chinmoy said after the race.

One of the disciples, who had set a personal record in the run, jokingly said that if he could do this well without any training, there would be no need to practice at all.

"Ba, bal" the Master replied. "Do you think this kind of Grace will be there all the time?"



CONVERSATIONS WITH GURU

Guru, like a child, was very proud of his display of occult power Jan. 17 (see story previous page) and even the next evening his face lit up when he spoke about it on the porch. "In fourth or fifth class disciples," he explained, "something like this increases their faith like anything." Then, with very little encouragement, Guru once again recited the whole sequence in which the disciples had stood before him. The whole incident delighted him immensely.

Someone asked him whether his feat wasn't really a matter of concentration power rather than occult power. Guru replied, "Concentration is part of the occult world. Concentration power is like a knife. It is part of the occult world."

* * *

On Jan. 28 Guru was watching a few documentary films about India in his house. While one of the reels was being rewound, he asked, "What's the funniest thing in the world for the outer world and also for the inner world?" Nobody could say.

Then Guru answered his own question. "For the inner world, the funniest thing is the way the outer world spends more time thinking of its enemies than its friends. Its friend, its only friend, is God; but it is all the time thinking of doubt, jealousy and so forth."

"For the outer world, the funniest thing is the way the inner world fails to act. The outer world thinks that the inner world is weak and ineffective; it mistakes the inner world's forgiveness for weakness."

Then one of the disciples asked Guru what's the saddest thing in the world. Guru said, "The same thing."



Sri Chinmoy presents a trophy to world-class runner Nina Kuscsik, who has won both the New York and Boston marathons. Kuscsik was at Annam Brahma Restaurant giving a talk on women and running.

**SONG-WAVES CHOIR ENDS
FRENCH CONCERT TOUR**

PARIS—Sri Chinmoy Song-Waves, the multinational choir directed by Haridas, completed a triumphal fall concert series in Paris and Rouen.

A total of 1,600 spectators attended the four Parisian pro-

grammes and the one in Rouen in late October and early November.

Marie-Therese Chailley, the celebrated French virtuoso, summed up the response when she said: "How not to think that all this is but the consequence of a special quality of the soul."

The music was Haridas' arrangement of Sri Chinmoy's songs.

During his Hawaii trip, which ran from Dec. 17 to Jan. 9, Gur gave a half-hour radio interview on "Hawaii Health Line" (Dec. 28) and was interviewed by Channel 4 television Jan. 2 . . . German disciples won a singing contest, in Hawaii, of seven new Bengali songs Guru had composed for the occasion . . . Haridas composed a 31-part arrangement for Guru's song "I Play Tennis Every Day," and the disciples sang it Jan. 8 . . . He later put 31-part harmony to another tennis-related song by Guru: "Tennis Game" . . . Altogether, Guru composed three songs in January in December Guru composed 2 songs . . .

Devaki, Susan Garfinkle and Frances Clark performed their International Year of the Child puppet show at a public library in Hawaii Dec. 29 . . . A painting of an angel by nine-year-old Jayanti was selected as the official Christmas card of the Norwalk Board of Education last year . . . Curtis "Rock" Sliwa, leader of the Guardian Angels—whose citizen anti-crime efforts have won nationwide acclaim—gave a talk to the disciples Dec. 1 and received a trophy from Guru. Curtis' sister, Kasturi runs Guru Health Foods.

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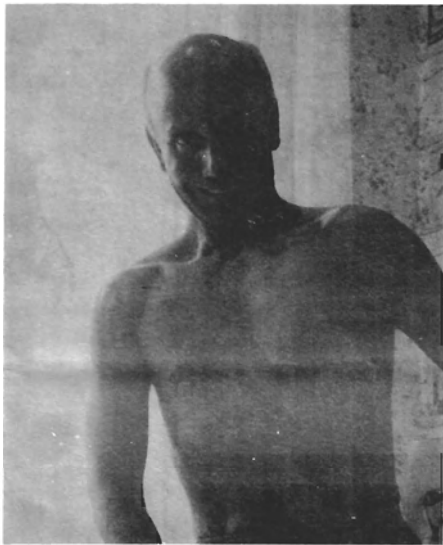
Sri Chinmoy in meditation.

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"THE SOUNDLESS SOUND"

Vol. 6, No. 2-3-4
Feb.-March-April 198



Sri Chinmoy, in a meditative consciousness, shows the results of his diet regimen.

LECTURE SERIES IN HAWAII

HONOLULU—Sri Chinmoy gave a series of four lectures here during a week-long visit beginning March 13. He also set up a new spiritual Centre, the first in Hawaii.

U.S.A. BICYCLE RELAY GEARS UP FOR SUMMER

Some 200 cyclists from across the nation have begun oiling their sprockets and testing their spokes as the U.S.A. Bicycle Relay gears up for a coast-to-coast ride this summer.

The 4,500-mile event, which will inaugurate a national Sri Chinmoy cycling trail, is being held to honour the Master's contribution to sports in America.

It begins June 4 in New York and ends 22 days later in San Francisco, after passing through some 20 states. The riders, all students of Sri Chinmoy, will be joined by local cycling clubs along the route.

A marathon runner, tennis player and cyclist himself, Sri Chinmoy has encouraged his followers to lead a physically active life as a complement to their spiritual practice.

127 MEDITATIONS FOR 127 POUNDS

JAMAICA, N.Y.—Sri Chinmoy held 127 consecutive sessions of meditation March 27 to celebrate his reaching a lifetime low of 127 pounds after several weeks of dieting.

The marathon meditation began at 6:30 p.m. and lasted until 1:40 the following morning. There were about 30-second breaks between each session.

This melding of spiritual and physical reality is one of the things that makes Sri Chinmoy so unique among spiritual Masters. Sri Chinmoy looks upon any physical achievement—whether in athletics or in dieting—as a divine victory on earth, if it is done as an offering to God.

He says he loses weight to inspire those disciples who are overweight. But on a deeper level, his emphasis on physical perfection stands as a supreme statement that the body, when inundated with light, can be a spiritual force that reveals and manifests God Himself. A series of photos of the Master showing off his slim body while in a high meditative consciousness expresses this most powerfully.

Sri Chinmoy's original goal, when he first decided to go on a diet, was 131 pounds, which was his lowest weight during his ashram days in India. The 131-pound goal he achieved on March 11, and his disciples celebrated the event with a 31-course meal, courtesy of the Puerto Rico Centre.

Several days later, after he had lost another four pounds, the Master brought in a pile of shorts—with 32-inch and 34-inch waists—and gave them away to disciples of that standard. The 48-year-old spiritual leader plans to retain his 30-inch waistline.

A DAY IN NEW ENGLAND

Sri Chinmoy brought a breath of Indian spirituality to wintry New England Feb. 17 with a concert at Harvard and an art exhibit and literary presentation at Brown.

Shortly after the Master and a group of disciples arrived in Massachusetts in the Centre bus, Sri Chinmoy race-walked part of the Boston Marathon route along Heartbreak Hill.

Following a late afternoon concert at Harvard University's Paine Music Hall, the entourage drove down to Rhode Island, where Sri Chinmoy presented a hundred of his books to the Brown University Library.

The ceremony took place at the Annmary Brown Memorial, where an exhibit of the Master's Jharna-Kala paintings was being held. Afterwards, Sri Chinmoy and some of his students offered a short concert of spiritual music.



Brown University Librarian James Schmidt officially accepts 100 of Sri Chinmoy's books for the University Library. Here the Master is presenting him with a sample volume.



Sri Chinmoy presents a trophy to Alan Kirik, first American to win the London to Brighton ultramarathon. Kirik was guest speaker March 11 at Annam Brahma Restaurant's "Run and Become" lecture series.

INTERLUDE IN PUERTO RICO

SAN JUAN—Sri Chinmoy came to Puerto Rico in late February, holding two public meditations at his San Juan Centre.

To honour their Master during his four-day visit, which ran from Feb. 22 to Feb. 26, the disciples in Puerto Rico sponsored a four-mile Sri Chinmoy race.

ULTRAMARATHON TO QUEBEC

Sri Chinmoy and a group of disciples took a journey to Quebec that ended up as a real ultramarathon.

The bus left April 26 shortly after a 10-mile Sri Chinmoy Race in Flushing Meadow Park, Queens.

After a 13-hour trip, the group arrived in Quebec around three o'clock Sunday morning, in time for a short nap before a 13-kilometre Sri Chinmoy Run sponsored by the Quebec Centre.

Later in the day, Sri Chinmoy gave a concert at Laval University, and then the long trip home began.

The bus broke down near the U.S. border and was eventually abandoned. The Master and his students finally returned to Queens,

in a chartered Greyhound, around dusk Monday.

Maintaining the lighthearted air that pervaded the whole trip, Sri Chinmoy invited the disciples to his house for an informal gathering, meditation and dinner, and it wasn't until nearly midnight that the memorable Quebec "weekend" came to an end.

DEVADIP CONCERT HELD AT U.N.

UNITED NATIONS — Devadip Carlos Santana gave a free concert for U.N. diplomats and staff at the Dag Hammarskjold Auditorium here on April 7.

The programme, sponsored jointly by the Mission of Panama and Sri Chinmoy Meditation at the United Nations, attracted a full house.

At the end of the concert, which also included performances by members of the Sri Chinmoy Rainbow Band, Sri Chinmoy presented Devadip with a commemorative coin on behalf of the U.S. Committee for UNICEF.

The award was a token of gratitude for the benefit concerts Devadip had given to raise funds for UNICEF and the International Year of the Child.

LOWENSTEIN HONOURED AT THE UNITED NATIONS

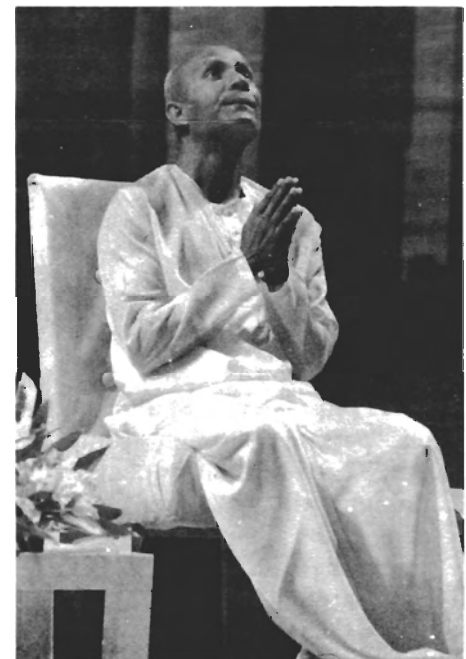
UNITED NATIONS — Sri Chinmoy Meditation at the United Nations, the meditation group which Sri Chinmoy leads at the U.N., held a memorial tribute for Allard Lowenstein March 21.

The former New York Congressman and one-time U.S. Ambassador to the United Nations was known for his work in human and civil rights. He had participated in a number of Meditation Group symposia at the U.N.

Other programmes held by the Meditation Group during March included a tribute to International Women's Day (March 10) and a celebration of Greece's Independence Day (March 24). Ambassador Nicolas Katapodis of Greece addressed the March 24 gathering.

The previous month, on Feb. 4, the Meditation Group had sponsored a programme commemorating Sri Lanka's national holiday. The country's U.N. ambassador, N. Balasubramaniam, addressed the meeting and Sri Chinmoy's "Sri Lanka" song was performed.

In April, the Meditation Group and the Mission of Sri Lanka jointly sponsored an exhibit of Batik art at the United Nations. That programme was held April 21 in the Dag Hammarskjold Auditorium.



Meditating at Columbia University.



Sri Chinmoy, standing on the steps of his house, salutes disciples as they march by during a parade April 12 celebrating his 16th anniversary in the West.

A FAREWELL TO JESSE OWENS

UNITED NATIONS—Ambassadors from several countries, athletes and civil rights leaders joined Sri Chinmoy April 22 in a farewell to Jesse Owens in a moving ceremony at the United Nations.

The programme, sponsored by Sri Chinmoy Meditation at the United Nations, paid a final tribute to the athlete whose triumphs at the 1936 Berlin Olympics were a victory for all those the world over who stood against Hitler's notions of Aryan supremacy.

Ambassador Rüdiger von Wechmar of the Federal Republic of Germany praised Owens not only for being a sportsman but also for "his convincing fellowship as a human being."

U.S. Ambassador William vanden Heuvel said Owens "ran an extraordinary race, not only in Berlin, but in all the years of his life."

Civil rights leader Bayard Rustin declared: "Jesse Owens was one chosen by God because he was black and because he was great, to shake all of us into a clear picture of what Nazism was. . . ."

Representing the Owens family at the programme was 1948 Olympic medalist Herb Douglas, who said: "Jesse Owens carried the Olympic torch his entire life, and now he has passed it to us."

Other speakers included Ambassadors Zenon Rossides of Cyprus and Yehuda Blum of Israel, as well as Rabbi Marc Tanenbaum of the American Jewish Committee.

The guiding force behind the programme was Sri Chinmoy, who has admired Owens since the age of 13. The Master, who had met Owens several years ago, opened the U.N. session by leading the speakers in a short meditation. The U.N. Singers also sang six songs the Master had composed—one set to his own words and five based on quotes by or about Owens, to which he had set music.

Sri Chinmoy had delivered a eulogy on Owens after a public meditation at Columbia University on April 9. Standing with a large photo of Owens, Sri Chinmoy had declared: "There are few, very few, who have speed both in the inner world and in the outer world. Jesse Owens, the champion of champions, the immortal of immortals, has this rare speed both in the inner world and in the outer world."

PUBLISHER'S CORNER

New books by Sri Chinmoy include:

The Disciple's Freedom—an important new statement of Sri Chinmoy's philosophy and the Guru-disciple relationship

O My Pilot Beloved—prayer-cries
Philosophy, Religion and Yoga—essays and questions and answers

Secrets of the Inner World—the consciousness of food, occultism, etc.

Selected Poetry of Sri Chinmoy
Blue Waves of the Ocean-Source—song-book

The Vision-Sky of California—California lectures

SMOKIN' ALONG

The 48-year-old Guru who completed seven marathons last year is starting to heat up as a short-distance runner as well.

A champion sprinter in the Indian ashram where he grew up, Sri Chinmoy is making rapid progress in short-distance and medium-distance running.

He ran the 3.5-mile Speed Run in Prospect Park, Brooklyn, in 25 minutes 29 seconds—a 7:16 pace—on March 23.

The following week, on March 30, he ran the seven-mile Sri Chinmoy Race in Fairfield, Conn. in 51 minutes 18 seconds, at a 7:19 pace. That's a marked improvement over his performance in the seven-mile Sri Chinmoy Race he ran in Antigua on Dec. 31, 1978, which he completed in 56 minutes 24 seconds (8:03 pace).

Then he did a 5-kilometre, or 3.1-mile race, in Prospect Park on April 5 in 22 minutes 16 seconds—a 7:11 pace.

The Guru is also planning to run several marathons this year.



Sri Chinmoy holds a photo of Jesse Owens while delivering a eulogy at Columbia University.

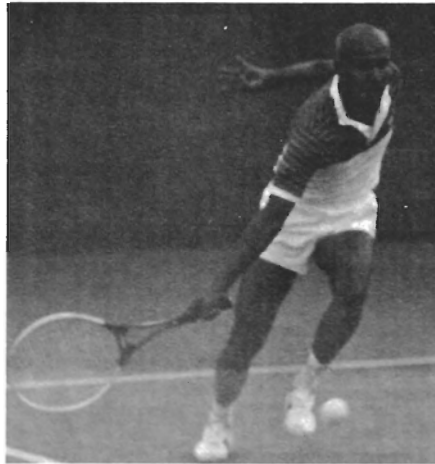
TALK OF PARSONS BLVD.

The *New Jersey Centre* held a 24-hour meditation for seekers beginning midnight Feb. 29 at a church in Flushing, N.Y. Guru came at the end to lead a short meditation. . . Guru gave an *esraj concert* at the State University of New York at Stony Brook on March 3 . . . *Alan Kirik*, who set an American record March 8 in a 60-kilometre race in Central Park, said he had tried especially hard to do well because he knew he was coming to Annam Brahma three days later to give a talk and meet Guru . . .

At 2 a.m. March 22, *Guru* began a 30-mile run on a mile-long course around his house. He stopped at 13 miles, due to injuries, and asked his disciples to fulfil his promise and finish the 17 miles for him. That morning at eight o'clock, a field of about 50 disciples began running. Women were asked to complete only 13 miles, men 17. When *Guru* ended the event two and a half hours later, 10 men and one woman had completed the 17 miles.

Haridas and *Marc* discussed *Guru* on French National Radio Jan. 31 . . . *Haridas* also spoke about *Guru* and the Song-Waves Choir on Swedish National Radio at the end of March. *Haridas'* work, "Three Poems of Sri Chinmoy" was performed in Paris at *public concerts* on March 18 and 24 . . . *Rejean* won the seven-mile Sri

Chinmoy Race in Yonkers on March 23 and the seven-mile Sri Chinmoy Race in Fairfield, Conn. on March 30 . . . *Devadip* gave a public concert in Queens April 15. *Guru* also played in the concert, joining *Devadip* for a few pieces . . .



Playing tennis on Raadall's Island.

Guru played *four tennis pros* at an indoor court on Randall's Island for four consecutive hours April 19, winning 48 of the 101 games . . . After the bus broke down on the way back from Quebec April 28, *Guru* occupied himself by composing *five songs* about famous runners or running coaches. Songs were written about Tom Fleming; Ted Corbitt; Roger Bannister—the first to break the four-minute mile; Nina Kuscsik, a pioneer in women's running; and Saumitra, *Guru's* ashram coach . . .

Harsha and *Sudhir*, known pro-

fessionally as the Agony Brothers, have begun putting on a series of weekly humorous, sometimes satirical skits, dealing with life in the Sri Chinmoy Centre. The *Swanson Brothers*, a Centre acting troupe, are also regulars on the weekend "entertainment" circuit in the New York area. Other regular performers include *Tejiyan*, master comedian; *Nilima's Group* of actresses, and two new acting groups led by *Swadhin* and *Charles*. Such performances, *Guru* feels, give the disciples innocent joy and aid their spiritual progress. . . .



Queensboro President Donald Manes presents Sri Chinmoy with a proclamation declaring April 13 Sri Chinmoy Day in Queens.

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"THE SOUNDLESS SOUND"

Vol. 6, No. 4
April 1980 (continued)

SRI CHINMOY COMPLETES 16 YEARS IN AMERICA

NEW YORK—Sri Chinmoy celebrated the completion of his 16th year in America April 13 with a two-week festival that drew disciples from around the world.

The festivities included several public meditations, spiritual concerts, performances of the Master's plays, a classical music concert, a disciple circus and parade, a water ballet and various athletic events, including a 13-mile race on April 13.

Sri Chinmoy did not participate in the race, but entered a 10-kilometre race-walk in Central Park which he completed in 1:07:57—an average pace of 10 minutes 57 seconds a mile.

This was followed by a programme of spiritual events that lasted until the early hours of the next morning.



Jay Helgerson, who ran one marathon a week last year at an average sub-three-hour pace, is presented with a cake by Sri Chinmoy during an appearance at Annam Brahma's "Run and Become" lecture series. Helgerson told *Runner's World Magazine* that the Sri Chinmoy Marathon in San Francisco was the best organised of all the marathons he ran in.



Determination, plus perspiration, equal a 10:57 pace in the 10-km. Central Park race-walk.

A MUSICAL THANK-YOU AT CARNEGIE HALL

NEW YORK—Sri Chinmoy gave a concert of spiritual music April 20 at Carnegie Hall as an expression of gratitude to the city that has been his home during the 16 years he has lived in America.

The concert, which was given free of charge, was sponsored by Sri Chinmoy's disciples. It attracted a large crowd of interested seekers and music lovers.

This was Sri Chinmoy's second appearance in Carnegie Hall. The Master and his disciples had given a spiritual concert there on April 13, 1976.

12-HOUR RACE-WALK STRAINS MIND AND BODY

JAMAICA, N.Y.—Sri Chinmoy and about 175 disciples embarked on a 12-hour race-walk beginning midnight April 20.

Sahishnu placed first among the

men, completing 59¼ miles. Sunanda led the women, with 57½ miles. Sri Chinmoy did 45¼ miles.

That evening, when the Master and his students limped into Carnegie Hall for the concert they were giving, the stage manager called one of the disciples aside and inquired: "Is there any religious significance in the strange way the members of your group walk?"

HOPPITY-HOP TO CITY HALL

NEW YORK—Ashrita, the 25-year-old manager of Guru Stationery, came up with a sure-fire way of beating New York's transit strike.

He mounted his pogo stick on April 4 and hopped from Grand Central Station to City Hall, completing the four-mile journey in about three hours.

He did it, he says, to give New Yorker's joy, an aim right in line with the teachings of his Guru, Sri Chinmoy.

SRI CHINMOY CELEBRATES 10 YEARS AT THE U.N.

UNITED NATIONS—Spiritual Master Sri Chinmoy celebrated on April 14 the tenth anniversary of his leading meditations at the United Nations for delegates and staff.

Ambassadors from several countries, who have participated in various Meditation Group programmes over the years, came to a special meditation service and luncheon honouring Sri Chinmoy Meditation at the United Nations—which Sri Chinmoy has led since its inception.

“At the level of individuals or at the level of nations, we must find a democratic balance that can only be obtained through this beautiful worship of the human soul practised by Sri Chinmoy Meditation at the United Nations,” declared Ambassador Jorge Illueca of Panama.

“Mankind needs moral people of noble thought” such as those in the Meditation Group, he said. “They are always spreading feelings of unity, completeness and spiritual satisfaction.”

Ambassador Davidson Hepburn of the Bahamas said: “I am very thankful for having met the Meditation Group . . . I offer my congratulations to you for the work that you are doing, and to your leader who has been, I think, very instrumental in keeping the United Nations on a very firm footing.”

Ambassador Zenon Rossides of Cyprus echoed these sentiments, declaring, “I feel that this Meditation Group performs a very vital function at the United Nations. . . . I believe we need more and more of Sri Chinmoy, and Sri Chinmoy should be the official centre of meditation at the United Nations, as was intended to be.”

He added: “The skies clear up the moment you turn to the spirit, and when I think of the spirit in the United Nations, I can only think of Sri Chinmoy.”

In addition to offering twice-weekly meditations at the U.N., Sri Chinmoy and the Meditation Group have sponsored a number of conferences and colloquia at which diplomats have voiced their highest ideals for the world community.

Sri Chinmoy's work at the U.N. has been warmly praised by Secretary-General Kurt Waldheim, who recently wrote the Master: “You may be sure that . . . your commitment to the aims and ideals enshrined in the United Nations Charter are most appreciated.”



Marathon runner Tom Fleming meets Sri Chinmoy April 29 during a guest appearance at Annam Brahma's "Run and Become" lecture series.

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"THE SOUNDLESS SOUND"

1980

EUROPEAN VISIT BLENDS SPIRITUALITY, POLITICS AND SPORTS

Sri Chinmoy gave seven concerts and lectures and met with a number of religious, political and sports figures during his 11-day European tour June 14 to 25.

He offered a series of concert-meditations in Switzerland and Germany, performing in Zurich on June 15, Augsburg the 17th, Cologne the 19th and Stuttgart the 20th. Devadip, Haridas and the Sri Chinmoy Song Waves choir joined him in many of these concerts.

Lectures were held in Geneva on June 16, at Rome's Food and Agricultural Organisation (FAO) on June 18 and at the University of Stuttgart on June 20.

In addition to meetings with the Pope and German and Swiss civic leaders, the Master had a lengthy discussion on religion and Indian culture with the Director-General of the United Nations in Geneva, Luigi Cottafavi, on June 16.

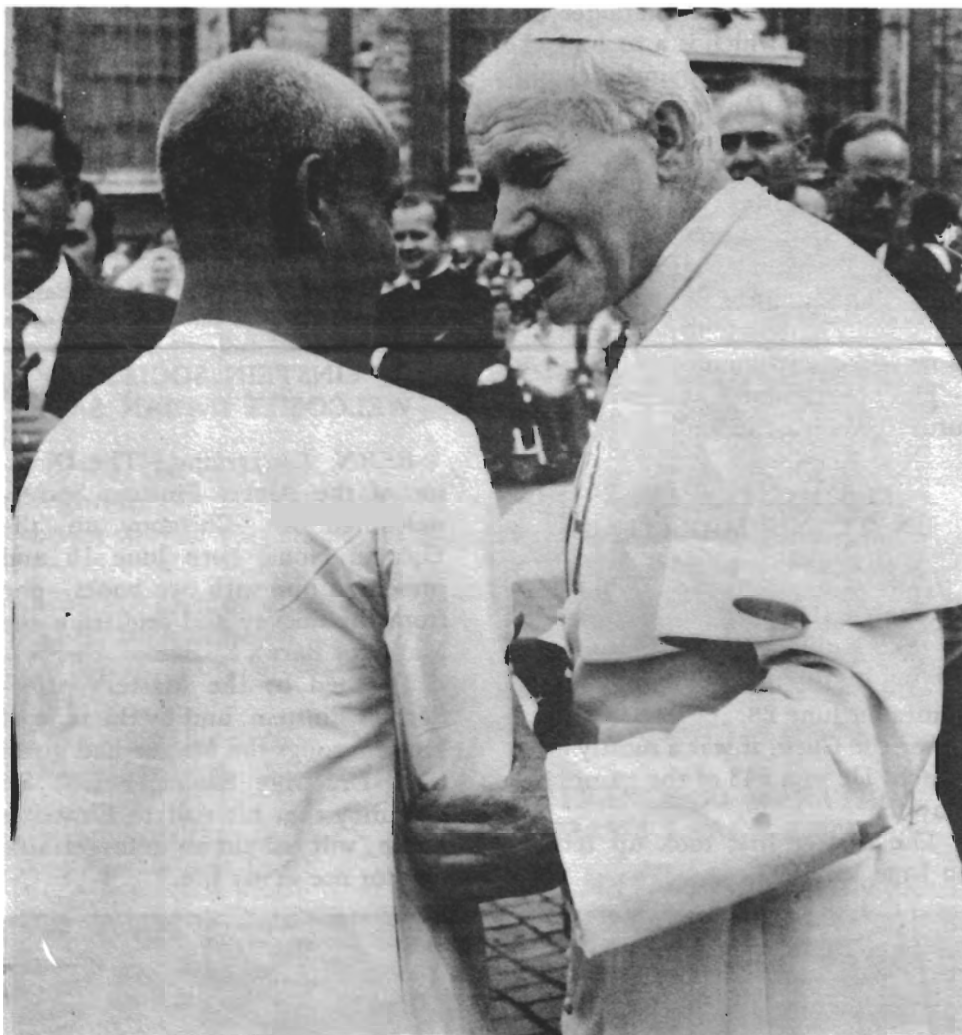
He met with European track star Markus Riffel on June 14 and presented a trophy to former world marathon champion Christa Vahlensieck, who visited his Jharna-Kala exhibit at the Museum Alexander Koenig in Bonn on June 20.

There were also meetings with the vice president of the International Committee of the Red Cross in Geneva and India's Ambassador to Switzerland on June 16.

POPE MEETS WITH U.N. SPIRITUAL LEADER

THE VATICAN—Pope John Paul II had a private meeting here June 18 with the spiritual leader who has been conducting meditations at the United Nations for more than a decade.

"He showed me much affection and love," Sri Chinmoy said. The Holy Father noted the Master's



Sri Chinmoy is warmly received by Pope John Paul II in the Vatican.

work at the United Nations, and then said: "Special blessings to you. Special greetings to your members. We shall continue together."

It was the first time the two spiritual figures had met. On three separate occasions Sri Chinmoy had visited with Pope Paul VI, who had been deeply appreciative of his efforts for world peace.

MAYOR OF BONN GREETES SRI CHINMOY

BONN—Mayor Hans Steger welcomed Sri Chinmoy to Town Hall June 19 and lauded the spiritual values that the Master brought to the rational German mind.

"If you can communicate some of the things that you have realised yourself to our fellow citizens, then I think that this is good," the Mayor declared.

Sri Chinmoy commented on the common Aryan heritage of the Vedic seers and the German people, and expressed his admiration for the strength and power of the German consciousness.

The Mayor, deeply moved, said: "Each word is spoken with full consciousness, each word has a special weight, and all these words have been spoken from a very good heart." He later presented the Master with a plate showing the oldest privy seal of the town.

PAINTING EXHIBIT HELD IN BONN MUSEUM

BONN—A two-day exhibit of Sri Chinmoy's paintings opened June 19 at this city's prestigious Museum Alexander Koenig.

In keeping with the character of the institution, which is a zoological museum, the 57 paintings on display were all *Jharna-Kala* birds.

At a reception sponsored by the Museum's director, Dr. Günter Nobis, the Master played on the esraj and spoke about meditation and the spiritual significance of birds. The cultural attache from the Indian embassy in Bonn served as master of ceremonies.

The programme was televised for future broadcast in India.

IT'S MOSTLY LOVE IN TENNIS MARATHON

JAMAICA, N.Y.—Sri Chinmoy celebrated the third anniversary of his taking up the game of tennis by playing his disciples 284 consecutive games on June 28.

For the Guru, it was a mostly love match. He won 243 of the games he played.

The Master first took up tennis on June 13, 1977.



Sri Chinmoy meets Luigi Cottafavi, Director-General of the U.N. in Geneva.

EINSTEIN SOCIETY WELCOMES INDIAN SAGE

BERN, Switzerland—The Director of the Albert Einstein Society welcomed Sri Chinmoy to the Einstein House here June 16 and presented him with two books—one from the Society and one from the Mayor of Bern.

Touched by the Master's affection for Einstein, and by the tape of Einstein songs the Master had given him, Dr. Max Fluckiger told Sri Chinmoy that his visit to Einstein's house "will remain an unforgettable day for me in my life."



Olympic great Emil Zatopek greets Sri Chinmoy in Zurich.

ZATOPEK FLIES TO ZURICH TO VISIT SPIRITUAL FRIEND

ZURICH—Olympic track champion Emil Zatopek flew here from his home in Czechoslovakia June 14 to be with Sri Chinmoy for a day.

The two had met and become good friends last October, when Zatopek was Grand Marshall of the New York Marathon and Sri Chinmoy was one of the participants.

The Master introduced Zatopek to a crowd of cheering sports fans at the Westathletic-Cup, a multinational track-and-field event held near Zurich, and presented the Czech athlete with a medal.

That evening, Emil Zatopek and his wife watched with deep emotion a videotaped disciple performance of 17 songs the Master had composed about the Olympic hero. In return, the Zatopeks entertained the Guru and local Swiss disciples with a medley of folk songs.

The following morning, Zatopek officiated at a 10 km. Sri Chinmoy Lauf in Belvoir Park, which attracted 176 runners. At the awards ceremony, Zatopek spoke highly of the Master, remarking that "his creativity, and the way in which he employs it, is a great inspiration for all men."

He also presented Sri Chinmoy with a book, inscribed: "With the great admiration for the greatest Guru."

With their 24-hour visa expiring, the Master's two guests reluctantly departed. "We have had such beautiful experiences," Zatopek said. "And also inwardly it was so beautiful."

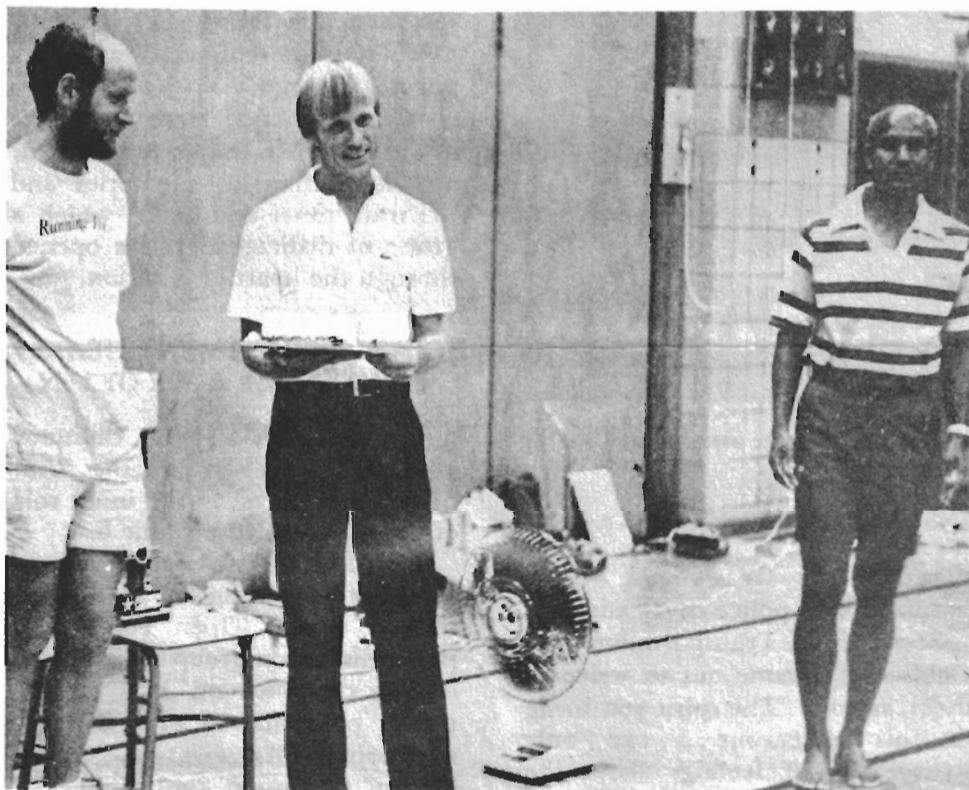
WEST VIRGINIA HONOURS SPIRITUAL MASTER

Sri Chinmoy has been commissioned a "West Virginia Ambassador of Good Will Among All People."

In making the appointment, West Virginia's Secretary of State, A. James Manchin, declared: "As long as people like Sri Chinmoy continue to live, then so shall America continue to live."

Anahata Nada

"THE SOUNDLESS SOUND"



Don Ritchie (left) and Stan Cottrell (right) tell disciples about their running experiences during a Sri Chinmoy gathering.

TENNIS CLASSICS HELD IN THREE CITIES

Sri Chinmoy Tennis Classics for girls under 14 were held recently in Chicago and New York with the sanction of the U.S. Tennis Association. A third tournament, for all age groups, was in Puerto Rico.

The Chicago tournament was held the weekend of May 17. The winner was Juliet Kazmarick, ranked 20th nationally in her age group.

The second tournament, held the weekend of June 7 at the Starrett Tennis Academy in Brooklyn, N.Y., was won by Raka Raychaudhuri, who is ranked second in the East for her age group.

In the Puerto Rico Classic, which was sanctioned by the Puerto Rico Tennis Association, top honours in the men's division were won by Papo Coss, one of the island's top-ranked players. The tournament was held July 25-27.

UNIVERSITY OF WASHINGTON APPOINTS GURU LECTURER

SEATTLE—The President and Board of Regents of the University of Washington appointed Sri Chinmoy a Visiting Lecturer in the School of Art for May 8.

The Master addressed the university community and gave an esraj concert at the University that day, and a public concert at St. Joseph's Church in Seattle that evening.

The following day he received a plaque from the University of Washington's Division of Sports Medicine and Department of Intercollegiate Athletics for his contributions to sports. The award was presented following a three-mile Sri Chinmoy Run at the University.

In connection with the Master's visit, Governor Dixy Lee Ray proclaimed May 8 "Sri Chinmoy Day" in the State of Washington.

TWO SPORTS PUBLICATIONS HONOUR INDIAN GURU

Two German sports publications have honoured Sri Chinmoy for his promotion of sports as a spiritual and physical discipline.

The newspaper *Sportspiegel* presented the Master with an award on June 17 in Augsburg "for his promotion of sports as a character-building and men-unifying power."

Two days later in Bonn, the nationally known running magazine *Spiridon* gave Sri Chinmoy an award for his activities in long-distance running. In making the presentation, *Spiridon's* editor-publisher Manfred Steffny, himself an Olympic class runner, cited the Master's work in "espousing the spiritual background of running . . . to make a better world."



Sri Chinmoy, decked out in a turban, poses by the Sphinx during a visit to Egypt in late May. During this 9-day trip to Egypt and Germany, the Master ran a 26.2-mile marathon course on Munich Road on May 24.



Congressman Addabbo presents Sri Chinmoy with a certificate on the steps of the Capitol as several U.S. Senators and Congressmen observe.

U.S.A. BICYCLE RELAY WINS AMERICA'S HEART

NEW YORK—Eight Sri Chinmoy cyclists carried the message of spirituality and physical fitness through the heartland of America as their U.S.A. Bicycle Relay zoomed across 18 states on a 22-day journey to the Pacific.

The cyclists, joined along the route by dozens of other riders from Sri Chinmoy Centres around the country, embarked on this adventure to honour their spiritual Master's contribution to sports in the U.S.

"Sri Chinmoy stands for those very values that represent the essence of the American spirit," says Shambhu, organiser of the event. "We rode to express our love for our country and our spiritual teacher, and our faith in the vision they both seek to manifest."

Leaving Jamaica, New York shortly after midnight June 4, the caravan of cyclists and support vehicles headed south to Washington, D.C., where a military colour guard and a contingent of eight U.S. Senators and Congressmen greeted them on the steps of the Capitol.

Joined by Sri Chinmoy himself cycling, and some 50 other riders who had come down for the event, the group pedalled past historic

sites in the Washington area, heralded by a police cavalcade.

Secretary of Transportation Neil Goldschmidt came out to welcome them, saying: "The spirit you bring to this endeavour . . . can only strengthen our feelings about the U.S."

In many towns along the route, especially in the Midwest, the arrival of the relay team was a major event. "Kids waited on the side of the road with their bikes, jumping into the procession as we rode by. People drove past in their cars, honking and clapping," says Shambhu.

"Mayors and city officials from dozens of cities held receptions for us, and in a couple of cases where we missed one of these, the police were sent out to find us. Then, sirens blaring, they escorted us back—once through rush-hour traffic in downtown Philadelphia—so we wouldn't get thrown off schedule.

"Storekeepers invited us in for free food, and townspeople often had donuts, orange juice and coffee waiting for us. Sometimes I think we didn't ride but just ate our way through Missouri and Kansas."

The group's arrival in San Francisco June 24 marked the end to the official inauguration of the

"Sri Chinmoy Cross-Country Bicycle Trail" and the completion of a journey Sri Chinmoy called "spiritually historical and historically unprecedented."

For the cyclists who had been with it the whole way, it meant a rest for aching leg muscles, a return to work, and a reorientation to life's normal routines.

What remained were memories of the dream an Indian Master had, and its fulfilment—memories and the trail, inner and outer, which a group of dedicated cyclists opened through the heart of a nation.

STATE DEPARTMENT HEARS ABOUT INNER ROLE OF U.N.

WASHINGTON—Sri Chinmoy addressed members of the U.S. State Department on the inner role of the United Nations June 6.

The State Department invited the Master to Washington as a guest speaker at its "Open Forum," a policy discussion group inaugurated during the Vietnam War to acquaint policymakers with different viewpoints. Afterwards, "Open Forum" Chairman Paul Molineaux wrote the Master: "It was indeed uplift extraordinary to listen to you and delight most pleasing to hear the young singers."

That evening Sri Chinmoy gave a public concert in the plaza of the American Institute of Architecture.

His visit to the capital, in conjunction with the arrival in Washington of the cyclists from the U.S.A. Bicycle Relay, prompted Mayor Marion Barry Jr. to declare June 5 and 6 "Sri Chinmoy Days" in the City.

WOODSTOCK REVISITED

WOODSTOCK, N. Y.—This town, which Sri Chinmoy recalls with such great fondness, was the site of three public concerts in July.

The Master held two outdoor concerts here on July 5 and 12 and an indoor concert July 26.

His original American sponsors live in Woodstock and, during his early years in the U.S., Sri Chinmoy visited the area often.

AMERICA'S LEADERS PRAISE BICYCLE RELAY AND THE MAN IT HONOURS

City and state officials across the country had enthusiastic praise for the U.S.A. Bicycle Relay and Sri Chinmoy, the spiritual leader it honoured.

Several Governors, Mayors and county officials issued proclamations commemorating the bicycle relay, and "Sri Chinmoy Days" were proclaimed by the Mayors of Washington, D.C., Indianapolis, Kansas City, Pittsburgh and Salt

Lake City, as well as some 20 smaller cities. The Governors of Kansas, Delaware and Montana also proclaimed "Sri Chinmoy Days" in their regions.

Sri Chinmoy himself received some two dozen congratulatory letters from U.S. Senators, Governors and members of Congress, as well as from sports figures and others. Excerpts from a few of them follow:

"The event is both a celebration of your work with America's youth and a tribute to your position as mentor to a generation."

—U.S. Senator William S. Cohen of Maine

"The event is . . . a deserved tribute to you, and your dedication to cycling, running and spiritual growth."

—U.S. Senator Jennings Randolph of West Virginia

"Certainly, by your example, you encourage each of us to be all we can be, to strive to attain the best from ourselves."

—Governor Edmund G. Brown Jr. of California

"Sri Chinmoy's leadership, his spirit of caring, his dedication, truly deserves our respect, our recognition and, above all, our thanks."

—Jerry Apodaca, Chairman of the President's Council on Physical Fitness and Sports

"Sri Chinmoy sees what is best in our country and tries to encourage it."

—Hank Aaron



Transportation Secretary Neil Goldschmidt welcomes Sri Chinmoy and the U.S.A. Bicycle Relay cyclists to Washington.

GURU WINS MEDAL IN 5 KM. RACE

A 48-year-old Indian Guru won the second-place medal for his age group in the Great North Fork Foot Race May 17 on Long Island.

Sri Chinmoy, who placed 29th overall in a field of some 180 runners, completed the course in 22:12 minutes—a 7:09 pace.



Sri Chinmoy displays 5-km medal.

SAN FRANCISCO MARATHON DRAWS LARGE FIELD

SAN MATEO, CA.—Nearly 650 runners completed the second annual Sri Chinmoy Marathon held June 1 in this San Francisco suburb.

Local runner Wilfried Jackisch sprinted to a 2:21:12 finish, taking first place.

For Sri Chinmoy, who also completed the race, it was his first marathon of the year.

The Master's three-day visit to California included a public meditation at San Francisco's Grace Cathedral, which took place May 30.

CONCERT AND RUN HELD IN MASSACHUSETTS

NEW MARLBOROUGH, MA.—The Sri Chinmoy Centre's first cross-country run was held July 19 along a five-mile route through the rolling countryside here.

Later that afternoon, Sri Chinmoy and his disciples gave a public concert at the nearby Center for the Light.

TALK OF PARSONS BLVD.

Rejean placed 12th in the Ottawa Marathon, completing the course in 2:29:57. He also won the 7-mile Sri Chinmoy Race in Stamford, Conn. June 29, and headed the three-man team that won the Mayor's Cup . . . In connection with that race, Mayor Louis A. Clapes proclaimed June 29 "*Sri Chinmoy Day*" in Stamford, calling Guru "a living testimonial to the unhorizoned possibilities of the human spirit."

Stan Cottrell, who set a world record for a cross-country run, spent a week with the disciples in Queens before starting out on his trek. He spoke at Annam Brahma's "*Run and Become*" lecture series May 13 and met with *Guru* the morning of his run, May 16. Disciples arranged for him to run through the Holland Tunnel, and *Martin Bentz* accompanied him during that portion of his run. Cottrell's stay in Queens was coordinated by *Lorne*. On his return to New York after his triumphal run, he spent an evening relating his experiences to *Guru* and the disciples on July 18.

Disciples served as handlers and timers for *Don Choi* when he set a certified 20th century record of 200 miles in 47 hours in Flushing Meadow Park, Queens on June 13. . . . The *San Francisco Centre*

sponsored a running clinic May 31, the day before its marathon, with long-distance running coach and author *Joe Henderson* as featured speaker . . . Ultramarathoner *Don Ritchie*, who spent a few weeks in Queens as a guest of *Chanakhya*, joined the disciples in an impromptu 33-mile race that *Guru* organised July 11 in his honour . . . *Mukutnanda*, 12, received the President's Physical Fitness Award as well as the New York Daily News Physical Fitness Merit Award . . .

During his June trip to Europe, *Guru* wrote a *Father's Day Song*

which the disciples translated into 13 languages. *Guru* said he liked the African version best . . . *Abarita* wrote a book about Emil Zatopek, based on interviews he had had with the former Olympic champion . . . While in Puerto Rico in connection with the Sri Chinmoy Tennis Classic, *Guru* gave an hour-long television interview on the Carlos Busquet Show and a public concert at Casa Blanca, and he visited former *Governor Hernandez-Colon* . . . *Guru's* household now includes two pet monkeys, *Madhu and Jadu*, and a parakeet named *Sadhu*.

RAIN, RAIN, DON'T GO AWAY!

During an informal gathering in Sri Chinmoy's back yard the evening of July 5, it began to rain.

Instead of inviting the disciples into his house, as he often does, or using his spiritual powers to stop the rain, as he has frequently done in similar situations in the past, the Master asked his disciples to meditate with him.

He requested those who has taken shelter in the garage or under umbrellas to either come out into the rain or go home.

The Master and the disciples remained meditating in the chill downpour for about an hour. Then the Master gave out prasad and hot food was served.



Sri Chinmoy meets with his former ashram coach, *Saumitra*, during his visit to Germany this past June.

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Sri Chinmoy pauses for a moment during U.S.A. Bicycle Relay ride through Washington, D.C.

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"THE SOUNDLESS SOUND"

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Indian Foreign Minister Narasimha Rao greets Sri Chinmoy during a Meditation Group programme at the U.N.

INDIAN MINISTER FINDS PEACE AT U.N. MEDITATION

UNITED NATIONS—After addressing the United Nations on world peace Oct. 3, India's Foreign Minister Narasimha Rao ducked out of the General Assembly for a few minutes to find some real peace—at a meditation being held a few floors away by spiritual Master Sri Chinmoy.

"I feel transformed," the Foreign Minister told the U.N. spiritual leader. "The difference between this and what is going on just a few floors away is so real that I feel overwhelmed."

He said he "had not realised that somewhere tucked away in this very large building of the U.N. there is a small corner where real peace dwells."

Clasping Sri Chinmoy's hand, Rao called the Indian spiritual figure the U.N.'s "cultural and spiritual ambassador."

He remarked that "in many respects the work I am doing and the work which you, Sri Chinmoy, are doing are supplementary and complementary."

Rao added, "I wish you greater and greatest triumph in this sacred task which you are doing here."

The Master presented Rao with a trophy, and the meditation group choir sang a song Sri Chinmoy had composed in the Foreign Minister's honour, entitled "Mother India's Soulful Son."

JHARNA-KALA GREETINGS

NEW YORK—A new *Jharna-Kala* exhibit opened Aug. 6 in a Greenwich Village gallery.

The exhibit of Sri Chinmoy's paintings, one of many that have been held in the New York area in recent years, remained open a month, closing in September.

SILENT MEDITATION OPENS PAN AMERICAN SPORT EVENT

SAN JUAN—Sri Chinmoy inaugurated the first Pan American Track and Field Masters Championships here with a silent meditation Aug. 30.

The Master had been invited to give the official opening invocation for the three-day event, which drew some 400 athletes from 12 countries, including the U.S.

The inaugural ceremonies also included the playing of one of the Master's sports songs, "Run and Become."

Afterwards, San Juan's Mayor, Hernan Padilla, told the Master that his inaugural meditation "was an invaluable moment of peace and oneness for all the participants and spectators."

Furthermore, he added, "Your soulful benediction and dynamic song on running which you dedicated to the Games, was truly a significant and inspiring contribution toward the success of the event."

In addition to opening the event, Sri Chinmoy participated in the 100-metre run.

TRIATHLON EVENT DRAWS 250 COMPETITORS

GROTON, Conn.—Some 250 athletes braved heavy currents, steep hills and a hot sun in the second annual Sri Chinmoy Triathlon held here August 10.

The event, which included a mile swim, a 27-mile bicycle ride and a 10-mile run, is a modified version of the more strenuous "Iron Man" contest held each year in Hawaii.

Winner of the Sri Chinmoy Triathlon, with a time of 2:57:56, was Dave Fowler of Stamford, Conn. Rudra placed first among the disciples, completing the course in 3:22:49.

HAPPY BIRTHDAY, GURU!

JAMAICA, N.Y.—Several hundred of Sri Chinmoy's disciples from around the world gathered here during August to celebrate their Guru's 49th birthday.

The two-week celebration included a disciple circus, a parade, a public meditation at Cathedral of St. John the Divine and several athletic events, all laced with periods of silent reflection and meditation.

The festivities peaked on August 27, the Master's birthday.

The day began shortly after midnight, with the traditional 47-mile run inaugurated two years earlier. The run, expressing Sri Chinmoy's supreme philosophy that the physical and spiritual aspects of reality are complementary, drew over 100 disciple participants.

One of them was the Guru himself, who completed the grueling event in eleven hours 28 minutes... which shows there is more than one way to have a birthday party. The day was capped with a programme of meditation and spiritual singing, and a huge birthday feast.



Sri Chinmoy carries the victory-flag as he completes his 47-mile "birthday ultramarathon."



Sri Chinmoy presents a trophy to Craig Virgin, U.S. record-holder for the 10-kilometre run. Virgin was at Annam Brahma as a guest speaker at the restaurant's "Run and Become" lecture series Sept. 16. After the presentation, the Master's disciples sang a song their Guru had written in Virgin's honour.

ON THE FAST TRACK

NEW YORK—He started August on the fast track, sprinting his way through those hot summer days in races held in the metropolitan area.

The runner was Sri Chinmoy, who wanted to finish his 48th year with a burst of speed. (He was to turn 49 on Aug. 27.)

He completed an 800-metre New York Road Runners' Summer Track event on Randall's Island Aug. 5 in 2:59:9. Six days later he won the Master's Division in a two-mile race in Prospect Park, Brooklyn, with a time of 13:53—a 6:56 pace.

AUSTRALIANS COMPLETE 2,300-K. BICYCLE RELAY

Fourteen of Sri Chinmoy's students embarked on a 2,300-kilometre bicycle relay this summer along Australia's eastern seaboard.

The five-day event permitted the cyclists to honour their Guru's con-

tributions to Australia and express their continued faith in their nation's spiritual greatness.

Two teams of cyclists departed simultaneously from Melbourne, in the south, and Brisbane, halfway up the coast, on June 21. They met in Sydney and then cycled the last 320 kilometres together to Canberra, where they were received in the Government House—home of the Governor-General.

Along the way, the cyclists met with several government officials, who expressed their enthusiasm for the event. The Lord Mayor of Wollongong, one of the cities along their route, proclaimed the day of their arrival in town "Sri Chinmoy Day."

Dr. Alan J. Coles, director of the Department of Sport and Recreation in New South Wales, wrote Sri Chinmoy: "Clearly, your life and teachings continue to be an inspiration to others seeking to elevate their lives."

THEY RAN FOR AMERICA

CONCORD, N.H. — Fifteen runners from the Sri Chinmoy Marathon Team joined the highest ideals of patriotism and spirituality in a non-stop relay run through each of the 13 original states.

The spectacular event, launched here midnight Oct. 7 and ending seven days later in Atlanta, was called *Salutations to America*.

Each runner, during his approximately 15-mile daily running stint, held aloft a flaming torch—symbolizing the team's abiding faith in America. The torch, passed from runner to runner, was kept in motion the entire journey.

"*Salutations to America* was our heartfelt salute to the American spirit and everything it stands for," says Tarak, organizer of the event. "Sri Chinmoy inspired us with a deep love for this country and a strong faith in its spiritual destiny. Through this run, we wanted to express these feelings and share them with our fellow Americans.

"One of the high points of the run occurred in Galena, Maryland," says Tarak. "It was around eleven o'clock at night, and the towns-

people had lined our route with small candles. When we reached the downtown area, virtually the whole town—some two or three hundred people—was out waiting for us.

"They rang the church bells, and some of the older ladies began kissing me. The whole town was totally inspired by the thing. They remembered us from our Liberty-Torch run during the bicentennial. It was a real lift, a real lift.

"Another exciting moment," Tarak continues, "came in Washington, where we were met by Brigadier General Jerry Hagen of the U.S. Marines, and a contingent of Marines. The General and the Marines, all dressed in running clothes, took us on a running tour of Washington—we were ahead of schedule—and the General carried the torch.

"And then, of course, there was the culmination of the run in Atlanta. We were met a few miles outside town by a motorcycle police escort, which accompanied us right up to the steps of the capitol building, where we met the Governor. It was a great ending to a great experience."



Communing with the Christ during a meditation at St. Paul's Chapel, Columbia University, on Sept. 10.



Brigadier General Jerry Hagen of the Marines [right] carries the torch in the *Salutations to America* run. Tarak, race organizer, runs alongside him, trailed by other disciple runners and marines.

"SALUTATION" RUNNERS SALUTED BY AMERICA

The Sri Chinmoy Marathon Team was feted by state and local officials throughout its 1,300-mile *Salutations to America* relay run.

The Governors of Maryland and Pennsylvania issued welcoming letters and the Mayors of several cities—including Richmond, Va. and Providence, R.I.—issued special proclamations honouring the run or the Marathon Team.

One official, Gov. James B. Hunt, Jr. of North Carolina, proclaimed Oct. 11 and 12 "Sri Chinmoy Days" in his state.

The team was joined along portions of the route by local officials, interested citizens and running celebrities such as Ted Corbitt and Cahit Yeter. The Sri Chinmoy runners were even met by astronaut Michael Collins, who orbited alongside them for a few miles outside Washington, D.C.

U.N. DAY CELEBRATED AROUND THE WORLD

Sri Chinmoy Centres on three continents commemorated United Nations Day October 24 with a series of programmes and athletic events.

In Australia, the Perth Centre sponsored a 10-kilometre "Run for Peace" October 19, in cooperation with the local United Nations Association, that attracted some of the country's top runners. Participants included Australian cross-country champion Robert de Castella, and his wife Gayelene, former champion, as well as West Australia's top-ranked marathoner, Jim Langford.

Public races or bicycle relays were also held in Adelaide and Melbourne, and several members of the Brisbane Centre each ran 35 kilometres to celebrate the world organisation's 35th anniversary.

The Glasgow Centre sponsored a local run October 24, in which disciples delivered a special greeting card to the various consulates and high commissions in the city.

In the United States, Seattle disciples embarked on a 24-hour non-stop walking relay that day around Lake Washington and through the historic sites of the greater Seattle area.

Programmes were also held elsewhere in the United States and overseas.

MARATHON HELD IN OTTAWA

OTTAWA—The second annual Sri Chinmoy Marathon was held here Oct. 12, drawing about 400 runners.

Like last year, the 26.2-mile course encompassed three simultaneous events—a full marathon, a half-marathon and a marathon relay.

The full marathon was won by John Clarke of Perth, Ontario, with a time of 2:38:56. Rejean won the half-marathon in 1:11:32, while the marathon relay was won for the second straight year by a four-man team from Ottawa's Brookfield High School, which completed the course in 2:27:32.



During a short visit to Puerto Rico in mid-November, Sri Chinmoy received from Mayor Hernan Padilla of San Juan a plaque proclaiming the upcoming Sri Chinmoy Marathon the official marathon of the City.

SRI CHINMOY MARATHON INAUGURATED IN SAN JUAN

SAN JUAN—The first annual Sri Chinmoy Marathon was held here Dec. 7.

Proclaimed the official marathon of the City of San Juan, the Sri Chinmoy 26.2-mile run will be held each year on the first Sunday of December.

PHILADELPHIA NAMES GURU HONOURARY SHERIFF

PHILADELPHIA—Philadelphia Sheriff Joseph A. Sullivan appointed Sri Chinmoy an honorary Deputy Sheriff of the City and County of Philadelphia.

The appointment was made Oct. 9 in a ceremony with the Sri Chinmoy Marathon Team, as it was passing through town on its *Salutations to America* relay run.

SOMERSAULTING TO FAME

NEW YORK—A 26-year-old stationery store manager from Queens set a new world record Nov. 19 by somersaulting 10 miles along a puddle-filled route in New York's Central Park.

Ashrita Furman, already a Guinness record-holder for jumping jacks and unofficial world champion pogo stick hopper and juggler, completed his grueling marathon in

7-1/3 hours. The previous record, set in 1974, was 8.3 miles in 13 hours.

"I did it to honour Sri Chinmoy," said Ashrita, his face splattered with mud. "He teaches a philosophy of self-transcendence, and has shown us that a person can do virtually anything through the Grace of the Supreme."

Ashrita picked Nov. 19 to set his somersault record to commemorate the anniversary of Sri Chinmoy's entry into the painting world. The 49-year-old spiritual teacher first began painting Nov. 19, 1974 and, to date, has completed more than 140,000 works.



Ashrita somersaulting in Central Park.

Anahata. Nada.

"THE SOUNDLESS SOUND"



Sri Chinmoy presents the Human Rights Award to Rudiger von Wechmar, President of the United Nations General Assembly, at a ceremony in the U.N.'s Dag Hammarskjold Auditorium on Jan. 9. Afterwards, the Meditation Group Singers sang a song the Master had composed in von Wechmar's honour.

U.N. PROGRAMME CELEBRATES RELEASE OF HOSTAGES

UNITED NATIONS—A special programme of thanks was held here Jan. 21 to celebrate the release of the 52 American hostages from Iran.

An emissary from New York's Mayor Koch, as well as several U.N. diplomats, attended the programme, which Sri Chinmoy opened with a short meditation.

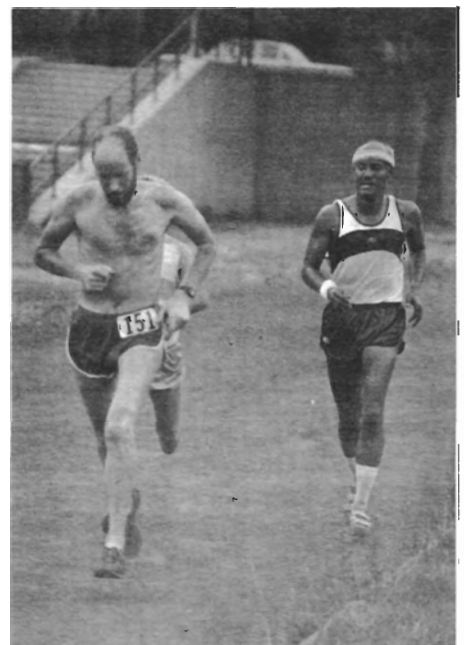
The session included the singing of two new songs the Master had written for the occasion.

600-MILE RELAY HONOURS GURU IN AUSTRALIA

A 600-mile relay run around Queensland brought the message of Sri Chinmoy to thousands of Australians during the first four days of 1981.

Ten runners from Melbourne, Brisbane, Adelaide and Perth em-

barked on the relay Jan. 1 to emphasize the importance of sports and physical fitness in the spiritual life. The run was meant as a testimonial to their Guru, who teaches that the inner and outer life must be joined into an integral whole.



Pictures from a 1980 sports scrapbook, clockwise from top: throwing the shot during Games Day competitions, running with Don Ritchie in a Sri Chinmoy Ultra-marathon organised in his honour, meditating with disciples after a race.

OREGON VISIT COMBINES MUSIC, SPORTS, MEDITATION

EUGENE, Oregon—Local and state officials gave a warm welcome to Sri Chinmoy when the spiritual leader visited Oregon for a series of spiritual and athletic events on October 17 and 18.

A welcoming committee, including Eugene City Manager Charles Henry and Lane County Commissioner Jerry Rust, paid their respects to the Master. There was also a letter from Governor Vic Atiyeh, who wrote the Guru: "Your...efforts for world peace at the United Nations demand the greatest respect and admiration from all of us."

The ceremony was followed by an afternoon talk on "The Outer Running and the Inner Running" at the University of Oregon, sponsored by the Department of Physical Education. An evening concert was held in a conference centre in Eugene.

The following day the Master opened a 30-kilometre Sri Chinmoy race, which was won by world-class runner Lionel Ortega, winner of the Portland marathon. And that evening Sri Chinmoy gave a public concert and meditation at Oregon State University in Corvallis.

EXCERPTS FROM OREGON TALK

"The outer running is a powerful struggle for a great independence. The inner running is a soulful cry for a good interdependence.

"Independence brings to the fore what we have unmistakably deep within: a freedom-smile. Interdependence makes us conscious of what we eternally are: a oneness-satisfaction.

"The outer running is a burning desire to achieve everything that we see here on earth. The inner running is a climbing aspiration to receive from Above a vast compassion-sky, and to give from below a tiny gratitude-flame.

"The outer running is an extraordinary success on the mountain-summit. The inner running is an exemplary progress along Eternity's sunlit road."



24-HOUR RACE PRODUCES HEROES AND CHAMPIONS

GREENWICH, Ct. — Marcy Schwam set three new women's world records during the Sri Chinmoy 24-Hour Race held here the weekend of November 1. But the real hero of the race, and its winner, was a 19-year-old Japanese youth who had never even planned to run.

Yasu Shimizu, wearing a pair of \$4 running shoes he had picked up a few months earlier in Korea, entered the event at the request of the race director, who needed one more starting runner so the race would qualify for world class certification.

"I had come down simply to watch and help out," said Yasu, who had never run further than 10 miles in his life. The race director told him he could drop out after a few miles if he wanted, and fully expected him to do so.

Instead, Yasu—who works as a messenger at the United Nations—ran 111 ¾ miles around a quarter-mile track from Saturday to Sunday morning, defeating some long-distance record holders and transforming himself overnight into one of the top-ranked ultramarathoners running in the United States.

"I was thinking of Japan," he said

afterwards, breaking into tears. "Inwardly, I was running for Japan: I wanted to bring my country honour."

He brought honour to his country and to his Guru, Sri Chinmoy, who presented him with a giant trophy at the completion of the race.

The Master also gave a trophy to Marcy Schwam, who set a 100-mile record of 15:44:27, a 100-kilometre world track record of 8:46:35 and a 50-mile world track record of 6:43:23.

Two songs Sri Chinmoy had composed while watching the race—"I am Running Around the Clock" and "O Great Champion"—were also sung.

The race was organised by the Sri Chinmoy Marathon Team on less than one week's notice, after a previously scheduled 24-hour race, sponsored by another group, was suddenly cancelled. Sri Chinmoy decided to sponsor his own race so as not to disappoint the runners who had been training for this event.

The 24-hour race was officially started by Ted Corbit and included, among its participants, ultramarathoner Cahit Yeter.

YEAR ENDS WITH WAVE OF CONCERTS

Sri Chinmoy ended 1980 with a series of concerts.

A special Thanksgiving Day programme, "Sri Chinmoy Thanks," was held November 27 at New York's Ethical Culture School. Here the Master offered his gratitude to the people of New York, and America, delivering his deeply moving "I Thank You" talk. Sri Chinmoy also read some of his poetry, sang a few songs, meditated and gave solo performances on several instruments. Disciple singers opened and closed the event.

A similar programme, entitled "Song-Waves," took place December 13. For the occasion, the Master composed three different versions, plus an arrangement, of a new song he named "Song-Waves," which the disciples sang at the opening of the concert. The rest of the evening Sri Chinmoy was alone on stage.

Three days later was the 11th annual New Year's Meditation. This included a musical rendition of Sri Chinmoy's New Year's Message — first in English and, then, simultaneously in Spanish, French and German in a round format.



Sri Chinmoy awards trophies and prizes to competitors in the Sri Chinmoy 24-Hour Ultramarathon. At left, he beams with pride as Yasu displays his newly awarded sweatshirt. Above, the Master presents a bouquet to an exhausted Marcy Schwam, who has just set three new world records.

GURU CONFERS WITH PRESIDENT OF TRINIDAD

PORT-OF-SPAIN—During his spiritual holiday in Trinidad-Tobago, Sri Chinmoy met with the country's President, Ellis Clarke, in the President's Palace.

At the December 29 meeting, the two leaders discussed the different ethnic and religious backgrounds in the country.

"We follow your teachings," the President declared. "Let respect and admiration for human beings transcend any of the barriers that might otherwise divide our people."

In the course of the meeting, the Master's disciples sang their teacher's new "Trinidad-Tobago" song to Clarke.

NEW YEAR'S MESSAGE

Sri Chinmoy's New Year's Message: *"In 1981, the Supreme Lord will utilise the soul-beauty, the heart-purity and the life-sincerity of His seeker-children for the manifestation of His perfect Perfection."*



Sri Chinmoy in meditation.

SPIRITUAL HOLIDAY IN SUNNY TOBAGO

SCARBOROUGH, Tobago—The tropical island paradise of Tobago was the site of 1980's year-end spiritual holiday for Sri Chinmoy and about 200 of his students.

The holiday combined several periods a day of meditation and spiritual concerts with tennis, jogging and swimming. There was also an overnight excursion to Port-of-Spain in nearby Trinidad.

The holiday included three public Sri Chinmoy races—a three-mile event December 23, a five-mile run January 1 and a seven-mile run January 4. All three were won by Sundar. The Master participated in the three races. His times: 24:21, 41:55 and 59:31, respectively.

There was also a public concert January 2 in St. Joseph's Church in Scarborough.

TALK OF PARSONS BLVD.

Bill Flowers and *Ranjana* were the two winners in the men's and women's divisions of this year's Sports Day event . . . *Rejean* took first place in the 47-mile Sri Chinmoy Ultramarathon with a time of 5:09:30; *Prashanta* was first of the women, with a time of 7:11:33 . . . *Guru* sang 27 new Bengali songs on Aug. 28. The songs came out in a book entitled *I Know Not Why*, with the words printed in his own handwriting . . . *Guru* was given a 27-foot-diameter *swimming pool*, to help him ease some of his running pains. The pool was installed in the backyard of a disciple's house . . . After track on Sept. 15, *Guru* delivered the first of a series of very poetic and elevated *messages*. The disciples have been incorporating these messages into skits . . .

Ashrita, *Casey* and *Pahar*—at *Guru's* request—attempted to eat every item listed on *Lucille's Diner's* "Sri Chinmoy" menu during a three-hour eating marathon Sept. 6 in *Guru's* backyard. The battle plan called for *Ashrita* to concentrate on the omelettes, *Pahar* to demolish the heavy pastas and carbohydrates and *Casey* to polish off everything else. The menu outlasted the eaters, unfortunately, and was finished off by disciples sitting around on the grass observing the event. The effort by *Ashrita* and crowd wasn't

fruitless, though. As soon as the event ended, *Guru* rewarded the three eaters with giant cakes, plus a huge bag of *prasad* . . .

Mukutananda won first place in his age and weight division at a local judo tournament, and *Bhuvananda* came in second in his. The two boys, aged 10 and 13, demonstrated their talents during an October circus practice and were given prizes by *Guru* . . . The New York and San Francisco girls' Bengali singing groups, led by *Tanima* and *Sundari*, were given a new name by *Guru*—*Satisfaction-Cry*—and *Guru* wrote a song about it . . . *Glasgow disciples* celebrated the first anniversary of the start of *Guru's* "Ten Thousand Flower-Flames" adventure by memorizing, as a group, the 500 poems so far in print. They recited all 500 on Oct. 19 in a five-hour session . . . At *Guru's* request, virtually every New York area disciple either ran in the *New York Marathon* Oct. 26 or helped out as officials . . . The night before the race, world-class marathoner *Gary Fanelli* visited *Guru* and the disciples at *Progress-Promise* . . .

In the course of a short visit to *Hawaii* in early November, *Guru* delivered a public lecture . . . *Chandelier Part 1*, a collection of *Guru's* early English songs and his U.N. songs, was published recently by *Aum Publications* . . . During

1980, *Guru* composed a total of 265 new songs . . . *Guru's household* now includes the following new members: two hamsters, two gerbils, three rabbits, three guinea pigs, three turtles, two monkeys, four lovebirds, two quail, one white dove, two canaries, 28 small parakeets, one red-rumped parakeet, two red-ear wax-bill finches, two Australian Goulding finches, two weaver finches, five zebra finches, a black-capped lory, a greater India hills myna bird and two cockatiels. Except for the monkeys, which inhabit a special "monkey house" on the porch, the other animals have set up house in *Guru's* living room

During his stay in *Tobago*, *Guru* won 226 out of 282 games of *Canadian doubles* that he played with disciples on a local tennis court. In *another match* during circus practice January 30, he won 30 out of 36 games . . . *Guru* began holding *morning meditations* on weekdays at *Annam Brahma* and weekends at *Progress-Promise* in *January*. During each morning of the first week, he taught the singers a new song about the body, vital, mind, heart or soul . . . *Guru* is writing and publishing at least once a week a new 100-poem book in his *Ten Thousand Flower-Flames* series. By the end of *January* he had completed 11 books

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"THE SOUNDLESS SOUND"

Volume 7, Nos. 2-5
February 1981-May 1981



As his wife looks on, Jorge Illueca receives a trophy from Sri Chinmoy at a U.N. programme congratulating him on his new appointment as Foreign Minister of Panama.

PANAMA LEADER LAUDS U.N. SPIRITUAL TEACHER

UNITED NATIONS—The meditation group at the United Nations held a programme 17 February to honour Panama's newly appointed Foreign Minister, Jorge Illueca. But Illueca turned the session into a special tribute to Sri Chinmoy.

Illueca, who had formerly served as his country's U.N. Ambassador, told the gathering of delegates and staff members that he saw his participation in the programme as "a spiritual bridge to honour Sri Chinmoy as the founder and inspiring force of Sri Chinmoy Meditation at the United Nations.

"This eminent philosopher has given new dimensions to the ideas proclaimed in the United Nations Charter," Illueca declared. He called the members of the meditation group "friends of humanity who have found a place in our hearts and in our minds, and who give us something that is impossible to define but that shall always be shining in our souls."

INSPIRATION MARATHON: A FAST TRACK TO BOSTON

HAMPTON, New Hampshire—The Sri Chinmoy Inspiration Marathon, now in its second year, is becoming known for its fast, flat course that offers runners one of the best opportunities around to qualify for Boston.

At this year's race on 1 February, 27 men and one woman did well enough to become eligible for the

Boston Marathon in April. To qualify for Boston, men under 40 must complete a certified marathon in 2 hours 50 minutes, and women in 3 hours 20 minutes.

The Inspiration Marathon was won by Michael Burke, 32, of Randolph, MA, with a time of 2:28:38. Susan Hoffman, 21, of Deerfield, MA, was the first woman finisher with a time of 3:15:15.

Sri Chinmoy and several of his disciples also ran the race.

A MOMENT OF SILENCE, AND THEN COAMO ERUPTS

COAMO, Puerto Rico—Several hundred runners from 24 countries stood in silence 8 February as Sri Chinmoy conducted the opening meditation just before the start of the grueling San Blas "half-marathon."

Then the runners exploded from the starting line across more than 13 miles of steep hills under a brutal tropical sun.

The course, considered one of the most difficult in the world, attracts a field of top-ranked runners.



Sri Chinmoy holds a brief meditation for the runners in the San Blas half-marathon just before the start of the race.

CALIFORNIA ROAMING: SPIRITUALITY AND SPORTS

Sri Chinmoy offered lecture-concert-meditation programmes at the University of California at Berkeley and Stanford University 6 March as part of a three-day visit to northern California.

The following day he presided at a two-mile Sri Chinmoy race for military personnel at the Army Presidio and wrote a new song for the event: "I am my military pride."

Then he was off to Chico, where he ran the Bidwell Classic Marathon on 7 March. The 1979 Bidwell Classic was his first marathon. This year's was his eleventh.

RACES HELD AT U.N.

UNITED NATIONS—A series of one-mile races for members of the U.N. community were held in early April by Sri Chinmoy Meditation at the United Nations.

An early-morning run was held 2 April for members of the Security and Safety Service. The next day there was a lunch-time race for Secretariat and mission staff members.

Three separate races took place on 5 April: for children under 18 of delegates and staff, for those over 18 and for delegates and their wives.

A MUSICAL JOURNEY THROUGH CANADA

Sri Chinmoy gave a series of seven concerts in early May in a cross-country Canadian tour.

The tour began with a concert in Halifax on 4 May and one in Quebec the next day.

On 6 May the Master gave a lecture and concert at Montreal's McGill University. The following day he gave a concert and talk at Ottawa's National Art Centre, and 8 May he lectured and played the esraj at the University of Toronto.

May 9 found him on the West Coast for a concert in Vancouver, and the tour ended on 10 May with a concert in Victoria.

CONCERT AND RUN HIGHLIGHT ARIZONA VISIT

TEMPE, Arizona—A public concert at the Tempe Community Center 14 February set the tone for Sri Chinmoy's three-day visit to the metropolitan Phoenix area.

The following day there was a 5-kilometre Sri Chinmoy run in El Dorado Park in nearby Scottsdale, which was won by Philip Nelson. Sri Chinmoy ran the course in 22:29—a 7:15 pace.

The Arizona trip also included a dedication of the Sri Chinmoy Meditation Grove in Kiwanis Park, Tempe.

THE LAST BECAME FIRST IN SRI CHINMOY "HANDICAP"

FOSTER CITY, CA—Brian Maxwell found himself with a half-mile handicap 8 February when the Sri Chinmoy 10-Mile Race here started earlier than he expected.

The world class runner, believing that the race would start late, was sitting in his car when he saw the run begin about a half-mile away.

Dashing from the car, he ran to the starting line and then began making up for lost time. Before the race was over, he had passed the other 463 runners and was well ahead of even the front pack.

He finished with a time 51 minutes two seconds.

50 RACES FOR 50 YEARS

The festivities have already begun for Sri Chinmoy's upcoming 50th birthday celebration: a series of 50 two-mile races in the New York area.

The first Sri Chinmoy Two-Mile Race was held 29 March in Westport Conn. Sri Chinmoy himself ran in the race, finishing in 13:42 with a 6:51 pace.

The Master also ran in two-mile races in Weston, Conn. on 4 April, on Compo Beach, Westport, on 5 April, and in Flushing Meadow Park in Queens on 9 April, finishing in 13:56, 13:54 and 13:44 respectively.

By the end of May, eight of the two-mile runs had been held.

LECTURES DELIVERED AT OXFORD AND CAMBRIDGE

LONDON—Sri Chinmoy visits Cambridge and Oxford universities this spring for a short lecture series.

The Master spoke on 15 May in Cambridge on "Progress-Delight" and on 16 May in Oxford on "Success-Light."



A glimpse at the disciple-produced "Madal Circus."

12 LECTURES GIVEN AT NORTHEAST UNIVERSITIES

Ten major universities and colleges in the Northeast invited Sri Chinmoy to lecture on their campuses during March and April:

Dartmouth—lecture on "Concentration-Art," 9 March

Brown—lecture on "Compassion," 26 March

Yale—lecture on "The Vision-Dawn," 27 March

Columbia—lecture on "Contemplation," 4 April

Princeton—lecture on "Liberation," 6 April

Mt. Holyoke—lecture on "Music and Religion," 7 April

Harvard—lecture on "Truth," 20 April

Radcliffe—lecture on "Sound and Silence," 21 April

Wellesley—lecture on "Equality," 21 April

University of Pennsylvania—lecture on "Music," 25 April

Cornell—lecture on "Satisfaction," 26 April

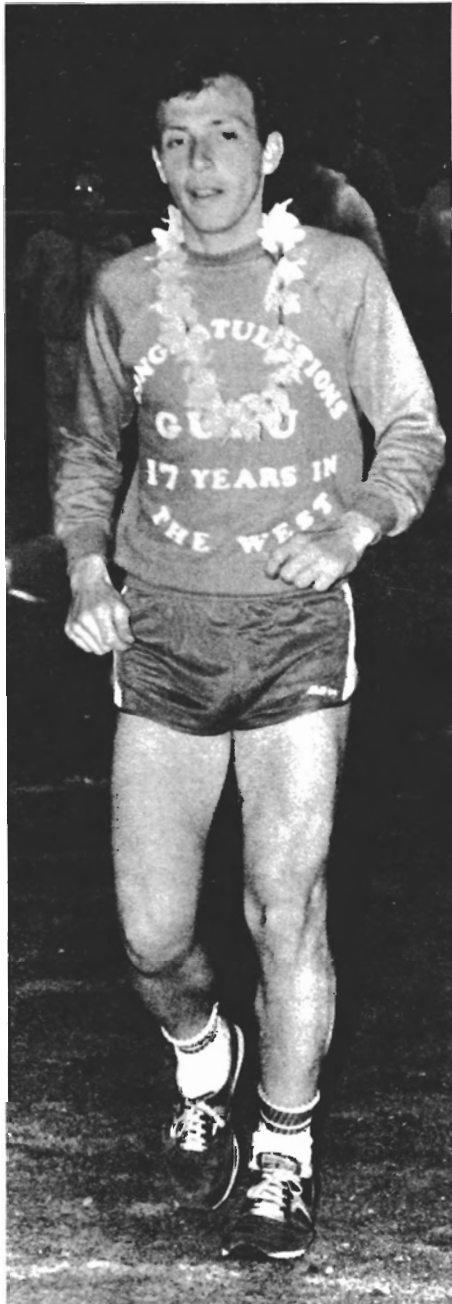
Vassar—lecture on "Contemplation in the Hindu Tradition," 27 April

CELEBRATION MARKS 17 YEARS IN AMERICA

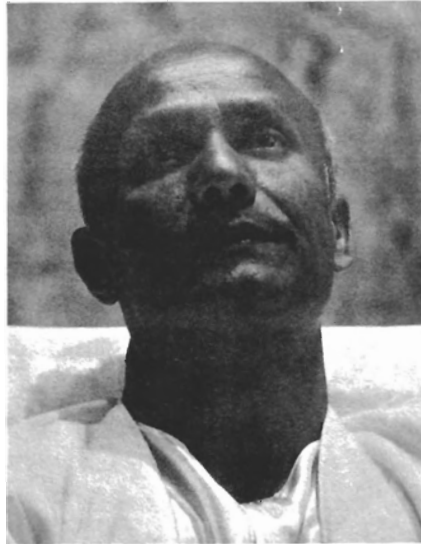
JAMAICA, N.Y. — Sri Chinmoy's disciples from around the world gathered here for a two-week festival celebrating the 17th anniversary on 13 April of their Master's arrival in America.

Highlight of the celebration was a seven-hour meditation on 13 April at the Community Church of New York.

Other events included seven-mile and 13-mile races, a 12-hour walk, parade, circus and public concert at Baruch College on 14 April.



Lorne Cherns at the end of his 700-mile run/walk.



Sri Chinmoy, during the seven-hour meditation on 13 April.

700-MILE RUN/WALK HONOURS INDIAN MASTER

TORONTO—In a three-week salute to American-Canadian ideals, Lorne Cherns ran and walked the 700 miles between Toronto and New York.

His *Canada-America Oneness-Run*, as the venture was named, sought to express the spirit of harmony between the two countries and emphasize the importance of physical fitness in the development of human character.

The 24-year-old athlete dedicated the journey to his spiritual Master, Sri Chinmoy, who celebrated his 17th year in the West on 13 April. The run, which began 23 March, ended 13 April in Jamaica, N.Y.

Several towns along the way proclaimed "Sri Chinmoy Day" or "Canada-America Oneness-Run Day," and Lorne received a number of awards and medals, as well as letters of support from the President's Council on Sports and Physical Fitness, New York Governor Carey, Canadian and New York legislators and Olympic sports figures.

There were also some birthday cakes waiting for him, since he turned 24 in the middle of the run.

Lorne averaged about 32 miles a day, part running and part walking. In his best week, he ran nearly 150 miles and walked almost 90.

MEDITATION GROUP AT U.N. HAS 11th BIRTHDAY

UNITED NATIONS—Sri Chinmoy Meditation at the United Nations celebrated its 11th birthday on 14 April.

Commemorating the event was a special programme at the U.N. Church Center chapel.

RUNNING GURU MEETS GURU OF RUNNING

BOSTON—America's foremost running Guru met with America's Guru of running on 21 April, and the two found they had a lot in common.

"I have heard so much about you—your books, your running," marathon champion Bill Rodgers told Sri Chinmoy. The spiritual Master, who has run nearly a dozen marathons himself, declared, "For so long I have dreamed of meeting you."

Sri Chinmoy told Rodgers: "Whoever has a large heart is the winner. You are the champion of champions, for God has given you a very big heart."

The two discussed their respective running philosophies, and Sri Chinmoy's students sang two songs the Master had composed in Rodgers' honour.

In parting, the Master told Rodgers: "You stand for everything that is good in the running community."

Rodgers replied: "It is a good sport; it has been good to me. I'll always keep running. I'm sure you will too."



It's all smiles when Bill Rodgers meets Sri Chinmoy.

TALK OF PARSONS BLVD.

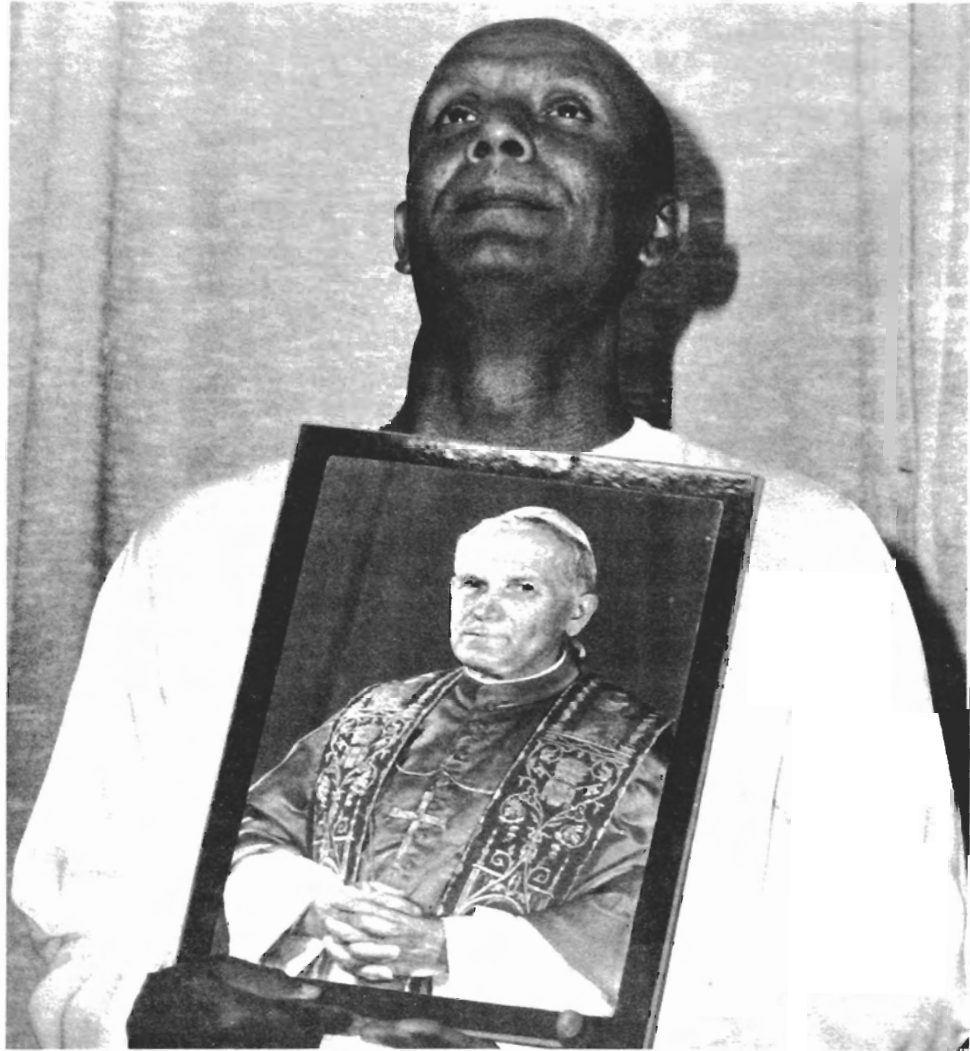
America's third fastest miler, *Craig Masback*, spoke at Annam Brahma's "Run and Become" lecture series on 10 February . . . *Nilima* and *Nirjhari* achieved perfect scores in a memory contest that required learning 100 poems from Guru's *Ten Thousand Flower-Flames* in a week's time. Sixteen others unsuccessfully made the attempt . . . Guru ran in the *Brooklyn Half-Marathon* on 22 March, completing the course in 1:57:28—an 8:58 pace . . . The "Sri Chinmoy Zoo" opened its doors for one day on 18 April. The birds and animals in Guru's house had their cages specially decorated and lined up in such a way that disciples could walk by and view them. Afterwards there was an informal get-together with Guru in his backyard . . .

Lorne won the 12-hour walk on 19 April, completing 60 miles. First among the women was *Rijuta*, with 53 miles . . . A new *Jharna-Kala Gallery* opened on Manhattan's West Side for an exhibit of Guru's works during the last two weeks of April . . . A record of *Heinrich Schweizer* conducting the London Philharmonic Orchestra and Choir performing his own "Historical Symphony" has been put out by Digital Recording. The record jacket features one of Guru's paintings

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Sri Chinmoy poses with a member of the Sri Chinmoy Zoo.



Holding a photo of Pope John Paul II against his heart, Sri Chinmoy remains in deep meditation during a special prayer vigil for the Holy Father held at the United Nations 14 May. The Master held a similar session the previous evening with his disciples in Queens. The Pope, whom Sri Chinmoy had met last June, had been wounded in an assassination attempt.

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"THE SOUNDLESS SOUND"

BIRTHDAY OFFERING MADE ON "ALTAR" OF 150th ST.

JAMAICA, N.Y.—The hill on 150th St. in Jamaica—actually a series of four hills, the steepest rising at a 45-degree angle—became the altar where some 150 disciples made a special birthday offering to their spiritual teacher.

It began innocently enough on 2 July when Trishul—in shape from having recently completed a 700-mile run/walk between Toronto and New York in his Guru's honour—decided to run up and down the quarter-mile hill on 150th St. exactly 50 times to herald the approach of Sri Chinmoy's upcoming 50th birthday.

When Trishul finished late that afternoon, the Master asked his other male disciples if any of them wanted to attempt the grueling 25-mile course. Eleven volunteered. Then, late that night, it was opened to the women, and seven ran.

The following afternoon Sri Chinmoy himself began running but was forced to stop after 10 miles because of injuries. Wishing to complete the course on their Guru's behalf, more disciples took up the challenge that evening. This time Sri Chinmoy set a six-hour cut-off time.

A third group began the assault the evening of 4 July. Few of the runners were trained for such a marathon, and the group even included a number of overweight and middle-aged women. Still another group—consisting mainly of visiting disciples who came from as far away as Canada to participate—ran the hill on 11 July.

The end result: Some 150 victory wreaths—each one stitched together with hours of painful physical exertion, deep love and immense joy—were offered up to a spiritual Master who is himself the living embodiment of the spirit of self-transcendence.

FIRST SPIRITUAL CENTRE MARKS 15th ANNIVERSARY

SAN JUAN—The first Sri Chinmoy Centre, opened here in 1966, celebrated its 15th anniversary on 22 July.

Sri Chinmoy came to Puerto Rico that week to commemorate the event with a series of public concerts and meditations. There was also a 13-mile Sri Chinmoy race on 20 July.

San Juan officials, in turn, honoured the Master with a Mayoral proclamation saluting the Centre's 15 years of service to the city.

Two of the concerts were held in San Juan—one on 20 July in El Capitolio, the capital building, and one on 22 July in the Bellas Artes Center. A third was held at the other end of the island, in Ponce, on 23 July in the Museo del Arte.

POSPISIL WINS TENNIS CLASSIC

BROOKLYN, N.Y.—The Sri Chinmoy Tennis Classic for men 50 years or older was held on the Fourth of July weekend at the Starrett City Tennis Academy here.

Winner was the Czech veteran Milo Pospisil, one of the leading players in the Eastern Tennis Association's Master's Division.

GLOBAL RUN HELD IN 50 CITIES

In what is believed to be a sporting world first, a series of two-mile races was held in 50 different cities on the same day as part of a single global competition.

About 2,000 runners participated in the Sri Chinmoy International Two-Mile Run on 27 July in various cities in Australia, Japan, Europe, Canada and the U.S. All the courses were kept as flat as possible

to equalize the running conditions.

Worldwide winner was 28-year-old M. Caldwell, who completed the London course in nine minutes flat. Women's winner was Canadian runner Debbie Scott, who ran the course in Victoria, British Columbia, in nine minutes 55 seconds.



Doug Stewart of San Francisco cycled the 1,346 miles between Seattle and San Diego in four days 22 hours nine minutes. The 38-year-old cabinet maker, who completed his bicycle journey on 19 June, embarked on the adventure to share with others the philosophy of self-transcendence of his spiritual teacher, Sri Chinmoy.

POETRY AWARDS GIVEN

Ravi Singh of New York won a \$300 first prize this year in the Sri Chinmoy Poetry Awards.

Organised by Justin Catz and his Committee for Spiritual Poetry, the awards go to "poetry that expresses the spiritual aspirations of mankind."

TALK OF PARSONS BLVD.

Guru met with New Zealand running coach *Arthur Lydiard* on 7 June and with Olympic long-jumper champion *Bob Beamon* on 8 June. Lydiard came to Progress-Promise for a function and Beamon gave a talk at Annam Brahma. Guru wrote songs for both of them . . . Guru inaugurated his new *tennis court* in Jamaica on 10 June, playing there for the first time. The court was built by a group of disciples led by *Pulin* and *Bipin* on land purchased from the city . . . Speaking at a Meditation Group programme at the United Nations, *Fred Lebow*, president of the New York Road Runners Club, thanked Guru for what he has done "for our group . . . for the New York City Marathon, for running in this country and around the world."

World-class runner *Gary Fanelli* met with Guru before the start of the Westchester half-marathon on 28 June and told him, "Nothing means more than your blessings in my life." The disciples sang a song Guru had written in his honour, entitled "Champion-Runner," and then Fanelli went off to win the half-marathon. Guru and several disciples also ran the course . . . A new *Progress-Promise* meditation hall was inaugurated on 26 June. As part of the meditation that evening, Guru asked the girl and boy disciples, separately, to walk around the hall in a large circle, chanting "Supreme" . . .

Tiyasa and *Barbara* of Glasgow hiked 100 miles along the Highland Way from Glasgow to the foot of Ben Nevis for five days beginning 17 July in honour of the fourth anniversary of Guru's completion of his 100 "Everest-Aspiration" talks and as a salute to his upcoming birthday . . . Six *Japanese disciples* climbed up Mt. Fuji, Japan's holiest mountain, on 18 July in honour of Guru's birthday . . .

Recent *songs* by Guru included the "Children's Day" song, written on 21 June in honour of Father's Day; "Everest-Aspiration," which Guru first sang at the San Juan concert on 20 July to commemorate



Sri Chinmoy poses with Olympic running coach Arthur Lydiard.



Sri Chinmoy presents a trophy to record-holding long-jumper Bob Beamon.

the fourth anniversary of his completion of his talk series; and "Canada's Hero Supreme," written in honour of Terry Fox who, after having lost a leg to cancer, ran halfway across Canada before finally succumbing to the disease. The disciples sang the song to Fox's family over the telephone on 1 July, shortly after Fox died . . . While in Puerto Rico, Guru set tune to 24 *Hindu proverbs* which he had trans-

lated into English . . . Guru also wrote a song saluting the *children*: "My Little Children, Roar! My Wee Flames, Soar!" The children, led by *Vidhu*, had worked and saved for several months to buy Guru a 48-inch large-screen TV for his birthday. At a special *children's* function, the participating youngsters were pulled around in a large chariot by older disciples dressed as Romans, and crowned by Guru . . .

Anahata Nada

"THE SOUNDLESS SOUND"

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INDIAN MASTER RECEIVES PANAMA'S TOP DECORATION

NEW YORK—Foreign Minister Illueca of Panama presented his country's highest decoration, the Grand Master of the Order of Balboa, to Sri Chinmoy on 20 August in recognition of his work toward world peace.

"All of us have tears and smiles of joy in our hearts in paying a tribute of gratitude to Sri Chinmoy on the occasion of his 50th birthday," Illueca said.

In making the presentation to Sri Chinmoy, who has been leading meditations at the U.N. for the past 11 years, Illueca commented on how the Indian spiritual teacher "has shown how much can be done by having faith in the dignity and

worth of the human person."

Calling Sri Chinmoy a "guiding light that leads to the way of oneness," Illueca said his country was presenting the spiritual leader with the decoration because he "has the ocean of the qualities of love, understanding and oneness." Balboa, after whom the award is named, discovered the Pacific Ocean.

Another speaker at this 50th birthday salute to Sri Chinmoy, which was held at the United Nations Church Center chapel, was Ambassador Hepburn of the Bahamas, who declared: "Sri Chinmoy loves to serve, because he realizes that it is for this purpose he was called."

Then he added, "May we continue to do the work that he is trying to teach us."

SRI CHINMOY TRIATHLON DRAWS 200 COMPETITORS

MISQUAMICUT, Rhode Island—Some 200 athletes gathered here on 9 August for the third annual Sri Chinmoy Triathlon.

This year's race, consisting of a mile-and-a-half swim, 60 miles of cycling and a 15-mile run, was won by Jonathan Durst of Mt. Kisco, New York in 5:06:05. Women's champion was Kate Freeman of Beaver Dam, Wisconsin, with a time of 6:35:32.

31-DAY RACE HELD

JAMAICA, N.Y.—A Grand Prix involving 31 consecutive days of racing—history's longest consecutive race series—was held from 27 July to 26 August in honour of Sri Chinmoy's 50th birthday.

Overall winner for the series, which ranged from 440-yard dashes to five-mile runs, was Fernando Castillo of the Millrose Athletic Association. Nilima was top among the women. Sri Chinmoy, who ran all 31 races, placed first in his age division.



Foreign Minister Illueca of Panama decorates Sri Chinmoy with the Order of Balboa [Grand Master], his country's highest decoration.



Bhashwar places first among the men in this year's Sports Day competition.

A RECORD-BREAKING 50TH BIRTHDAY

The 50th birthday celebration for Sri Chinmoy, who teaches a philosophy of self-transcendence, turned into a real record-breaker.

To celebrate their Guru's 27 August birthday and to exemplify his philosophy, Sri Chinmoy's students carried out a series of record-breaking endurance events.

They set new Guinness records for singles badminton (77 hours), continuous hand clapping (50 hours), doubles table tennis (103 hours) and hand bell music (60 hours).

They also completed a number of 50-hour marathons in walking, ball bouncing, smiling, "Japa" writing and stilt walking.

There were also 50-kilometre and 50-mile (relay) swims, a 50-tree climb, a 50-mile speed march, 50 laps of cartwheels and 50-hour meditations. And, as might have been expected, a 50-mile run!

Some of the more striking events, not described elsewhere follow. (Note: All continuous events allow five minutes of rest to be accumulated after each hour.)

UNUSUAL FEATS

Hand clapping—Ashrita set a new Guinness record on 12 August when he completed a 50-hour continuous ovation for Sri Chinmoy. Ashrita began clapping at 8:07 a.m. on 10 August and stopped exactly 50 hours later.

Smiling—Databir smiled non-stop for 50 hours, beginning his smile-athon at 10 a.m. on 10 August and ending at noon two days later.

"Japa" writing—Dharana of the San Francisco Centre wrote God's Name for 50 continuous hours from 12 August to 14 August. When she ended her marathon, she had written "Supreme" 32,485 times.

Tree climbing—About nine disciples from the Seattle Centre, with the help of ropes, climbed 50 trees—some over 100 feet tall—on 2 August. In each tree they meditated briefly and read out one poem from Sri Chinmoy's "Flower-Flame" series.

Poetry recital—Nirjhari recited by heart 500 poems from Sri Chinmoy's "Flower-Flame" series in five hours on 7 September.

ATHLETIC EVENTS

50-mile swim—A group of male disciples, led by Shradha, swam a 50-mile relay on Candlewood Lake in Connecticut over the 1 August weekend.

50-kilometre swim—Doing the breast stroke, Rijuta completed a 50-kilometre swim in a pool in 38 hours nine minutes, taking unlimited rest stops. She ended her marathon swim shortly after midnight on 16 August.

Speed marching—Using a French drill team style of marching, Tarak marched 50 miles on 15 August. He completed his speed march in 12 hours 48 minutes 49 seconds, taking only two brief rest breaks.

50 one-mile sprints—Abadh ran one mile every hour for 50 consecutive hours over the weekend of 15 August, averaging 6:47 minutes a mile overall.

Ball bouncing—Shephali and Sipra completed a 50-hour ball bouncing marathon on 12 August. Alternating between a kickball and a basketball for varying periods of time, they bounced continuously from 2:10 p.m. on 10 August to 4:10 p.m. two days later.

Cartwheels—Shikha and Silvia Corda of Zurich, working as a rotating team, completed a total of 50 laps of cartwheels around the quarter-mile Jamaica High School track on 16 August. The 12½-mile journey, requiring 8,201 cartwheels, lasted seven hours 50 minutes.

Volleyball—Thirteen disciples from the Montreal Centre (six on each team, with one rotating) played 50 consecutive games of volleyball, lasting seven hours 51 minutes, on 2 August.

MUSICAL EVENTS

Hand bell recital—A seven-man choir completed a 60-hour continuous hand bell recital on 17 August, setting a new Guinness record. The recital involved the repeated playing of some 125 of Sri Chinmoy's devotional songs, using 25 chromatic bells covering a two-octave range. Participants included Kalatit, Mukunda, Surashri, Trishatur, Saral, Russell Tubbs and Bob Buncick.

Bengali song recital—Haridas played and harmonized all of the 2,355 Bengali songs that Sri Chinmoy has composed in a continuous piano recital lasting 47 hours. Many of the songs he also sang out loud. The recital ended on 2 September.

Sundari sang 500 of Sri Chinmoy's Bengali songs in a non-stop recital lasting nine and a half hours on 9 August.

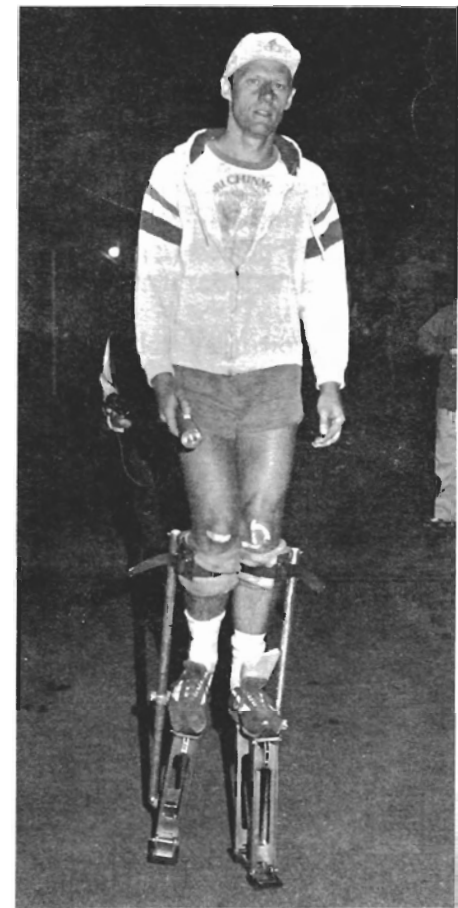
50-state song-fest—Disciples sang seven of Sri Chinmoy's songs at exactly noon E.D.T. on 13 August in each of the 50 states in the U.S.



Trishul relaxes at the Jamaica High School track in New York on 1 August after having completed a 50-hour walk. He had covered 127 miles. Two weeks later and 3,000 miles away, Bonnie St. James of San Francisco also embarked on a 50-hour walk, completing a 103-mile journey on 16 August.



Richard Gibson, left, and Pulin, right, pose with Sri Chinmoy after completing a record-breaking 77-hour two-minute badminton match on 4 August.



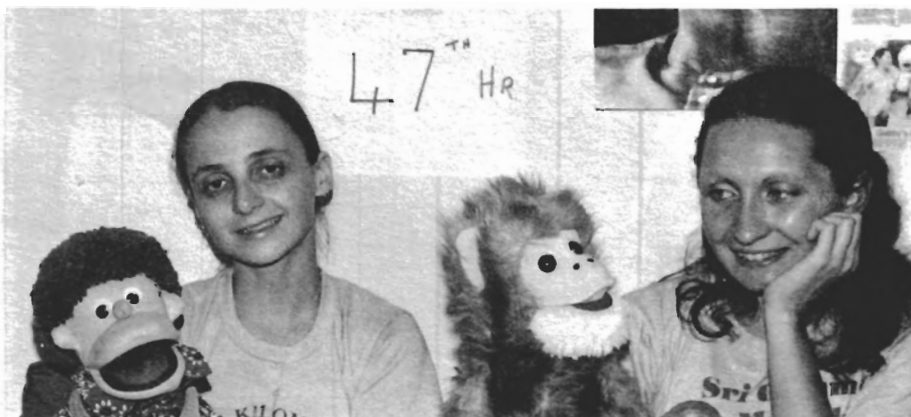
Beginning shortly after 6 a.m. on 26 August and ending nearly 18 hours later, Rudra walked 50 miles on stilts.



Bipin, left, and Udayan [photo at left] and Yasu Shimizu, left, and Pahar [photo at right] set a new Guinness world record on 16 August when they completed a continuous 103-hour doubles table tennis match.



Ranjana comes in first among the women in the Centre Sports Day competition on 25 August for the 11th consecutive year.



Devaki Groulx, left, and Frances Clark of Montreal, each using three puppets, carried out a 50-hour non-stop ventriloquism conversation from 13 to 15 August.

TALK OF PARSONS BLVD.

Kishore won the 50-mile run at Rockland State Park, N.Y. on Guru's birthday, completing the course in 6:31:47. Women's winner was *Garima*, in a time of 7:37:25 . . . *Steve DeAngelo* placed first among the disciples in the Triathlon, finishing in 6:11:17 . . .

This year's birthday celebration included a *public meditation and concert* in New York on 20 August and a *seven-mile parade* in Queens on 23 August . . . Guru wrote a *special song* for his birthday entitled "*Panchas*" which means 50 in Bengali. Guru and *Haridas' choir* sang it during the 27 August birthday function . . . A *Jharna-Kala* gallery was opened at 133 West 24th St. in Manhattan in mid-August, for one month . . .

To celebrate Guru's 50th birthday, *Ginny Stagg* of the Connecticut Centre cycled 50 miles every day for a month . . . During the month prior to 27 August in both *San Francisco* and the *New York* area, a different disciple each day ran 50 laps around a quarter-mile track . . . On a rotating basis, disciples meditated for 50 hours on one occasion in *San Diego* and on two separate occasions in *Ottawa* . . . Seven *Scottish boys* ran a 200-mile relay run from Aberdeen to Edinburgh via Glasgow in 19 hours in the first weekend of August . . .

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WORLD FIGURES SALUTE GURU'S 50th BIRTHDAY

Ten members of the U.S. House of Representatives offered special birthday salutes to Sri Chinmoy in remarks entered into the Congressional Record.

These were among dozens of tributes from statesmen, artists, educators and athletes around the world. Excerpts from some of their comments:

"Today, in celebrating half a century of life for Sri Chinmoy, we celebrate not only the duration of a single significant life, but the limitless—the divine—in the life of all humanity. It is that kind of vision of boundless human possibilities that the life of Sri Chinmoy evokes."

—Congressman Matthew F. McHugh

"He is a truly remarkable and creative human being, an utterly selfless individual who has devoted his life toward the betterment of world peace and understanding."

—Congressman Joseph Addabbo

". . . I join countless others in expressing my **deep gratitude** to you for the unique gift you have given mankind. Your work, your caring, your life—all have inspired us."

—Actress Liv Ullman

"As you know better than any of us, it is the life, not the birthday, that is important. It is the unique and extraordinary quality of your life that we celebrate, and it is that for which we are grateful."

—Elliot L. Richardson, Chairman of UNA-USA

"That one can be so human while obviously living so divine a life has given me an insight into what man might become if he were to follow the Master's teaching."

—Ormond Drake, Professor Emeritus, New York University

"I have been truly honoured by being able to know Sri Chinmoy and his inspired dedication to world peace and good will."

—Runner Tom Fleming

"In a world increasingly torn by dissension, enmity and armed conflict, Sri Chinmoy brings the light of serenity, harmony and love."

—Zenon Rossides, Ambassador of Cyprus to the U.N. (ret.)

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Anahata Nada

Volume 8 Nos. 9-12

"THE SOUNDLESS SOUND"

September-December 1981



President Royo of Panama greets Sri Chinmoy at a reception Panama hosted at the U.N.

PRESIDENT OF PANAMA MEETS U.N. GURU—AT LAST

President Royo of Panama, who had awarded Sri Chinmoy his country's highest decoration this past August, finally met the spiritual leader on 30 September.

Royo, accompanied by Panama's Foreign Minister Illueca, warmly greeted Sri Chinmoy at a reception the Latin American President was hosting at the United Nations.

When Royo learned that Sri Chinmoy had composed a song in his honour, he requested the U.N. Singers to perform it then and there—to the startled surprise of the other guests at the reception.

Royo, who holds the supreme rank of Grand Master of the Order of Balboa, conferred on Sri Chinmoy the Grand Cross of the Order on 20 August. The presentation was made by his Foreign Minister.

EIGHT RECORDS SET AT 24-HOUR RACE

GREENWICH, CT—A 46-year-old woman from the Bronx set a new world track record for women by completing over 200 kilometres in the Sri Chinmoy 24-Hour Run ending 27 September.

Sue Medaglia logged in 126.4 miles, besting the previous women's 24-hour record by over three miles.

Overall winner was Cahit Yeter, 46 and also from the Bronx, who set a new North American track record by doing 155.7 miles.

Six other national records were also set in the race, which was held around the quarter-mile track behind the Greenwich, Connecticut Town Hall.

The 24-hour event, now in its second year, drew 42 ultramarathoners from as far away as California.

SRI CHINMOY MARATHONS HELD AROUND WORLD

The first Sri Chinmoy Marathon in the New York metropolitan area was held on 13 September on a fast, flat course in Plainsboro, New Jersey.

Larry Friedman, 24, of Montclair, N.J., placed first among the 144 runners with a time of 2:31:41. Women's winner was 38-year-old Diana Berner of Scarsdale, N.Y.

A month and a half later, the second Sri Chinmoy Marathon to be held in Switzerland took place on 1 November in the town of Aarau, just outside Zurich.

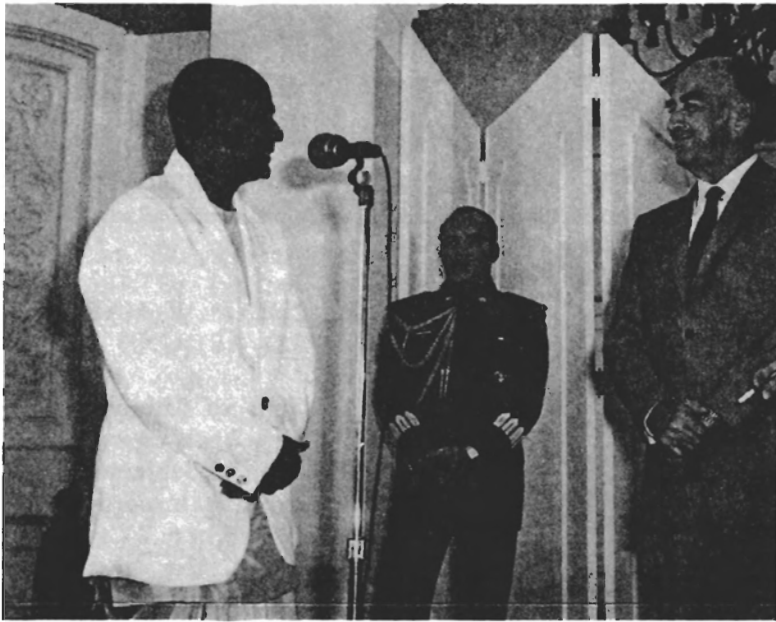
It was also a fast race, with 95 of the approximately 150 runners—including three women—completing the course in under three hours. It was the fastest marathon ever for women in Switzerland, with a total of 11 women finishing in less than three-and-a-half hours.

Overall winner was P. Lyrenmann, who clocked in at 2:27:42.

On 12 December, the 2nd annual Sri Chinmoy Marathon was held in San Juan, P.R. Carlos Gonzalez came in at 2:36, placing first among some 100 runners.



A proud Cahit Yeter stands tall next to Sri Chinmoy after winning 24-Hour Race.



Sri Chinmoy addresses President Lopez Portillo during a meeting in Mexico City.

HOLIDAY IN MEXICO HIGHLIGHTED BY MEETING WITH PRESIDENT

Sri Chinmoy and about 150 of his students visited Mexico from 17 December to 8 January for a spiritual holiday.

The trip was highlighted by a meeting with President Lopez Portillo at the presidential residence, Los Pinos, on 22 December.

The Master presented the Mexican leader with a plaque and the Sri Chinmoy Singers performed a song about Mexico which Sri Chinmoy had composed in Lopez Portillo's honour.

The President said he was "very thrilled to see the name of my country converted into melody and rhythm." Later he told Sri Chinmoy: "I hope the example that you offer expands through the world."

The trip also included public concerts in Mazatlan and Acapulco, and three public races. The Master received special plaques or certificates from the Mayors of these two cities.

CONCERT IN CALIFORNIA

SANTA BARBARA, CA—A public meditation and concert was held by Sri Chinmoy on 30 October at the University of California at Santa Barbara as part of his two-and-a-half day visit to the West Coast.

There was also a Sri Chinmoy two-mile race in Santa Barbara, which the Master ran in 13:51—a 6:55 pace.

MEDITATION HELD FOR THE NEW YEAR

NEW YORK—Sri Chinmoy held his 11th annual New Year's Meditation on 15 December at New York's High School of Art and Design.

During the event, the Master delivered the following New Year's Message:

*The new year will be the
man-awakening and the
life-illuminating God-Hour.*

*The eyeless will see
the Vision-Eye of the Absolute
Supreme and the heartless will feel
the Compassion-Heart of the
Absolute Supreme.*

U.N. PROGRAMME MOURNS SLAIN EGYPTIAN LEADER

UNITED NATIONS—The Meditation Group at the U.N. held a memorial tribute to slain Egyptian leader Sadat on 6 October.

A few days later, a song Sri Chinmoy composed about Sadat was recorded by the Meditation Group singers and sent to the President's widow in Cairo.

SPANISH AMBASSADOR ADDRESSES U.N. GROUP

UNITED NATIONS—U.N. Representative Don Jose Luis Xifra de Ocerin of Spain was keynote speaker at a programme on 28 September celebrating his nation's 24th anniversary at the U.N.

The programme was sponsored by Sri Chinmoy Meditation at the United Nations.

FLAUTIST SETS NEW RECORD

JAMAICA, N.Y.—Russell Tubbs set a new world record on 22 September when he completed 60 hours of continuous flute playing, besting the previous record by 12 hours.

For Russell, a disciple of Sri Chinmoy, this was his second Guinness record in a little over a month. He had been a member of the seven-man choir that completed a continuous 60-hour hand bell recital on 17 August in honour of Sri Chinmoy's 50th birthday. In both events the music played was Sri Chinmoy's

The flute recital began at 4:30 a.m. on Saturday, the 19th of September, and ended at 4:30 p.m. that Monday. And how did Sri Chinmoy mark the occasion? He asked Russell to play his flute at a disciple gathering that evening.



Flautist Russell Tubbs setting new Guinness record.

BELATED BIRTHDAY FEATS HIT BULL'S EYE

In a belated tribute to Sri Chinmoy's 50th birthday this past August, three of the Guru's disciples performed some unusual feats.

Dale Erven engaged in 50 hours of continuous archery ending at 5

p.m. on 27 September. During this period, he shot a total of 10,436 arrows at a target about 50 feet away in his back yard in Victoria, B.C.

A few days later, Adarsha (Stephen Kelly) of Glasgow sang 50 of Sri Chinmoy's songs 60 times in a row for a 50-hour period ending at

10 p.m. on 4 October. It amounted to 3,000 songs in 3,000 minutes.

Later that month in Victoria, again, Bet McMurchy celebrated his Guru's birthday by reading out loud, for 50 continuous hours ending at 7 p.m. on 1 November, poems from Sri Chinmoy's "Flower-Flames" series.

INTERNATIONAL RUN HONOURS U.N. DAY

BESANCON, France—A non-stop relay run between the twin towns of Freiburg, Germany and Besancon, France was held at the end of 24 October in honour of the 34th anniversary of the United Nations.

Freiburg and Besancon are among a series of "twin towns" created in Western Europe after the second World War in an effort to improve international relations.

The 143-mile run began in Freiburg and ended 20 hours later at the Besancon town hall, where the runners received a medal from representatives of the Mayor.

TWO U.S. CHAMPIONS FIGHT TO WIN SRI CHINMOY 70-MILER

Stu Mittleman, U.S. record-holder for the 100-mile road run, battled it out with George Gardiner, American 100-mile track champion, in the Sri Chinmoy 70-Mile Race on 1 November.

Mittleman, who completed the course in 8:11:31—at a slightly-over seven-minute pace—won the event when Gardiner slowed down after 50 miles as a result of a bout of nausea. Gardiner came in second at 8:40:58.

Sue Medaglia, Millrose AA, was first in the women's division with a time of 11:17:17.

The race was held around a three-mile loop in New York's Rockland Lake State Park.



Robert De Castella, the world's second fastest marathoner, chats with Sri Chinmoy after winning the 15-kilometre BMW race on 27 September. Two days later the Australian runner spoke at Annam Brahma.



Allison Roe gave an informal talk on sports philosophy and running to Sri Chinmoy and his disciples on 26 October, the day after her triumphal win in the New York Marathon. Here Sri Chinmoy is presenting her with a plaque while her husband looks on.

TALK OF PARSONS BLVD.

Abarita came in first among the disciples in the Sri Chinmoy Marathon on 13 September . . . Guru's annual *Gratitude Day* celebration was held on 27 September . . . Guru has put Bengali words—in some cases mimicking the original English and in other cases representing totally different ideas—to 15 popular English-language songs such as "Get Me to the Church on Time" and "Three Blind Mice" . . . Guru now has a regular *running column* in the monthly "Runner's Gazette," an East Coast running paper, and a weekly *question-and-answer column* on spirituality in the locally distributed "New York Voice" . . .

Kishore has been hired by Australian officials as coordinator of Fun Runs throughout the State of Victoria . . . *Animesh*, *Darryl* and *Kerry*, named to the Commonwealth Games Marathon Committee, will assist Australian officials in organising the marathon for the Commonwealth Games to be held in Brisbane next October . . . Guru and some of the disciples held a private birthday party for Foreign Minister *Illueca* of Panama on 17 September in the Latin American leader's U.N. office. They brought

him a cake and sang happy birthday, and *Illueca* responded by offering everyone present a flower—a gesture he said he learned from Guru.

One-mile races were held for guards and staff members of the United Nations on 2 October and for U.N. delegates' children on 4 October . . . Guru ran the *New York Marathon* on 25 October in four hours 36 minutes. This was one of 14 races ranging from one-milers to half-marathons and marathons that he completed in the New York metropolitan area this autumn. Seven of these were Centre-sponsored runs. The most races he ran in a single day were two one-milers and a 1.5-miler in New Jersey on 18 October . . .

Scottish disciples on 22 October celebrated the 1979 anniversary of Guru's starting his "Flower-Flames" series by reciting all 2,000 of the poems completed to date. In *London* a public recital of the poems, lasting over 11 hours, was offered. Guru celebrated the event in New York by giving a *seven-instrument concert* . . . Guru composed seven new U.N. songs, in Bengali, in mid-October . . . *Sri Chinmoy Meditation at the U.N.* held programmes honouring UNESCO on 10 November and International Thanksgiving Day on 22 November . . . *Adhiratha*, who

helped thwart five robberies in the past year, received a commendation from the Jamaica Hills Community Association "for demonstration of social concern and citizenship." In two of the incidents, *Adhiratha* was assisted by roommates *Bhima* and *Sushobhan* . . .

"Noh," a half-hour opera composed by *Haridas* under a commission from the Paris Opera House, premiered on 26 November in Paris. The libretto is based on Indian spiritual stories and some of the musical themes were built on Guru's tunes . . . *Satisfaction-Cry*, the girl's Bengali singing group, celebrated its 10th anniversary on 25 November. Guru composed and sang 10 new Bengali songs for the occasion, and one extra for good measure . . . In a tribute to Guru read into the *Congressional Record*, U.S. Senator Paul Tsongas of Massachusetts noted that Guru, "in a very brief period, has accomplished more than most people do in a lifetime" . . . *Nathan* flew down from Phoenix, ex-disciples *Omar Mesa* and *Andy Cardenas* showed up and a half dozen local area disciples also made the scene on 5 December for a rollicking performance of Country Western music—a Centre first. The group, under the direction of *Vinaya*, will be performing for the disciples on a regular basis . . .

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Sri Chinmoy at a recent race.

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Volume 9 Nos. 1-4

"THE SOUNDLESS SOUND"

January-April 1982

9,000-MILE RUN SALUTES SRI CHINMOY AND AMERICA

Tarak left New York on 31 January in an unprecedented one-man run across the length and breadth of America.

"The Run to Tomorrow's Sun," as it is called, will take Tarak 9,000 miles through all 50 states over a seven-month period.

"At first, the idea of running 9,000 miles seemed impossible," Tarak says. "But Sri Chinmoy, my teacher, made me realise, through his own personal example, that only by trying to do the seemingly impossible can we realise our own highest potential."

The run, Tarak continues, "expresses my abiding love for America. More important, it expresses my deep gratitude to Sri Chinmoy, who has been my teacher—in everything—for the past 11 years."

Tarak, who had turned 40 three weeks earlier, left Queens at midnight on 31 January after a ceremony attended by running greats Ted Corbitt, Cahit Yeter and Sue Medaglia.

Accompanying Tarak on his jour-



Sri Chinmoy accompanies Tarak for a few blocks at the start of Tarak's 9,000-mile run.

ney, driving a camper, is his friend and helper, Sahishnu.

Tarak's route led south to Mississippi, north to Missouri, and then westward into the Rockies. At the end of April Tarak was in Colorado—about a third of the way into his journey—and heading toward California, averaging 40 miles a day.

From California he will run north into the state of Washington, then east to the New York border, up through New England, and finally back home again. The trip will include flights from the West Coast to Hawaii and Alaska, where he will run a few miles before resuming his journey in the lower 48 states.

SPIRIT AND WILL TRIUMPH IN 13-DAY MARATHON RUN

JAMAICA, N.Y.—Yasumasa Shimizu tested the limits of human endurance by running 18 to 20 hours a day around a quarter-mile track—for 13 consecutive days.

In a triumphant display of willpower and determination, Yasu ran from 1 April to 14 April—with only brief rest stops and encapsulated periods of sleep—to complete a total of 718 miles.

His spectacular run, carried out in Sri Chinmoy's honour, persisted through driving rains—that left the track filled with ankle-deep water—and a freak spring snowstorm that left the rest of New York immobilized.

Rotating teams of disciples served as Yasu's handlers on an around-the-clock basis—shoveling snow from the track, preparing his meals, offering massage, and keeping him company.

Much of the time, though, was spent in silence. "The important thing," Yasu said, "is to keep your consciousness high. If you can stay happy and be in a good conscious-

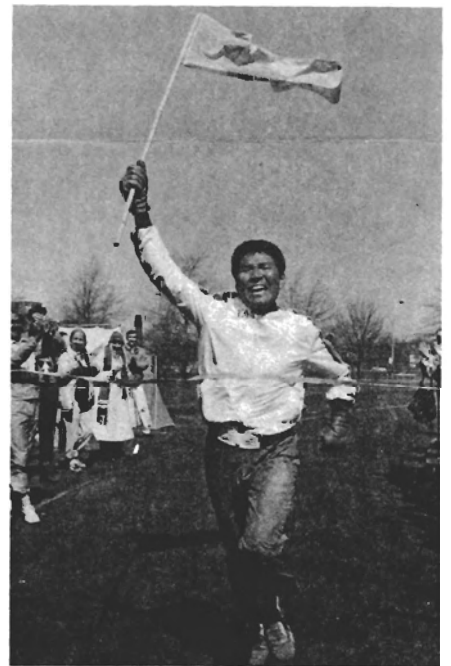
ness, that's much more important than the number of miles you cover in a particular day."

Yasu ended his run shortly after 10 a.m. on 14 April, the 12th anniversary of the founding of the meditation group that Sri Chinmoy leads at the United Nations.

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 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."

After a day of rest, Yasu was back at work—running again, this time around the halls of the United Nations, where he works as a messenger.



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



After winning the Sri Chinmoy Tennis Classic for girls 10 and under, Melissa Hernando of Holmdel, N.J., left, shakes hands with the girl she defeated, second place finisher Roxanne Matkiwsky of Short Hills, N.J. The Classic was held on the 17th and 18th of April at the Spring Creek Racquet Club in Brooklyn.

GREEN LEAVES/RIPE FRUITS BLOSSOM IN FEBRUARY

A new series of Sri Chinmoy races for children under 10 and adults over 50—"Green Leaves and Ripe Fruits"—was inaugurated on 28 February.

The 400- and 800-metre events are held every Sunday, rain or shine, at 5 p.m. in Flushing Meadow Park, Queens, and in other cities as well.

The ripest fruit to participate so far has been 82-year old Arati. Several five-year-olds have also entered.

500TH BOOK PUBLISHED

The 500th book that Sri Chinmoy has written during his 18 years in the West was published in April.

The book, titled "I Am Ready," consists of a series of poetic aphorisms in the author's own handwriting.

It was distributed on 13 April, the 18th anniversary of Sri Chinmoy's arrival in America.

SRI CHINMOY MARATHONS TO BE HELD EACH MONTH

A Sri Chinmoy marathon will be held each month somewhere around the world during 1982.

The marathon season began with an impromptu race for disciples on 30 January in Jamaica. The other 11 races were to be public events, with certified courses.

The Sri Chinmoy Inspiration Marathon, held on 7 February in Hampton Beach, N.H., was won by Dave Severance of Gilmanton, N.H. in 2 hours 24 minutes. Some 230 runners participated.

Normand Tremblay won the Sri Chinmoy Marathon held in Montreal on 7 March with a time of 2 hours 42 minutes, while Rejean placed first in the Ottawa Marathon on 4 April, running the course in 2 hours 32 minutes.

Other marathons are scheduled in Chicago; San Francisco; Freiburg, Germany; Melbourne, Australia; Plainsboro, N.J.; New York; Zurich and San Juan, Puerto Rico.

TOP ATHLETES COMPETE IN ADELAIDE TRIATHLON

ADELAIDE—Some 130 athletes from all over Australia gathered here on 14 March for the Second Annual Sri Chinmoy Triathlon.

The grueling event, which included an approximately mile-long swim, a 35-mile cycling event and half-marathon run, was won by Malcolm Mackay, an Adelaide medical student, in a time of 4 hours 23 minutes. First among the women was Marie Williams, also of Adelaide, who completed the course in 4 hours 1 minute.

CHALLENGING THE IMPOSSIBLE

A new book series, combining the best qualities of the "Guinness Book of Records" and "Ripley's Believe It Or Not," is being published by the Sri Chinmoy Centre.

"Impossibility-Challenger," as it is called, will chronicle spectacular or record-breaking feats that express qualities of determination, will-power, courage and self-transcendence or world-transcendence.

It will allow participants considerable flexibility in determining their own performance categories while retaining the rigorous authenticity found in Guinness.

The book will also describe deeds or occurrences that defy credibility.

Entries, with a photo and news clipping or other substantiation, should be mailed to: Editor, "Impossibility-Challenger", 85-42 160 St., Jamaica, NY 11432.



50-STATE LECTURE SERIES TO BEGIN IN MAY

In an offering to the people of America, Sri Chinmoy will be holding a series of lecture-concerts and meditation-runs in each of the 50 states.

The Master will begin the day's events with a seven-mile meditation-run—a solo run that he will carry out in a meditative consciousness. Then, that evening, he will give a short talk and concert in the state.

SRI CHINMOY COMPLETES 18 YEARS IN AMERICA

Disciples from around the U.S., Europe and Australia gathered in Queens in April to celebrate the 18th anniversary of their spiritual teacher's arrival in the West.

The event was marked by a two-week programme of non-stop meditations, plays, performances of spiritual songs, public meditations and concerts, athletic competitions and other events.

The celebration culminated on 13 April—the day of Sri Chinmoy's arrival in the U.S. in 1964 at the age of 32.

The headquarters of his worldwide spiritual organisation, as well as his home, are in New York.

SOLO CONCERT HELD IN CARNEGIE HALL

NEW YORK—Sri Chinmoy played a solo concert in Carnegie Hall on 7 April in a special programme held in connection with the 18th anniversary of his arrival in America.

In the concert, the Master sang and played his own compositions on the esraj, flute and harmonium.

The following week, on 16 April, the Master and his students offered a concert at the High School of Art and Design in Manhattan.



Sri Chinmoy at Carnegie Hall.



Alex Mayer, one of the top professional tennis coaches, and Sri Chinmoy chat after volleying on 16 April. Afterwards, disciples sang a song Sri Chinmoy had composed in Mayer's honour.

77-HOUR VOLLEYBALL GAME SETS ENDURANCE RECORD

JAMAICA, N.Y.—What began as a 12-man effort to set a new world volleyball record became a personal triumph for six, who ended up playing non-stop for 77 hours.

The match began at 8 April at an indoor court at York College. In the ensuing three days and nights, six of the original players dropped out, disqualifying the team from establishing an official Guinness record. Guinness requires teams to have a minimum of five members.

Nonetheless, the remaining six continued their match, besting the 75 ½-hour official Guinness record by 90 minutes. Their match, which consisted of a total of 246 games, qualifies for *Impossibility-Challenger*, which has more flexible guidelines than Guinness.

The six players, who participated in the match to honour their Guru, Sri Chinmoy, on the upcoming anniversary of his 18th year in

America (April 13) were: Ashrita Amayik and Steve DeAngelo, all from New York, on one side, and Chris Lok and Richard Naud, both of Canada, and Benny Duerdoth of Germany, on the other side.

MEDITATION GROUP AT U.N. CELEBRATES 12TH BIRTHDAY

"Sri Chinmoy Meditation at the United Nations," the meditation group which Sri Chinmoy leads at the U.N., celebrated its 12th birthday on 14 April.

The event was marked by a special programme at the U.N. Church Center Chapel.

In addition to Sri Chinmoy's meditation sessions, the meditation group sponsors periodic conferences and talks in which diplomats, religious leaders and world statesmen can share their views on the spiritual dimension to world peace. It also holds cultural programmes honouring various countries on the anniversary of their joining the U.N.

TALK OF PARSONS BLVD.

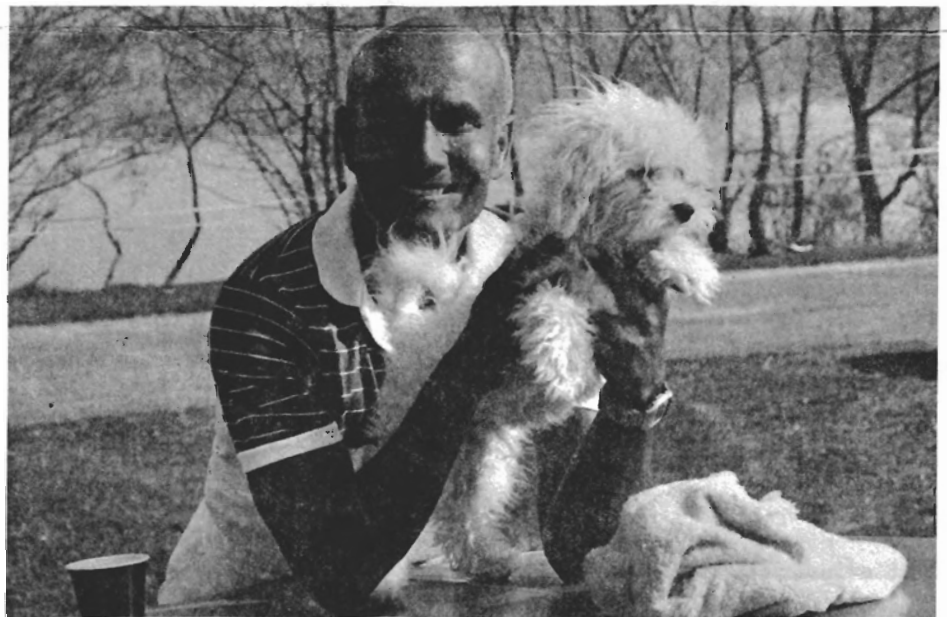
Guru gave an *esraj* concert on 17 February in P.S. 86 to celebrate the sixth anniversary of his taking up the *esraj* . . . To celebrate the seventh anniversary of Guru's completion of his first 10,000 Jharna-Kala paintings, on 27 February four San Francisco girls climbed up 10,000 stairs on one of the city's steeper hills . . . The event, which took several hours, was done by *Sevika*, *Hangsa*, *Dharana*, and *Robin*.

After a disciple read out an article about Guru's samadhi trances, which had appeared in "The Illustrated Weekly of India," Guru suddenly became inspired to demonstrate *savikalpa*, *nirvikalpa* and *sahaja samadhi* during a P.S. 86 function . . . *Sri Chinmoy and His Music-Meditation*, a solo concert for the public, was given by Guru at Martin Van Buren H.S. in Queens on 9 March . . . Guru celebrated the 10th anniversary of *Satisfaction-Cry*, which was formed on 18 November 1971, by singing 10 songs at a function last Nov. 25. He also composed a special song for the occasion—"Dasham Barashe"—which means '10 years' in Bengali.

Guru celebrated the *centennial of his father's birth* on 14 April. For the occasion, he set tune to all 100 poems in the 33rd volume of his

"Flower-Flames" series, which was dedicated to his father, and sang them during the celebration. The choir sang a song Guru had written for his father, "Shashi Kumar Ghosh," and a 100-course meal was served. The auditorium and hallways at Hillcrest High School, where the event was held, were decorated with scenes from Guru's childhood—including a replica of the bank his father managed, the local railroad station (his father had also been a train inspector) and giant wooden and paper banyan trees . . . Guru gave the *opening meditation* on 27

April at a two-day conference on "Global perspectives and the quality of life and ministries for religious communities," which was sponsored by the Movement for a Better World . . . Guru has accepted an invitation to join the *Honorary Council of Patrons* for a temple of all religions being built near Paris under the auspices of Pir Vilayat Khan's Sufi Order . . . In a Canadian doubles tennis match between Guru and his tennis-playing disciples on 8 May, Guru won 49 games to their seven.



Sri Chinmoy with his dog.

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INDIAN POET HONOURED AT TAGORE CELEBRATION

The executive director of Bharatiya Vidya Bhavan of the U.S.A.—the American branch of India's great cultural institution—presented Sri Chinmoy with a special garland of honour at the Tagore Jayanti held in New York.

Sri Chinmoy, who like Tagore has written thousands of devotional poems and songs, gave a short talk on Tagore and then sat on the wooden floor of the stage meditating while about 30 of his students, lined up behind him, sang two Bengali songs he had composed about the poet. One, titled "Kabin-dra Rabindranath," was written especially for the occasion.

Afterwards, a deeply moved Dr. P. Jayaraman—the executive director of America's Vidya Bhavan—said of Sri Chinmoy, "We are all his disciples, his devotees."

The programme, held on 8 May in the Dag Hammarskjold Auditorium of the United Nations in

connection with the 121st anniversary of Tagore's birth, included a performance of Indian music and drama. The event was jointly sponsored with the Tagore Society of New York.

In his talk, Sri Chinmoy said, "Mother Bengal triumphantly proclaims, 'My Rabi is Eternity's climbing flame.' Mother India proudly proclaims, 'Our Rabindranath is Infinity's transcending sun.' Mother earth soulfully proclaims, 'God's Rabi, God's Rabindranath, God's Tagore is Immortality's beckoning Light.'"

CANADIAN RECORD BROKEN IN 24-HOUR RUN

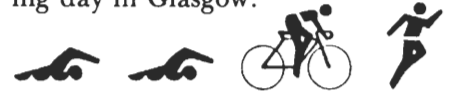
OTTAWA—Al Howie of Victoria set a new Canadian distance record by completing 150.2 miles in the 24-hour Sri Chinmoy Ultramarathon held over the July 4th weekend.

FOUR CONCERTS HIGHLIGHT SCOTTISH TOUR IN MAY

Sri Chinmoy gave a public concert in different cities each day during his four-day Scottish tour in May. There were also two public Sri Chinmoy races held in his honour.

Concerts were held at the University of Edinburgh (13 May), University of Aberdeen (14 May), University of Dundee (15 May) and at Glasgow's Mitchell Theatre on 16 May.

A five-mile Sri Chinmoy Race took place in Edinburgh on 15 May and a two-and-a-half-mile Sri Chinmoy Fun Run was held the following day in Glasgow.



THREE TRIATHLONS HELD

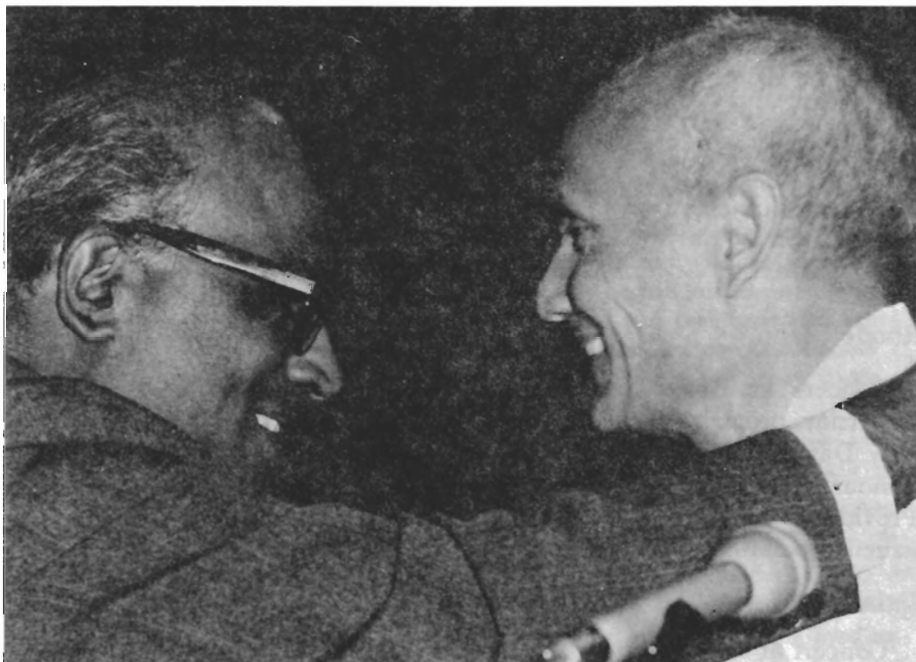
Sri Chinmoy Triathlons were held recently in San Juan, Puerto Rico; Victoria, British Columbia; and Misquamicut, Rhode Island.

The second annual Puerto Rican triathlon on 30 May included a one-mile ocean swim, a 26-mile cycling event and a 10-mile run. It was won for the second year straight by Florencio Figueroa Cotto, a local lifeguard.

Several three-man teams also participated in the event, with each member taking either the cycling, running or swimming segment. Winning team was the Bayamon Club.

In Canada, the third annual Victoria triathlon was held on 2 August, with a mile swim, 21 miles of cycling and a six-mile run. Some 225 athletes entered.

The Rhode Island event on 8 August, the fourth of its kind, consisted of a 1.5-mile ocean swim, 60 miles of cycling and a 15-mile run. Placing first among more than 300 contestants was Mark MacIntyre of Greenwich, Connecticut.



Dr. P. Jayaraman, left, executive director of Bharatiya Vidya Bhavan of the U.S.A., garlands Sri Chinmoy.

INNER AND OUTER RUNNING MARK 50-STATE TOUR

Sri Chinmoy has embarked on a series of concerts and "meditation-runs" in each of the 50 states to exemplify his philosophy of inner and outer running.

He will begin each event with a solo seven-mile run, carried out in a high meditative consciousness, to demonstrate how spirituality can be expressed through physical activity.

The "outer run," in his view, is a physical manifestation of the more important inner run, which is symbolised by a concert of spiritual music which he will offer later the same day.

Connecticut

The project, which he calls "Fifty Oneness-State-Songs," was launched 25 May in the State of Connecticut with an early morning run at the Greenwich Town Hall track and an evening concert at Yale.

After the run, five torch-bearing disciple runners went on a 50-mile relay run from the Greenwich track to Yale.

At the same time, four cyclists pedaled to New Haven along different routes, stopping along the way at 11 cities to collect proclamations and at three cities to pick up "keys to the city" offered in Sri Chinmoy's honour.

During the day, 50 of the Master's books were presented to the Yale Divinity School Library and several of his books were given to the main Yale University Library.

New York

Meditation-run on 1 June at Jamaica High School track in Queens; elephant, leopard, horse and cow on hand to launch the event. A half dozen cities or boroughs issued proclamations honouring Sri Chinmoy. Evening concert at Columbia University.

California

Concert at the University of California at Berkeley on 5 June. Ten cities issued proclamations.

Maryland

Concert on 17 June at the University of Maryland. Governor named Sri Chinmoy an honorary citizen.

Vermont

Concert at the University of Vermont on 24 June. Governor proclaimed a statewide Sri Chinmoy Day and first Sri Chinmoy Meditation Park inaugurated in a wooded area in West Halifax.

Illinois

Concert at Northwestern University on 29 June. Chicago Mayor Jane Byrne proclaimed a Sri Chinmoy Day, and proclamation honouring the Master issued by Illinois House of Representatives.

Massachusetts

Concert at Harvard on 10 July. Governor proclaimed a Sri Chinmoy Day, and proclamations issued by state House of Representatives and state Senate, as well as mayors of Boston and 11 other cities.

North Carolina

Concert at the University of North Carolina on 19 July. Governor proclaimed a statewide Sri Chinmoy Day and named the Master an "Honorary Tar Heel." Sri Chinmoy Meditation Park named at McAlpine Greenway County Park. Sri Chinmoy Day proclaimed in Charleston and two other cities.

South Carolina

Concert at the University of South Carolina on 20 July. Named honorary citizen by Governor.

Rhode Island

Concert at Brown on 27 July. Governor proclaimed a Sri Chinmoy Day and awarded the Master honorary citizenship in the state. Providence and four other cities issued proclamations.

Delaware

Concert at the University of Delaware on 10 August. Governor and three mayors issued proclamations.

2,000 ATTEND CONCERT IN SAN FRANCISCO

SAN FRANCISCO—A packed house of 2,000 music lovers attended Sri Chinmoy's concert at the Louise M. Davies Symphony Hall here on 4 June.

The concert was part of a three-day visit to the West Coast by the Master, who was at Berkeley on 5 June for his "Fifty Oneness-State-Songs" concert and in Foster City the following day to officiate at the Sri Chinmoy Marathon there.

FIVE MARATHONS HELD

Five Sri Chinmoy Marathons were held recently. The largest, with a field of 350 runners, was the Foster City, California, marathon on 6 June just outside San Francisco. Philip Broaddus of Berkeley took top honours with a 2:22:29 finish.

Other Sri Chinmoy Marathons were held in Chicago on 23 May, in Augsburg, Germany on 4 July, in Freiburg, Germany on 8 August and in Melbourne, Australia, also on 8 August.

123-MILE RELAY SWIM SALUTES RIDEAU CANAL

Seven Sri Chinmoy swimmers carried out a 123-mile relay swim through the rivers, lakes and other waterways of the Rideau Waterway System to celebrate the 150th anniversary of the Rideau Canal.

The swimmers, covering about 18 miles a day in half-hour shifts during daylight hours, began on Lake Ontario at Kingston on 27 July and ended in the Rideau Canal in Ottawa on 2 August.

In connection with the event, Canada's Minister of Amateur Sports and Fitness, Gerald Regan, presented Sri Chinmoy with a certificate for his contribution to recreation and sports in Canada.

The seven swimmers were: Jean Laroche and Richard Naud of Montreal; Chris Lok, Vince Pogachar, Roch Cote and Kevin Johnston of Ottawa; and Paul Lamothe of Toronto. Shatadal was the main back-up swimmer.

COMMENTS ON FIFTY ONENESS-STATE-SONGS

"It is with a profound sense of gratitude that we greet your 'Fifty Oneness-State-Songs' . . . and join in the hope that all who hear your inspired message of peace will be motivated to emulate your spirit of benevolence."

— Mayor Keven H. White of Boston

"Through your music, artistry and spiritual contributions, you continue to help mankind stretch for that special understanding which surpasses cultural and geographical barriers."

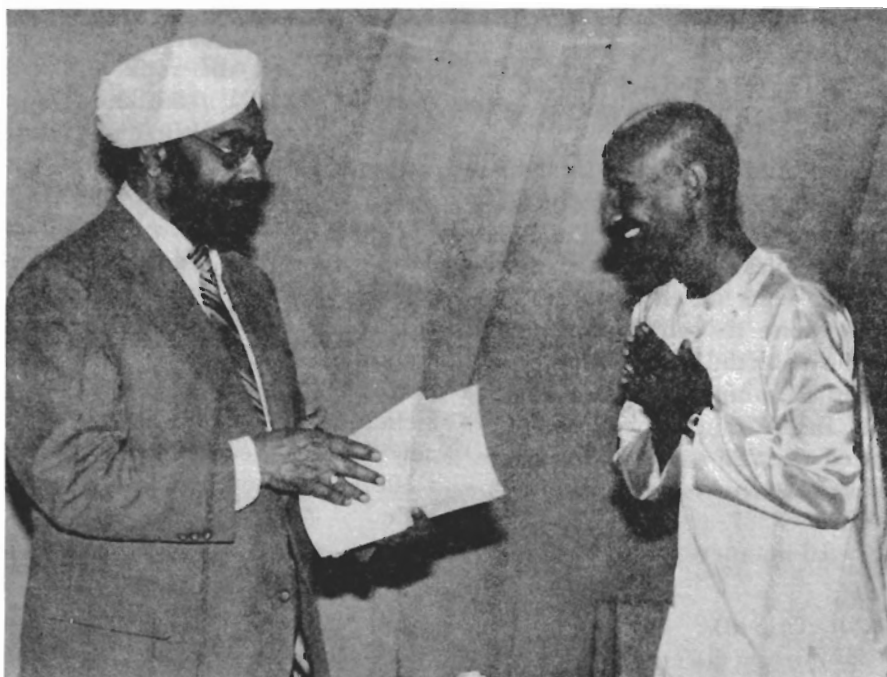
— Governor John Carlin of Kansas

"It is a great opportunity for Delawareans to meet such a renowned and devoted disciple of world peace. Your spiritual insights and boundless talents have struck a chord around the globe."

— U.S. Senator William Rother Jr. of Delaware

"I want to take this opportunity to commend you for your magnificent expression of gratitude to the people of America by gracing each of the fifty states with your talents."

— U.S. Representative Steny H. Hoyer of Maryland



The Indian High Commissioner to Canada, Dr. Sardar Dhillon, met with Sri Chinmoy at the United Nations on 4 August. Dr. Dhillon, who had become acquainted with the Master's teachings in Canada, said he had long been looking forward to meeting the spiritual leader. "I'm very grateful that I realised my ambition and am in your very august presence," the Indian Ambassador declared. Sri Chinmoy offered him a plaque, and the Meditation Group Choir sang a song the Master had written in his honour.

SRI CHINMOY TENNIS CLASSIC

Milo Pospisil, second-ranked by the ETA in his age class, won the Sri Chinmoy Tennis Classic held the weekend of 14 and 15 August at the Spring Creek Racquet Club in Brooklyn, New York.

The event, sanctioned by the ETA and U.S. Lawn Tennis Association, was for players over 50. Marsha Fields, unseeded, won in the women's division, defeating ETA second-ranked Gisela Jordan.

Sri Chinmoy was on hand to give out the awards.

HONOURARY CITIZENSHIP AWARDED IN 16 STATES

Sri Chinmoy's "Fifty Oneness-State-Songs" tour has struck a responsive chord among officials of several states. Sixteen Governors have awarded the Master honorary citizenship in their states in connection with his upcoming visits.

The states are: Minnesota, Maryland, Nebraska, Alabama, Texas, South Carolina, Arizona, Kansas, Oklahoma, Tennessee, Rhode Island, Utah, North Dakota, Nevada, West Virginia and Georgia.

In addition, the Governors of Virginia and Wisconsin presented the Master with special certificates of recognition.



800-MILE RUN SALUTES GURU AND HIS IDEALS

A 31-year-old sign painter has completed a more than 800-mile run from his home in Halifax, Nova Scotia, to the United Nations to honour his spiritual teacher's upcoming birthday and the ideals his teacher stands for.

Abadh Whiteway embarked on his run to salute the United Nations and dramatize the importance of physical fitness in the development of the human spirit and character. He dedicated his run to Sri Chinmoy, who holds meditations at the U.N. and teaches a philosophy encouraging spiritual and physical self-transcendence.

Leaving Halifax at midnight on 30 July, Abadh reached the U.N. on 24 August and then continued running to Queens to greet Sri Chinmoy the following morning.

The City of Halifax proclaimed the day of his departure, July 30, as Sri Chinmoy Day, and Premier John M. Buchanan of Nova Scotia sent Abadh a letter of commendation.

Accompanying him on the trip was Chanakhya, who drove the van, cooked the meals and served as his handler.

TALK OF PARSONS BLVD.

Guru met with Stanford University's head track coach, the world champion Master's sprinter *Payton Jordan*, on 4 June . . . Seven days later Guru celebrated his *fifth tennis anniversary* by playing his disciples 199 consecutive games, winning 189. And on 15 July he defeated *Ashrita*, *Bipin* and *Databir* in a singles "challenge match" by 50 to 33 (games), starting each game with a two-love handicap . . . The Sri Chinmoy 10-kilometre run in *Zurich* on 13 June was part of a *Grand Prix* series of 20 runs held throughout Switzerland . . . *Yasu* placed fifth in the Tri-State Ultramarathon in Pennsauken, N.J., completing 365.5 miles in the six-day track race ending on 3 July . . . Guru gave the opening meditation at the Fourth of July *Old Time Fiddlin' Celebration* at Pound Ridge (N.Y.) Reservation and the disciples sang a song he composed for the occasion . . . *Shambhu* organised a 50-state cycling relay called "America's Freedom-Ride" to celebrate the upcoming 200th anniversary of the U.S. Constitution . . .

Sixteen French disciples ran a 540-kilometre relay run from Lyon to Paris from 2-4 July to honour Guru's upcoming 51st birthday . . . Guru gave a *concert in Woodstock* on 5 August and ran in a one-mile Sri Chinmoy race . . . A *solo concert* by Guru in the Forest Park bandshell in Queens on 22 August and a *concert with his disciples* at Manhattan's High School of Art and Design on 28 August helped highlight his 51st birthday celebration . . .

Ten Australian disciples did 51 hours of selfless service at Agni Press in honour of Guru's birthday. They are: *Kishore*, *Murray* and *Ron* of Melbourne; *Perry*, *James* and *Dugal* of Adelaide; *Animesh*, *Kerry* and *Darryl* of Brisbane and *Prabhir* of Canberra . . . And *Evelyn Egger* of Los Angeles worked 51 hours at the divine enterprises and the tennis court in Guru's honour . . . Another commemorative birthday feat: *Projjwal*, *Rolf*, *Edi*, *Elmar* and *Siegfried* of Germany

and *Rene* and *Andre* of Zurich marched around the Jamaica High School track for 27 hours beginning 31 August . . . And Victoria disciples set loose 5,100 helium-filled balloons containing Guru's aphorisms on 1 August . . .

—Guru ran his 13th *marathon* on 2 May, the Long Island Marathon, completing the course in 4:26:56 . . . During June, July and August he ran the *Westchester Half-Marathon* and nine other *races* ranging in distance from one to seven miles . . . *Abadh* won this year's 47-mile ultramarathon on 27 August. *Sunanda* was first among the women with a 7:03:34, a new women's record for the course . . . *Ranjana* took top honours in the Sports Day competition for the 12th consecutive year. *Bill Flowers* was first among the men . . .

FEATS OF ENDURANCE HONOUR GURU'S BIRTHDAY

To dramatize Sri Chinmoy's philosophy of inner and outer self-transcendence, several of the Master's disciples performed record-breaking feats of endurance. The events, done to commemorate Sri Chinmoy's birthday, included:

Stair climbing—On 1 August Rene Beauvais climbed and descended the 225 stairs of the Sacre Coeur church in Montmartre (Paris) a total of 227 times. During the nearly 16-hour event, he covered a

distance of 12,000 metres—or one and a half times the height of Mt. Everest.

Fire eating—Sipra set a new Guinness women's record on 13 August by consuming 5,658 flaming sticks in two hours.

Jumping jacks—Ashrita regained his Guinness jumping jacks record on 13 August by completing 33,000 jumping jacks in seven and a half hours. His previous record of 27,000 had been bested earlier this year by a Californian who did 30,000 in seven hours.

Singing—Subala sang 270 of Sri Chinmoy's songs non-stop for 51 hours ending 14 August.

Jump rope—A three-women team jumped rope continuously for 51 hours while walking around the quarter-mile Jamaica High School track. In a continual rotation, two persons turned the rope and one jumped. Shikha, Sutikhna and Silvia Corda ended their marathon on 31 August after completing slightly over 68 miles.

Tennis—Juan Bravo from Paris set a new world tennis record by playing a continuous stream of challengers non-stop for 107 hours ending 3 September.

Hopscotch—Lesa Young and Joellen Glass, both of Seattle, set a new Guinness record by completing a 100-hour game of hopscotch that ended on 5 September.

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September 1982 - January 1983



Meditating with President of India Giani Zail Singh.

MEDITATION HELD WITH PRESIDENT OF INDIA

NEW YORK—The President of India, Giani Zail Singh, met with Sri Chinmoy on October 30 for a brief session of prayer, meditation and spiritual discussion.

The Indian President, who was on his way back to India after open heart surgery, listened in rapt attention while the Meditation Group singers sang a song that Sri Chinmoy had composed in his honour, entitled "Giani: O Enlightened One."

The President said: "Your prayers to God give greatest strength to me. I cannot forget . . . (them)."

Sri Chinmoy responded: "Beloved President, your simplicity is your towering greatness. Your sincerity is your illumining goodness. Your humility is your unparalleled excellence. Your wisdom is your perfect Perfection."

Comparing the President's humble origins with those of Abraham Lincoln, Sri Chinmoy called the Indian leader "the Abraham Lincoln of India." Although neither of the two Presidents cared for university degrees, the Master pointed out, "Both of you have proved to the world at large to be oceans of knowledge-light. President Lincoln's soul and our beloved Giani's soul are sailing in the same golden boat towards the supreme destination, a universal oneness-heart."

The Indian President said: "When I look back within, I feel that I may not deserve all those words. All that I am is due to the Grace of God . . . It is God's Will that prevails and makes one do what God wants one to do. Even so, Mahapurusha, your words will help me live up to your expectations of me. I thank you and your people for coming and praying for me. I see such purity inside all of you. Your prayers have definitely reached God. I thank you profusely."

MARATHONS HELD WORLDWIDE

Sri Chinmoy Marathons were held recently in North America, the Caribbean, Europe and Asia.

The second annual Sri Chinmoy Marathon in Plainsboro, New Jersey, was held on September 12. Leading the field of 350 runners was a Jersey man, who clocked in at 2:22.

Gary Fanelli won the Sri Chinmoy Marathon held in Flushing Meadow Park on October 7, finishing in 2:30.

On November 7 a Sri Chinmoy Marathon was held in Aarau, Switzerland, 30 miles from Zürich. A Swiss runner placed first among a field of 451 runners, with a time of 2:23.

The third annual Sri Chinmoy Marathon in San Juan—the official marathon of Puerto Rico's capital—was held on December 5. Winning time was 2:30.

And on December 31 the Sri Chinmoy Marathon Team sponsored a marathon in Nago in Okinawa.

RUNNING: ALL DAY, ALL NIGHT

The Sri Chinmoy Marathon Team sponsored two 24-hour races in the New York metropolitan area within a month of one another, and then topped it off with a 70-miler the following week.

The third annual Sri Chinmoy 24-Hour Run in Greenwich, Connecticut, held over the weekend of September 25-26, was won by 33-year-old Ed Foley of Sterling, Virginia, who covered 143 miles.

Another Sri Chinmoy 24-Hour run was held in Francis Lewis High School in Queens on October 30-31. Jim Roser, the 51-year-old ultramarathoner from Pennsylvania, took top honours, completing 128 miles.

The Sri Chinmoy 70-miler, now in its second year, was held on November 7 at Rockland Lake State Park in upstate New York. Ken Littlefield of Norwalk, Connecticut, placed first with a time of 9:24.

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AFTER TRIUMPHAL U.S. RUN, TARAK RETURNS HOME

NEW YORK—Tarak ended his one-man salute to America with a triumphal return to the city that had sent him off nearly 10 months earlier.

His 8,800-mile run through all 50 states, the longest solo run in the history of mankind, was dedicated to his spiritual teacher, Sri Chinmoy. It was Sri Chinmoy's philosophy of continuous self-transcendence that had inspired him to embark on the trip.

Accompanied by Sahishnu, who drove the van the two slept in and served as his handler, Tarak jogged into Battery Park the morning of November 23 to complete his journey and bring a dream to fulfilment.



Above, Tarak finishing. Below, with Sahishnu, left, and Sri Chinmoy at Battery Park ceremony.



To the waiting crowd Tarak said, "This run was not done by someone who could in any way be considered a great runner . . . Whatever was inspiring or uplifting in it I won't take credit for . . ."

After the singers sang a song about Tarak that Sri Chinmoy had composed, the Master said, "Tarak's message was, is and forever shall be the message of self-transcendence . . . Tarak the inner runner and Tarak the outer runner have shown us all here that impossibility is nothing but a false, totally false, dream . . ."

Sri Chinmoy also praised Sahishnu, saying, "Greatness is his name, goodness is his heart and oneness is the code of his life . . ."

Tarak left Queens on January 31, 1982. Averaging about 40 miles a day, he zigzagged through the country, crossed the Rockies and, from the West Coast, flew to Hawaii and Alaska to run in those two States.

A bad fall and a bout of viral pneumonia grounded him for a few weeks in Chicago, and then he resumed—logging in about 25 miles a day on the last leg of the journey.

For the final few miles in Manhattan, Tarak and Sahishnu were joined by several well-known ultra-marathoners. But just before the finish line, they turned off and Tarak broke the tape alone. It was only fitting.

MEMORIAL DEDICATED ON U THANT ISLAND

NEW YORK—The small island in the East River across from the United Nations has gotten a face-lift, a new purpose and a new name.

Under an arrangement with state authorities, the former Belmont Island—now called U Thant Island—has been dedicated to world peace through prayer and meditation.

The project was carried out under the auspices of Sri Chinmoy Meditation at the United Nations.

An arch erected as a memorial to former U.N. Secretary-General U Thant was dedicated October 7 at a ceremony led by Sri Chinmoy in the Dag Hammarskjöld Auditorium of the U.N.

During the programme, the first annual U Thant Award was presented to Ambassador Zenon Rossides of Cyprus for his contributions to disarmament and national security issues.

1,000 RUNNERS COMPLETE SRI CHINMOY UNICEF BENEFIT

TORONTO—More than 1,000 runners entered the Sri Chinmoy 10-kilometre run through the streets of Toronto on October 17. Proceeds from the race, held to commemorate the upcoming United Nations Day, were donated to UNICEF.

An article the following day in the *Toronto Star* by sports columnist Al Sokol had this to say:

"The Chinmoy events, from two-miles to marathons, are quite simply the best-run races in Canada with split times and water available at each mile and usually a vegetarian treat supplied after the finish. No effort, however subtle, is made to secure converts among the race entrants."

MEDITATION CONCLUDES YOGA TEACHERS' CONFERENCE

SAN JUAN—Sri Chinmoy gave the closing meditation at the annual congress of the International Yoga Teachers' Association on November 20.

A meditation and a concert by the Master concluded the week-long event held this year at Teatro Tapia in old San Juan.

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The world's tallest mobile man, Erhard Weller of West Germany, shakes hands with Sri Chinmoy at the Impossibility-Challenger Games in Zürich. Sri Chinmoy wrote a song about Weller, called "I Love the Tallest Man."

DEFYING THE IMPOSSIBLE

ZÜRICH—Sixteen new world records were set at the first Impossibility-Challenger Games held here November 5-6 by the Sri Chinmoy Marathon Team.

The games brought together world record holders and persons with unusual talents from several countries for a series of demonstrations, competitions and attempts at self-transcendence.

Inspiration behind the event was Sri Chinmoy, whose spiritual philosophy is centered around the idea of inner and outer self-transcendence—in all fields of endeavour.

Among the key events: a Swiss woodcarver who balanced a heavy golfing umbrella on his nose for over two and a half hours; a fashion designer who wove an eight-foot-long scarf in 90 minutes; a Swiss juggler who kept five rings aloft for 88 seconds and a man who kept a soccer ball in the air an hour, tapping it on his toes more than 19,000 times.

Also on hand were the world's tallest mobile man (nearly 7 feet 10 inches tall) and the world's smallest unicycle, which took its builder six months to learn how to ride.

NEW YEAR'S MESSAGE

The New Year's Meditation for the public was held on December 12 at Washington Irving High School in Manhattan.

At the end of the meditation, Sri Chinmoy delivered his message for the new year:

"The year 1983 will be the year of the seeker's glory: glory within, glory without, glory illumining, glory abiding—a oneness-glory between the self-giving seeker and his life-transforming God.

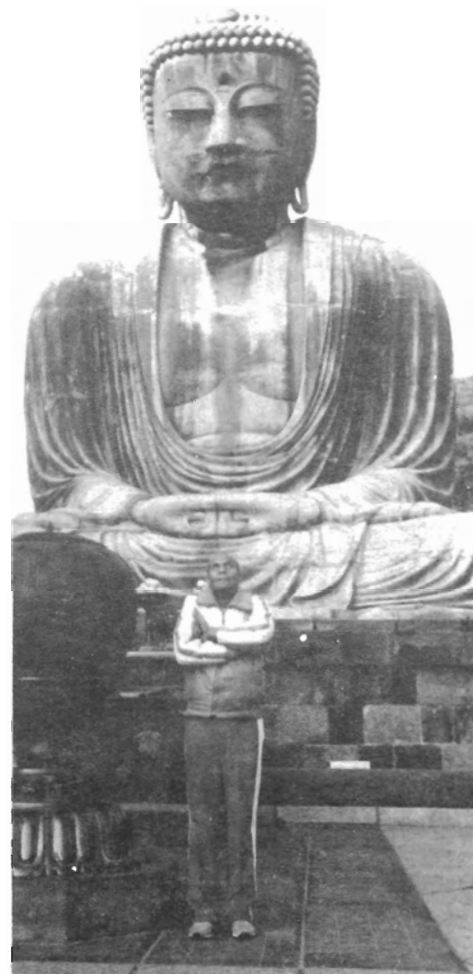


Sri Chinmoy meditating at the site of the atomic bomb blast in Hiroshima.

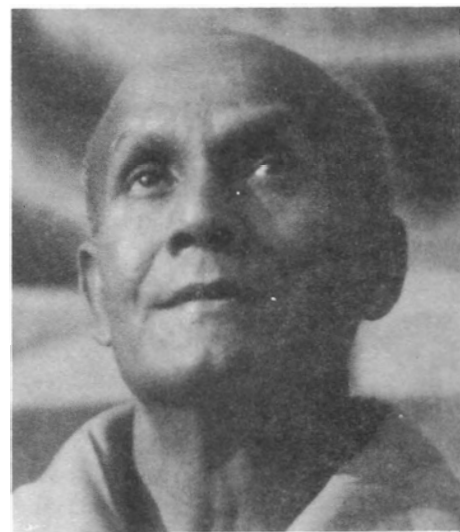
JOSEPH PAPP PRESENTS . . .

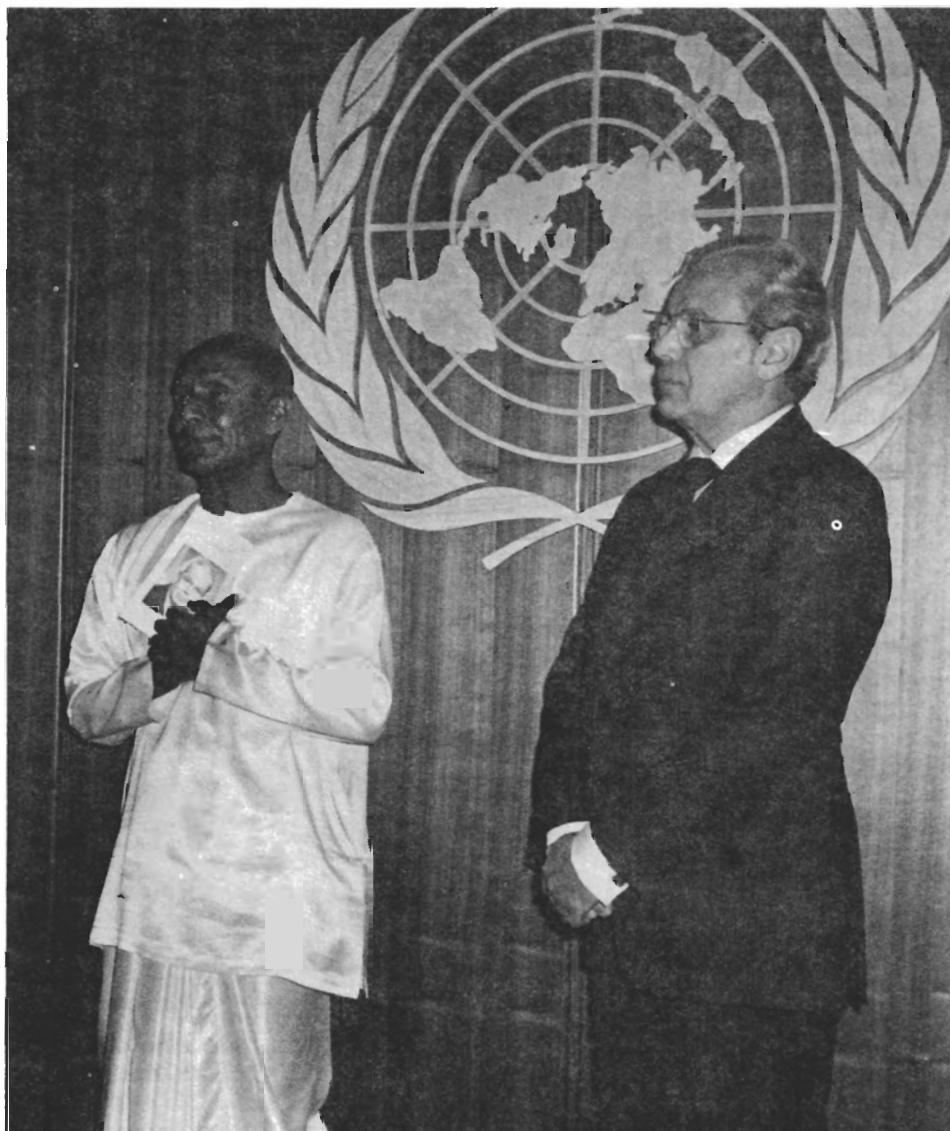
NEW YORK—Sri Chinmoy read from his own works in a poetry reading sponsored by theatrical producer (New York Shakespeare Festival) Joseph Papp on October 11. The programme also included readings from the works of Tagore by Sri Chinmoy's students.

The event was part of a series of poetry readings held at the city-owned Public Theatre in Manhattan.



Sri Chinmoy meditates in front of the great Buddha statue at Kamakura, Japan, on December 20. The Master was so moved by his experience there that he composed a song about the Buddha and asked his disciples to sing it, with folded hands, in front of the shrine.





Meditating with U.N. Secretary-General Javier Perez de Cuellar.

LEADER OF U.N. MEETS U.N. MEDITATION LEADER

UNITED NATIONS—The Secretary-General of the United Nations took a few moments out from his life of political hubbub January 13 to enter into the world of silence.

Secretary-General Javier Perez de Cuellar met in his private office with the leader of meditation at the United Nations, Sri Chinmoy. The two meditated together and discussed the spiritual side to world affairs.

Moved by the meditation, de Cuellar told Sri Chinmoy: "You concentrate on the truth and ideals which unite all mankind: the longing for peace, the need for compassion, the search for tolerance and understanding among men and women of all nations."

Sri Chinmoy told the Secretary-General, "In you we see a man of silence, and the life of silence is infinitely more powerful than the life of sound."

The U.N. leader responded: "But we have to be careful, for it is the men of sound who are trying to destroy us."

During the meeting Sri Chinmoy presented de Cuellar with a birthday cake in honour of the Secretary-General's upcoming 63rd birthday.

"You're making me six days older," the Secretary-General quipped.

The spiritual leader also presented de Cuellar with a plaque, and the Meditation Group singers sang a song that Sri Chinmoy had composed in de Cuellar's honour.

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CONCERT SERIES IN JAPAN

Sri Chinmoy and his students gave a series of concerts throughout Japan in December and early January during a two and a half week spiritual holiday there.

Concerts were held in Kyoto on December 19, in Tokyo on the 21st, in Naha (Okinawa) on January 4 and in Nago (Okinawa) on January 5. The Mayor of Nago greeted Sri Chinmoy at the concert in his city and presented the singers with gifts.

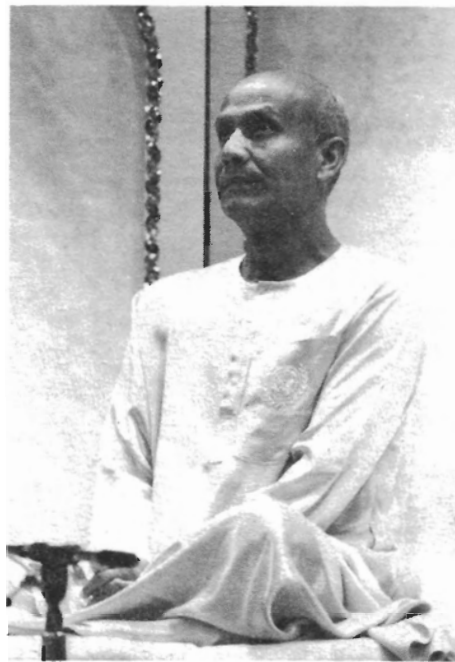
The trip included special meditations for peace, on December 24 and 25 respectively, at the spots where the atomic bomb dropped in Hiroshima and Nagasaki. Sri Chinmoy also composed songs about both cities, which were sung by his disciples during the meditations.

During the trip, the Master wrote 1,500 poems for his "Ten Thousand Flower-Flames" series, composed 25 songs, dictated 12 short stories and held 100 meditation sessions for the disciples.

TALK OF PARSONS BLVD.

Guru composed 15 Bengali devotional songs, called *Bhajans*, which a group of girls sang continuously for nine hours on September 11 as part of a devotional celebration. . . . On September 27, Guru offered his *Gratitude Day message*, which he had also set tune to. Its words: "I have received infinitely more illumination from my gratitude-heart to my tender, sweet, loving and smiling children than from all the nice things that I have faithfully and soulfully done for them in this life—Madal the name, C.K.G. the life, Sri Chinmoy the heart, Guru the soul."

Inspired by record-breaking feats disciples performed during Guru's birthday, several Parisian disciples made their own efforts at self-transcendence. *Roger* played chess for 100 hours, setting a world record. For 51 hours, *Veronique* embroidered, *Juliette* copied Guru's songs, *Francois* sang Guru's songs, *Thierry* wrote "my Beloved Supreme", *Joelle* did drawings, *Philippe* remained in the half-lotus position and *Haridas* wrote poetry (135 poems). Other events: *Alain* ran on one foot for seven hours



New Year's Meditation in New York.

non-stop, *Jean* and *Martine* typed Guru's writings for 31 hours, *Manuel* played Guru's music on the violin for 31 hours, *Jean-Claude* bicycled the 350 miles from Paris to Belfort in 27 hours non-stop, and *Yvonne-Marie* remained completely silent for 130 hours. . . . In Cologne, *Archana* set a different kind of record by postering non-stop for 51 hours on October 16-17. . . . *Peter Ebner* set a record in the Impossibility-Challenger Games in Zurich by remaining in the Yoga Nidrasana posture for 19 minutes 30 seconds. . . . And *Janaka* has won the prestigious Thames Television Award for Young Playwrights. . . .

Guru met with *Vice-President Illueca* of Panama at the Panamanian Mission in New York on October 7. . . . A programme commemorating the anniversary of Gandhi's birth was held by the Meditation Group on October 29. . . .

A 10-Kilometre race held in Geneva to celebrate the 37th anniversary of the United Nations has won the support of U.N. Directors, who asked that it be repeated again next year. The Deputy to the Director-General of the U.N. in Geneva was on hand to give out the prizes. . . . In London, U.N. Day was celebrated by a 37-mile relay which was started by *Colin Welland*, who wrote the screenplay for the film "Chariots of

Fire" . . . New York area disciples packed all the lunches for the 14,000 runners in the *New York City Marathon* on October 24 and then cleaned up Central Park at the end of the race as a service to the New York Road Runners Club. . . . Running author and track coach *Mike Spino* visited Guru at Progress-Promise on December 2. . . .

On October 17 disciples from *Victoria, B.C.*, built a shrine in the Canadian Rockies and placed a time capsule there containing a photograph of Guru and several of his works. The time capsule is to be opened on the 151st anniversary of Guru's birth in the year 2082. . . . Guru gave a concert in Zürich during his November visit and one in Queens for the Indian community on January 29. . . .

A 50-course-meal was cooked on December 7 to celebrate Guru's completion of the first 50 volumes of his 100-volume "Flower-Flames" series. *Nilima* took top honours that day in a contest involving memorizing one poem from each of the books. . . . Three days earlier *Guru* had recited by heart one poem from each of the 50 books and told from memory what was on the cover of each of the books. . . . On December 9 workers from the press and compugraphic offered a 31-course meal to celebrate the publication of Guru's "My Heart's Thirty-One Sacred Secrets," the first in a series. . . . When *Guru* visited the *Nagasaki Memorial* on December 24, he wrote in the visitor's book: "The illumining new dawn. The fulfilling new peace" . . .

MARATHON FEVER

Sri Chinmoy completed five marathons in the last two and a half months of 1982.

He ran the New York City marathon on October 24, the Sri Chinmoy Marathon in Zürich on November 7, the Jersey Shore Marathon on November 14, the Sri Chinmoy Marathon in San Juan on December 5 and the Sri Chinmoy Marathon in Okinawa on December 31. The Okinawa marathon was his 17th to date.

And to start the new year off on the right foot, he ran the Orange Bowl marathon in Miami on January 22.



GURU OF RUNNING MEETS RUNNING GURU

TOKYO—Japan's revered Guru of running, Kiyoshi Nakamura, met with America's running Guru on December 21, and the two found they had a lot in common.

The 67-year-old Japanese coach, whose running philosophy has influenced a whole generation of Japanese athletes, including his most famous student—Boston Marathon winner Toshihiko Seko—has transformed running into a spiritual discipline.

"Our aim is to combine the body and the spirit," he told Sri Chinmoy. "I tell my runners before the start of each race, 'Remember, do your best and give the result to God's Hand.'"

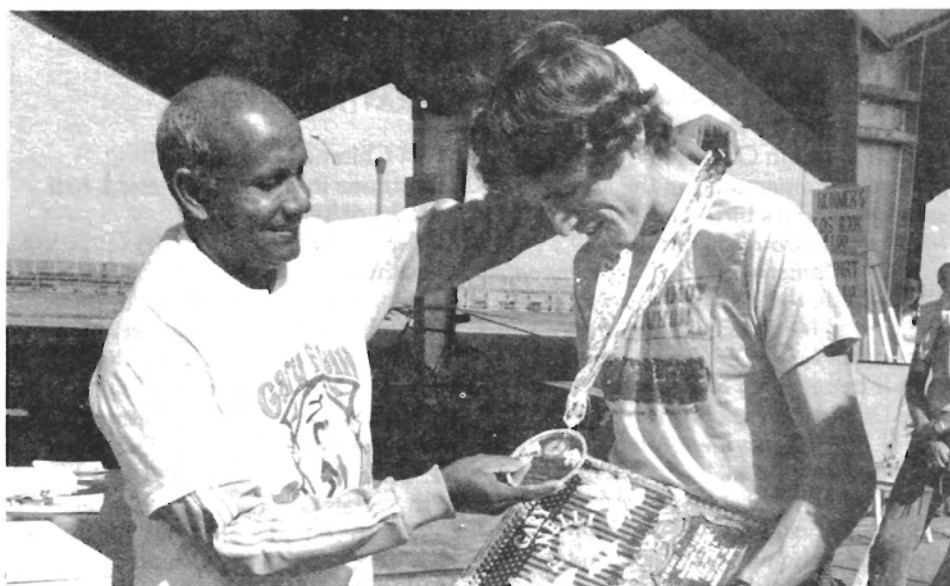
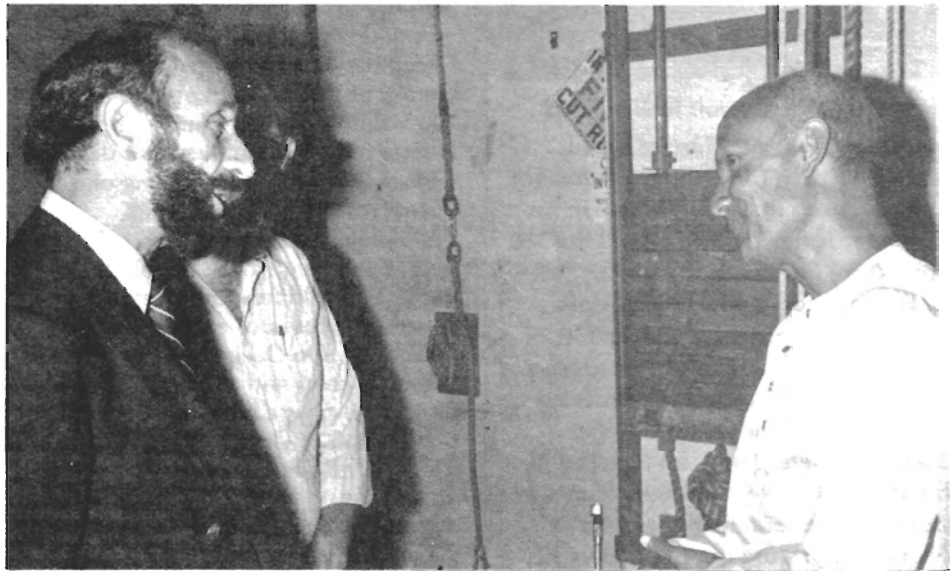
Sri Chinmoy encourages his students to express their spirituality, among other ways, through running and is also a runner himself.

Nakamura and Sri Chinmoy met in Tokyo's Jingu Gaien Park. During the meeting, the Sri Chinmoy singers sang a song to Nakamura which the Master had written in the Japanese coach's honour.

They discussed their respective running philosophies, and Nakamura expressed surprise that Sri Chinmoy's spiritual philosophy, as practised in America, was as strict as his own. "The idea that this very philosophy is being practised in New York is truly awesome," Nakamura told Sri Chinmoy. "It comes down to the fact that the world is very small."

Sri Chinmoy said: "It is because you have a beautiful flower inside yourself that you are able to see and feel the flower in others."

Deeply moved by his meeting with Sri Chinmoy, Nakamura came by the spiritual teacher's hotel the following day bringing gifts to Sri Chinmoy and his students. "It is most fortunate for the world that there is someone like Sri Chinmoy here," he declared.



Top, Nakamura discussing his running philosophy with Sri Chinmoy.

Center, talking running with Fred Lebow, president of the New York Road Runners Club.

Bottom, giving first-place medal to Gary Fanelli, who won the Sri Chinmoy Marathon on October 7.

Anahata Nada

"The Soundless Sound"

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Sri Chinmoy at a public meditation and concert.

INDIAN LEADERS PRESENT TRACK AND FIELD AWARDS

DELHI—Sri Chinmoy was among the Indian leaders—who included Prime Minister Indira Gandhi—presenting the prizes to winners of the Asian Veterans Athletics Championships held here the weekend of March 19.

The three-day series of track and field competitions, held in Delhi's Jawaharlal Nehru Stadium, drew masters athletes from the length and breadth of Asia.

Sri Chinmoy presented the awards to the winners of the 20-kilometre walk and the 400-metre dash on the final day of the meet.

TWO CONCERTS HIGHLIGHT VISIT TO CALIFORNIA

SAN FRANCISCO—Sri Chinmoy offered two public concerts here during his three-day visit to California in early March.

The first concert was held at the Berkeley campus of the University of California on March 2, followed two days later by a concert at San Francisco's Trinity Episcopal Church.

ROAD RUNNERS GIVE GURU SPECIAL SERVICE AWARD

NEW YORK—The New York Road Runners Club presented Sri Chinmoy with a special service award at its fourth annual awards dinner March 5.

In presenting Sri Chinmoy a silver bowl in recognition of his outstanding contribution to the running community, the Road Runners called him "a man who by his example has changed lives throughout the world."

SRI CHINMOY TENNIS CLASSIC DRAWS FUTURE SUPERSTARS

BROOKLYN, N.Y.—The Sri Chinmoy Tennis Classic for children under 10 was held April 15 to 17 at the Spring Creek Racquet Club here.

Melissa Hernando, 10, of Holmdel, New Jersey, who is currently ranked second in the East, won the girl's division, while nine-year-old Adam Mandell of Great Neck, New York, won in the boys' division.

The event is one of two ETA-sanctioned Sri Chinmoy Tennis Classics held annually in the New York area. The other, in August, is for men and women over 50.

INDIAN MASTER COMPLETES 19 YEARS IN AMERICA

Disciples of Sri Chinmoy held a 10-day celebration during April to commemorate the 19th anniversary of their teacher's arrival in the U.S. Events included a parade with floats, through Queens, where Sri Chinmoy lives, as well as a series of spiritual plays, musical performances, athletic events and meditations.

The public was invited to join in the celebrations at a special open meditation and concert by Sri Chinmoy and his disciples at Columbia University on April 16.

U.N. PEACE MEDITATION COMPLETES 13th YEAR

UNITED NATIONS—The meditation group that Sri Chinmoy has been leading since 1970 celebrated its 13th anniversary on April 14.

The group, originally called the 'United Nations Meditation Group' and later renamed 'Sri Chinmoy Meditation at the United Nations,' has been renamed once more. It is now officially known as 'Sri Chinmoy: The Peace Meditation at the United Nations.'

NEW YORK PUBLIC LIBRARY BECOMES GURU'S LATEST FAN

NEW YORK—The New York Public Library has ordered a complete set of Sri Chinmoy's writings and placed a standing order for all his future works.

Other large collection of the spiritual teacher's writings are on display at the Free library of Philadelphia (300 works), Brown University (100 works), Tokyo University (100 works), Yale Divinity School (50 works) and Columbia University (47 works).



Kanchan sets out on trans-Canada run.

SIPRA SPEAKS OUT WITH A FIERY TONGUE

BRISBANE, Australia—Sipra, a 39-year-old schoolteacher, has never been one to mince words, and when she decided to express her spiritual teacher's philosophy of self-transcendence on April 2, she set off a lot of sparks.

She set a new world record for fire-eating by "consuming" 7,095 burning sticks in two hours, breaking the previous record of 6,606.

"The mind is always limiting," explained Sipra, a disciple of Sri Chinmoy. "But when we get out and do something, we find we do have the capacity to transcend ourselves beyond that limit."

She was aided in her feat by the inner presence of her spiritual Master, Sri Chinmoy, whose photograph she frequently glanced at and whose music was playing on a small tape recorder. Also of help were the heaping spoonfuls of ice cream fellow-disciples handed her whenever she burned her tongue.

Sipra did the fire-eating in honour of the upcoming anniversary of Sri Chinmoy's arrival in the West from his native India on April 13, 1964.

KANCHAN SETS OUT ON CROSS-CANADA RUN

VICTORIA, B.C.—A 36-year-old Ottawa music teacher left here on May 6 in a one-woman relay run across the Canadian continent.

When she arrives in Halifax, Nova Scotia, sometime this autumn, she will have set a new world distance record for women.

She is already a Canadian women's record holder in ultramarathoning, having completed more than 106 miles during a 24-hour race in 1982.

"After the 24-hour race I looked for a greater challenge, for another opportunity to transcend my previous records," she says, explaining that self-transcendence is a key element in the philosophy of her spiritual teacher, Sri Chinmoy. Her run is dedicated to Sri Chinmoy.

A member of the Sri Chinmoy Marathon Team, Kanchan is following in the footsteps of fellow team member Tarak Kauff, who last year completed a 9,000-mile solo run through America's 50 states.

MARATHONS & TRIATHLONS

A new state record was set at the Sri Chinmoy Inspiration Marathon in Hampton, New Hampshire, on February 6. Other Sri Chinmoy marathons were held in Montreal on March 6, in Ottawa on Easter Sunday (April 3), in Chicago on May 22 and in San Francisco on June 5.

Some 220 of Australia's top athletes competed in the March 13 Sri Chinmoy Triathlon in Adelaide, which is the country's largest and oldest triathlon. Other Sri Chinmoy triathlons were held near Melbourne, Australia, on February 20 and in San Juan, Puerto Rico, on May 22.

SRI CHINMOY TRIATHLON NAMED STATE EVENT

PROVIDENCE—The Rhode Island legislature passed a bill on May 13 naming the Sri Chinmoy Triathlon the official state triathlon.

The event, now in its fifth year, will be held again this August 7 in the vicinity of the University of Rhode Island.

IT'S GIVE AND TAKE DURING BOSTON VISIT

BOSTON—It was "give and take" for Sri Chinmoy during his visit to Boston in April. The Indian teacher gave a public concert and lecture at Harvard and took back home with him an award from Massachusetts Governor Michael Dukakis.

The public concert was held April 18 at Harvard University. The fol-

lowing morning Sri Chinmoy delivered a lecture on "Realisation" to Professor Eckel's "Topics in Indian Philosophy" class at Harvard Divinity School's Center for the Study of World Religions.

That same day he received the Governor's Paul Revere Patriot Award.



Representatives from several nations participate in the final lap of the Peace Walk honouring U.N. Charter Day.

PEACE WALK HONOURS U.N. CHARTER DAY

UNITED NATIONS—A two-day "peace walk" was held in the U.N. Gardens on June 23-24 to commemorate the 38th anniversary of the signing of the U.N. Charter.

In a relay fashion, walkers representing most of the 157 member countries made a single loop around a section of the North Garden in a silent, contemplative spirit in an eloquent testimonial to the universal desire for peace.

A copy of the Preamble to the U.N. Charter was carried by a member of each national "team" during its segment of the walk and passed to a member of the succeeding country as a baton is passed in a relay run.

At the concluding ceremonies, after a final international "lap" by walkers from several nations, the Preamble was presented to Assistant U.N. Secretary-General Robert Mueller, who accepted it on behalf of the Secretary-General.

The peace walk was sponsored by Sri Chinmoy: The Peace Meditation at the United Nations in cooperation with the Permanent Representatives from several member countries at the U.N.

CORBITT GETS AWARD FOR SPORTS AND SERVICE

The Sri Chinmoy Sports and Service Award was presented this year to Ted Corbitt, the man known as the "father of long-distance running in America."

The award, presented yearly since 1980, seeks to honour an athlete of courage and heroic will who has been a great inspiration to his fellow man because of his inner as well as outer qualities.

Sri Chinmoy presented Corbitt the award at a special sports dinner held June 21 in Annam Brahma restaurant. The Master also gave an award to Fred Lebow, president of the New York Road Runners, to commemorate his club's 25 years of service to the running community. Earlier, Sri Chinmoy had presented a special award to George Vallasi, the Club's director of ultramarathoning.

CONCERT FOR PEACE HELD AT U.N.

UNITED NATIONS—Sri Chinmoy and the members of Sri Chinmoy: The Peace Meditation at the United Nations presented a "Concert for Peace" in the Dag Hammarskjold Auditorium here on June 27.

The concert was a followup of the peace walk held the previous week in honour of the 38th anniversary of the signing of the U.N. Charter.

During the concert, the Delegates' Wives Meditation Group presented Sri Chinmoy its peace award for "13 years of dedicated service toward the establishment of peace on earth."

The award was presented by Mrs. Silwal, wife of the Ambassador to Nepal.

NEW CANADIAN RECORD SET IN SRI CHINMOY 50-MILER

VANCOUVER, B.C.—A new Canadian record was established in the Sri Chinmoy 50-mile race held here on March 27.

Ultramarathoner Al Howie broke the finish line in 5:35:12, breaking the former Canadian 50-mile record held by Steve King. King also ran in the Sri Chinmoy race, placing second.



Ted Corbitt, holding his sports and service award, meditates with Sri Chinmoy.



Eight-year-old Chuckie Eisele of Atco, New Jersey, shaved 25 seconds off the national record for his age category when he completed the Sri Chinmoy 10-mile race in Flushing Meadow Park on May 8 in 69 minutes 36 seconds.

DIPLOMATS AND TENNIS: A GAME OF LOVE

JAMAICA, N.Y.—Two deputy Permanent Representatives from the United Nations—Arthur De Silva of Sri Lanka and Yadab Silwal of the Kingdom of Nepal—visited Sri Chinmoy at his private tennis court here June 11, bringing their families along with them.

The Master played several games of tennis with them, which was followed by a short meditation and the singing of two songs he had composed honouring their respective countries. The morning ended with a meal at Annam Brahma.

Anahata Nada

TALK OF PARSONS BLVD.

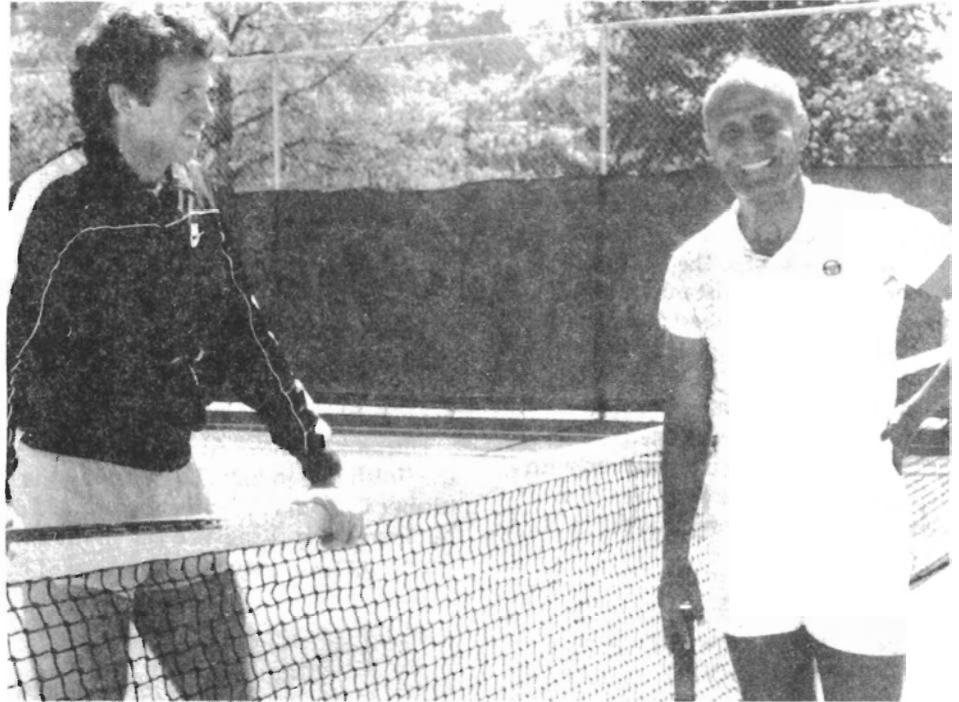
Bet McMurchy of the Victoria, B.C., Centre read aloud 16,375 poems from Guru's "Flower-Flames" series in a 100-hour marathon ending January 30 . . . Also in Victoria, *Karen Lansdowne* sang 51 of Guru's songs for 51 hours non-stop . . . Guru gave an *esraj concert* at P.S. 86 on February 17 to commemorate his seventh *esraj anniversary* . . . He also gave a special *concert for the Japanese community* at the Japanese School of New York in Fresh Meadows on March 1 . . . Guru ran the *Inspiration Marathon* in New Hampshire on February 6, a week after his 26.2-mile training run in Flushing Meadow Park. Then, two weeks later, on February 20, he completed a marathon-length training run in Long Island . . .

An 800-metre scenic walk in Victoria's beautiful Blue Bandenong Mountains in Australia has been officially named the *Sri Chinmoy Recreation Trail* . . . *Trishul* placed second in the Prospect Park 12-hour run on March 26, completing 76 1/2 miles, and placed first in the Sri Chinmoy Centre 12-hour walk on April 13 . . . *Evelyn Egger* of Los Angeles was first among the women in the 12-hour walk . . . the *Harvard-Radcliff Sri Chinmoy Meditation Group* sponsored a 347-mile relay run around the Harvard Yard and Harvard Law School Yard over the April 22 weekend to commemorate the university's 347th anniversary . . . A

three-man Sri Chinmoy Team, consisting of *Trishul*, *Arpan* and *James Sheridan* of Adelaide, placed first in the TAC 50-mile national championship in Central Park on May 22 . . . *Kripan* placed second in his age category in the Sri Chinmoy San Juan Triathlon on May 22, completing the mile swim, 26-mile cycling course and 10-mile run in four hours four min. . .

Guru won a total of 98 out of 104 games against rotating pairs of male disciples in a morning and afternoon tennis match on April 30 . . . World Class tennis stars *Ramesh Krishnan* of

India and *Nduka Odizor* of Nigeria visited Guru at his tennis court on May 4. *Odizor* played Guru a set. Two days later, *Jaime Fillol* of Chile, visited the court and played Guru two sets. The three players are among the top-ranked 100 in the world. . . *Lonnie Liston Smith's* "Dreams of Tomorrow" was ranked 58th, and Narada's "Looking at You, Looking at Me" was ranked 60th among black rhythm and blues albums by Billboard Magazine for the week of May 16.



Tennis star Jaime Fillol and Sri Chinmoy take a break after playing two sets.

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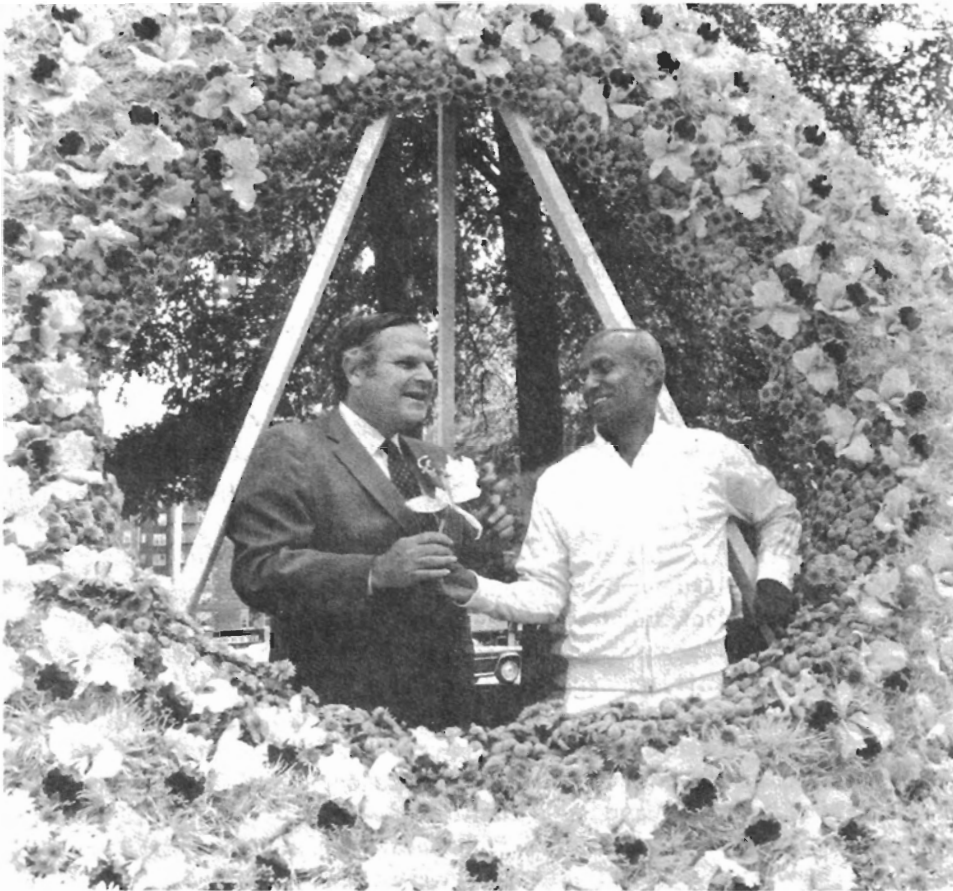
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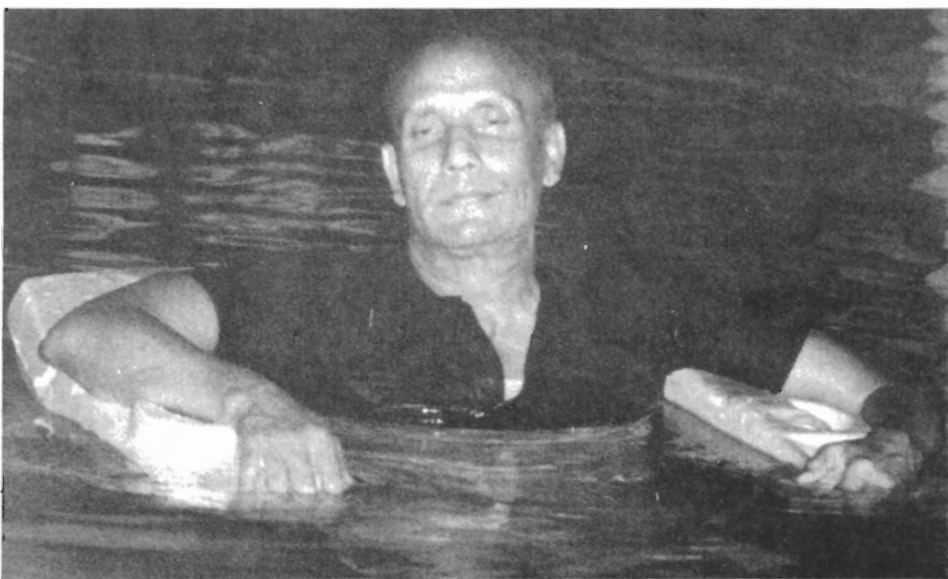
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Queensboro President Donald Manes stands alongside Sri Chinmoy inside the 10,000-flower wreath he presented the Master on July 11.



Meditating while floating in a swimming pool in a disciple's backyard.

POETRY MARATHON ENDS ... AND BEGINS ANEW

At 2:19 a.m. on July 3, Sri Chinmoy completed the final poem in his 10,000-poem series entitled "Ten Thousand Flower-Flames."

He had begun his poetry marathon on October 22, 1979, averaging approximately one poem every three hours for almost four years.

After resting a week, this poet of self-transcendence embarked on a new venture: a 27,000-poem series to be called "Twenty-Seven Thousand Aspiration-Plants." He wrote his first "Aspiration-Plant" on July 10 and by the end of the day had completed 16 more. The first 100-poem volume came out on August 27, which was Sri Chinmoy's birthday.

TWO-WEEK SPIRITUAL 'PARTY' MARKS GURU'S BIRTHDAY

JAMAICA, N.Y.—Disciples from around the world came here during August to wish their spiritual teacher a happy birthday. Sri Chinmoy turned 52 on August 27.

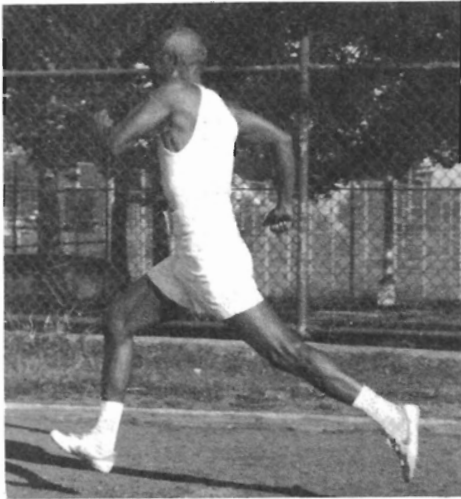
The two-week celebration included a public meditation and concert at Washington Irving High School in New York on August 9, as well as a series of plays and spiritual song fests, a parade, a circus and sports competitions.

SRI CHINMOY DAY PROCLAIMED IN VICTORIA

VICTORIA, B.C.—Mayor Peter Pollen of Victoria proclaimed July 31 as "Sri Chinmoy Day" in honour of the spiritual Master's visit.

Sri Chinmoy's visit coincided with the July 31 Sri Chinmoy Triathlon, and the Master gave out the prizes at the conclusion of the event.

The visit also included a public concert at the University of Victoria the evening of July 30.



Formerly a champion sprinter, Sri Chinmoy has taken up the sport again. Here he practises the 100-metre dash.



Jumping jack champion Kerry Howard.



Savyasachi rides over Ashrita with a steamroller during the Madal Circus.

To celebrate their teacher's completion of "Ten Thousand Flower-Flames," Sri Chinmoy's students carried out a number of spectacular, at times record-breaking, events of their own. Taken together, they show how a spiritual Master's act of self-transcendence can trigger similar efforts among his students around the world. Some of their more unusual feats are described below.

EVENTS OF CONCENTRATION

Remaining motionless—Perry Nicol of Adelaide remained motionless—except for blinking, swallowing and breathing—for 10 hours 35 minutes on July 9, setting a new record. The former record was 8 1/2 hours.

Milk bottle balancing—Ashrita of New York walked 24 miles around the Jamaica High School Track on July 10 while balancing a pint bottle of milk on his head. He set a new world record, besting the previous record by 1 1/2 miles. His walk lasted approximately six hours.

One-man concert—Darryl Hurst of Brisbane, Australia, gave a 60-hour concert from July 8-11. During his performance he rotated among 10 different instruments, playing at least three simultaneously at any one time. Darryl beat the old record for the longest one-man concert by 10 hours.

UNUSUAL OBJECTS

Longest banner—Ottawa disciples made a banner 1,300 feet long and four feet wide containing a congratulatory message to Sri Chinmoy for his completion of "Flower-Flames." The banner was record-sized, some 275 feet longer and three inches wider than any banner ever before made.

Largest drum—Bill Kozachek of New York made the world's largest and heaviest drum, measuring 15 feet 3 inches in diameter and weighing about 800 pounds. Disciples then beat on the drum 10,000 times with a mammoth-sized drumstick.

Giant wreath—Ashrita and Pahar constructed a wreath containing 10,000 flowers, which Queensboro President Donald Manes presented to Sri Chinmoy on July 11. The wreath stood 10 feet high and weighed 300 pounds.

CHANTING, MEDITATION AND YOGA

Chanting—Pravaha and Benny Durdoth of Freiberg and Matthias Knab and Roland Luther of Zurich chanted 'Supreme' in unison 10,000 times and, taking turns, bowed before a picture of the Transcendental after each chant.

—Several people chanted 'Supreme', 'Aum' or 'Gratitude' 10,000 times.

Meditation—In both Augsburg and Heidelberg, disciples meditated in shifts for 10,000 continuous minutes (nearly seven days).

—Kanchan of Ottawa meditated and sang the "Invocation" for eight continuous hours.

Yoga—Peter Ebner of Zurich did 1,000 Sun-Salutations, each consisting of 12 separate movements, over a six-hour period.

—Helmut Raabe of Heidelberg dropped down on one knee, with folded hands, 5,840 times before a picture of the Transcendental. It took him just under eight hours.

POSTERING

—Horscht Kruppenbacher of Heidelberg single-handedly postered for 10,000 minutes over a 10-day period.

—Nine people from the Cologne Centre took turns postering for 10,000 continuous minutes. Posters announced a spiritual week of meditation, music, theatre and lectures coming up.

CHINMOY'S "FLOWER-FLAMES"

ATHLETIC EVENTS

Jumping jacks—Kerry Howard of Brisbane set a new world record on July 19 by completing 18,510 jumping jacks on a miniature trampoline (rebound exerciser) in four hours. The previous record was 18,300 jumps in four and a half hours.

—Steve Hummel, David Rosenberg and Ed Mellinger of Boston together completed 10,000 normal jumping jacks.

Skateboarding—David Frank of Toronto set a new record by skateboarding 240 miles in 31 hours on July 2-3. The former record was 217.3 miles in 30 1/2 hours.

Cartwheels—Shikha, Sutikhna and Silvia Corda of Zurich together did 10,000 cartwheels over a 19-hour period.

Cycling—Manjul of Phoenix cycled backwards for 10 miles. He also did one mile of wheelies, 1,000 kick-outs and 70 trick jumps.

Swimming—Christian Burri of Zurich swam 27 kilometres in 13 1/2 hours.

—Sunil, Shraddha, Shikhar, Rudra, Prabhir, Adhiratha, Arpan, Bhima, Kripan and Michael Brisson swam 10 kilometres each.

Running—Kripan of Boston ran 10 kilometres ten times on a single day (July 14).

—Kaivalya of London ran from London to Brighton and back, a distance of 100 miles, over a 34 1/2 hour period on July 9-10. Three other London men ran part way.

—Rene Beauvais and Jean-Claude Chaumerliac of Paris ran 10 kilometres backwards.

Walking—Marlies Ehrenberg of Vancouver walked 51 1/2 miles in 27 hours.

Step climbing—Prasannata of Vancouver climbed up and down a total of 10,000 steps. She chanted 'Supreme' on each step and recited one "Flower-Flame" poem after each 100 steps.

—Sanyogita of Phoenix, Arizona, climbed up and down 10,000 steps.

Jump rope—Andira of Phoenix skipped rope 10,000 times around the track at Arizona State University, completing 10 miles.

Pullups—Pat Liske of Seattle did 10,000 pullups (in which the palms face outward) over a 6 1/2 week period, completing as many as 500 a day.

Tennis—Members of the San Diego Centre played a rotating tennis match consisting of 10,000 points over a two-week period (not continuous).

Netball—Two women's teams with members from Scotland, England and France played 20 hours of netball.

Rhon wheel—Kailash of Zurich did 1,000 turns on the Rhon wheel, a metal wheel about seven feet in diameter, with hand and foot grips that allow a person to be suspended inside.

Roller skating—Chetana, Lavanya, Anjali and Gitika of New York and Nandita of Seattle each roller skated 50 miles.

MISCELLANEOUS

Cookie baking—Members of the Halifax Centre baked 10,000 oatmeal and raisin cookies in Satisfaction-Feast Restaurant and distributed them free of charge.

Flowers—Indu, Barbara Siegwandt and Silja Muischnek of Zurich made 10,000 paper flowers. It took them 36 hours.

—Thomas Voelckner of Munich picked 10,000 flowers which were used in a floral arrangement during a public concert.

Balloons—Disciples in Switzerland, Germany, England, Scotland, France and Norway simultaneously released some 7,000 helium balloons, each containing a "Flower-Flame" poem, from cities in their respective countries.

—Disciples in Phoenix released 1,000 balloons, each carrying 10 "Flower-Flame" poems.

LECTURING AND READING

Lecturing—Sipra of Adelaide delivered the world's longest lecture—a 60-hour talk on Sri Chinmoy's poetry and philosophy on July 8-10, besting the previous record by 30 minutes.

Poetry reading—Louise Henry of New York and Pidgeon Cunningham of Adelaide took turns reading "Flower-Flames" for 52 hours non-stop.

—Fifty New York area women simultaneously read out two different volumes from the 100-volume "Flower-Flame" series at Illumination-Ground (the tennis court).

WRITING

Mantric writing—Several people wrote out 'Guru' or 'C.K.G.', the initials to Sri Chinmoy's full name, 10,000 times.

Poetry writing—Willie Stephens of Providence, Rhode Island, copied "Flower-Flame" poems in calligraphy for 52 hours.

—Irene Pipes of Phoenix typed out 1,000 "Flower-Flame" poems.

Letters-to-the-editor—Vidagdha of Melbourne wrote the longest letter-to-the-editor in the world, a 23,701-word review of "Flower-Flames."



Darryl Hurst setting a new record by giving a 60-hour one-man concert.

Anahata Nada

STUDENTS OF GURU SET THREE NATIONAL RECORDS

Students of Sri Chinmoy have set three national records in ultramarathoning.

Trishul Cherns set a new Canadian record by completing 445 miles in the six-day New York Road Runners Club race held July 4-10 at Randall's Island, New York. He placed sixth overall in the event.

Iiona Kallai set a new U.S. woman's record for her age category (50-55 years old) by completing 81 1/4 miles in the Sri Chinmoy 24-Hour Race held July 2-3 in Ottawa.

Dipali Cunningham broke the Australian woman's record for the 50-miler when she ran 50 miles in 7 hours 2 minutes on August 27-28.

After completing the annual Sri Chinmoy 47-miler in Jamaica, New York, in 6 hours 30 minutes (placing first among the women), she had left the track when someone told her she had a chance at cracking the 50-mile record. So she returned to the course and completed another three miles.

MARATHONS & TRIATHLONS

More than 300 participants entered the Sri Chinmoy marathons in Germany and Australia this summer. The Augsburg Marathon was held on July 10 and the Melbourne Marathon came

on August 7. There was also a smaller Sri Chinmoy Marathon in Freiburg, Germany on May 29.

The Sri Chinmoy Triathlon in Victoria, B.C. on July 31 drew more than 700 participants. Now in its fourth year, it is the largest and oldest triathlon in Canada. It consisted of a mile-long swim, 22 miles of cycling and a six-mile run.

Some 400 participants began the Sri Chinmoy Triathlon in Westerly, Rhode Island, on August 7. Now in its fifth year, it is the official triathlon of the state. It consisted of a 1.5-mile swim, 60-mile cycling course and 15-mile run.

The first Sri Chinmoy Triathlon in Quebec was held June 25 in cooperation with the City of Montreal. It included a 2-kilometre swim, 25-kilometre cycling course and 20-kilometre run.

TALK OF PARSONS BLVD.

Guru inaugurated the *meditation-garden* at Annam Brahma restaurant on June 9 . . . Four-time world *artistic-cycling champion* Franz Kratochvil gave a special performance for Guru and the disciples at circus practice in July . . . The *Sri Chinmoy Marathon Team* did all the scoring throughout the six-day race held by the New York Road Runners Club July 4-10 at Randall's Island. *James Sheridan* of Aus-

tralia and *Trishul* were among those running . . . Guru set *music* to his 10,000th "Flower-Flame" poem on July 5 and to his first "Aspiration-Plant" poem on July 20 . . . British disciples gave a performance of Guru's play, "The Son," at the United Nations on August 16 . . .

Ranjana won the Sports Day competitions for her 13th consecutive year on August 25. *Bhashwar* came in first among the men . . . *Heinz Heer* of Zurich placed first in the Sri Chinmoy 47-mile run held August 27 with a time of 5:55:52, defeating *Arpan* in a closely contested finish by two seconds . . . Officials of *Ipswich*, England, impressed with the popularity of Sri Chinmoy races in the area, have asked the Sri Chinmoy running team there to help organize the city's first marathon to be held September 4.

BROWN WINS TENNIS CLASSIC

BROOKLYN, N. Y.—Elliott Brown, 52, ranked 14th in the ETA for his age group, won the Sri Chinmoy Tennis Classic for men over 50 held here August 20-21.

HOWIE WINS 24-HOUR RACE

OTTAWA—Al Howie of Victoria, the Canadian record-holder, won the third annual Sri Chinmoy 24-Hour Race held here July 2-3. He completed 128 miles.

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"The Soundless Sound"

Volume 10

Volume 10 September-November 1983



Sri Chinmoy presents Prime Minister Indira Gandhi with a bouquet of flowers (left) and chats with Foreign Minister Narasimha Rao (right) while meeting the two Indian leaders at their New York hotel on October 2.

SPIRITUAL MASTER MEETS PRIME MINISTER GANDHI

NEW YORK—After a busy week of politics, Indian Prime Minister Indira Gandhi had a moment of peace when she met the leader of peace meditations at the United Nations, Sri Chinmoy, on October 2.

The choir of The Peace Meditation at the United Nations greeted Mrs. Gandhi with a song Sri Chinmoy had composed in her honour and presented her with a cake decorated with her picture.

MARATHON OF GRATITUDE COVERS 300 MILES

SAN JUAN, P.R.—With a send-off by San Juan Mayor Hernan Padilla, two of Sri Chinmoy's students ran around the entire island of Puerto Rico—to express their gratitude at the fact that the World Masters Games were being held on the island and that their Master had been invited to give the opening meditation there.

Taking turns running 20-mile shifts, Shubhra and Saraswati began their "Marathon of Gratitude" on September 22 and ended seven days later. The two women covered some 300 miles.

SILENT MEDITATION OPENS WORLD MASTERS GAMES

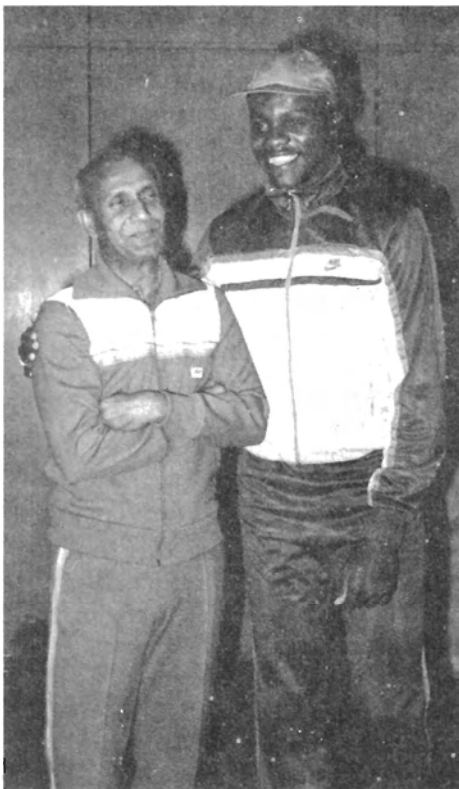
SAN JUAN, P.R.—The V World Masters Games held this year in Puerto Rico were officially opened September 24 with a silent meditation by Sri Chinmoy.

The Master then gave this message: "Peace! Our beloved Island Puerto Rico is offering her supremely beautiful and soulful oneness-home, oneness-home, to the entire world. Victory to Puerto Rico. Peace!"

The opening ceremonies at the Hiram Bithorn Stadium also included a performance by Sri Chinmoy's students of a song their teacher had composed for the occasion, "World Masters Games," as well as the official song of the city of San Juan.

GURU GETS SPORTS AWARD

SAN JUAN, P.R.—The President of the Central American and Caribbean Masters Association, Antonio Espinosa Briceno of Venezuela, presented Sri Chinmoy with the Simon Bolivar Medal on September 27 in recognition of his contribution to sports.



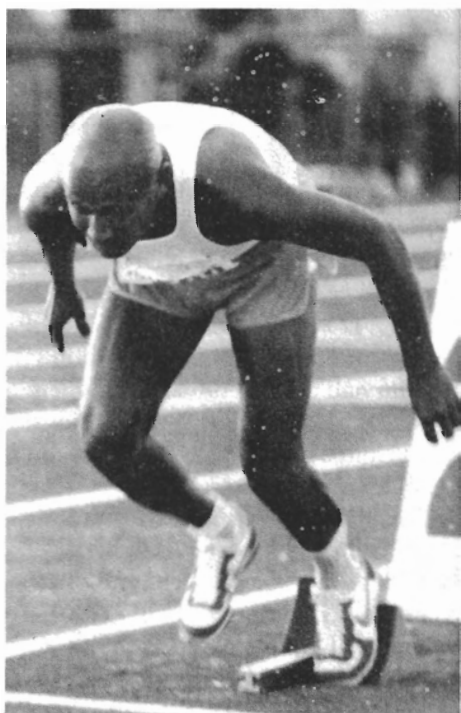
World champion track and field athlete Carl Lewis visited Sri Chinmoy the weekend of November 26-27, attending meditation with the Master and acting in one of his plays. He also coached Sri Chinmoy in his running.

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GURU SUPPORTS GAMES WITH BODY AND SOUL

SAN JUAN, P.R.—America's sports Guru, Sri Chinmoy, ran in three events at the World Masters Games here and also offered a special concert for the participating athletes.

He also held a concert for the athletes on September 26 and presented the original score of his "World Masters Games" song to a representative of the Mayor of San Juan. There was also a public meditation and concert two days later.



Sri Chinmoy ran his best times since his ashram days at the World Masters Games, completing the 100, 200 and 400 metre sprints in 14:48, 31:40 and 72:66, respectively.

MEDITATION FOR ARYA SAMAJ

FLUSHING, N.Y.—Arya Samaj, the cultural society involved in Indian social reform, invited Sri Chinmoy to hold a meditation October 30 in Flushing's Hindu Temple at a celebration honouring the centenary of its founder's birth. The Master's disciples also sang several songs, including one he had composed about Maharshi Dayananda, the cultural society's founder.



Former Indian Defense Minister Chandra Pratap Narian Singh visited Sri Chinmoy on November 9 and was feted with a programme of spiritual music and song. Here Sri Chinmoy presents him with a bowl of fruit.

700-MILE RELAY RUN HONOURS U.N. DAY

Ten runners from the Sri Chinmoy Marathon Team in California embarked on a nearly 700-mile relay run from Sacramento to San Diego to celebrate the 38th anniversary of the founding of the United Nations.

Averaging 100 miles a day, the group left the state capital on October 17 and ended seven days later.

San Francisco, one of the cities along their itinerary, honoured the runners by proclaiming September 17—the day they passed through town—as "Sri Chinmoy Day."

The runners were George McKeever, Mahiyan, Kent Mursinna and David Morrison of San Diego; Ranganath and Tom Scheaffer of Santa Barbara; Rick De Angelo and Joe Kracht of San Jose, and Anugata and Bansidhar of San Francisco.

KANCHAN COMPLETES RECORD-BREAKING TRANS-CANADA RUN



Kanchan nearing the end of her run.

HALIFAX, N.S.—Preceded by a police motorcade, Kanchan ran the final few miles to the Atlantic Ocean on November 29, becoming the first woman ever to run across Canada.

Her journey "from sea to sea"—stretching some 4,200 miles and lasting nearly seven months—was the longest distance ever run by a woman.

A 37-year-old music teacher from Ottawa, Kanchan embarked on her run to dramatize the philosophy of self-transcendence taught by her spiritual teacher, Sri Chinmoy.

Kanchan left Victoria, B.C. on May 6 accompanied by Bet McMurchy of Victoria and Cathy Fleming of Toronto, who served as her helpers.

Her route took her over the towering Rocky Mountains and across the hot and windy Canadian prairies—through tornadoes, heat waves, torrential rain and even an early snow storm.



A Bavarian tree climber demonstrates his skill at the Impossibility-Challenger Games in Zurich.

3,800 BALLOONS RELEASED TO MARK 38TH U.N. BIRTHDAY

UNITED NATIONS—Some 3,800 balloons were released from the United Nations visitors' plaza on October 28 to celebrate the 38th anniversary of the founding of the U.N.

The event, sponsored by The Peace Meditation at the United Nations, was opened with a short meditation by Sri Chinmoy. Afterwards, he said: "U.N. Day is the supreme victory of humanity's colossal oneness-dream . . .

U.N. Day has only a Heaven-free heart, a heart of oneness in a fulness-home where the Lord's Peace, Light and Delight in infinite measure reign supreme."

The President of the General Assembly, Jorge Illueca, then addressed the crowd and thanked the meditation group "for reminding us in so many ways, on so many occasions, of the need to pray for peace, to meditate for peace, to work for peace, to make peace a reality in our daily life."

At right, Jorge Illueca, President of the U.N. General Assembly, and Sri Chinmoy watch the release of 3,800 balloons during a Meditation Group programme commemorating U.N. Day.

28 WORLD RECORDS SET IN INTERNATIONAL MEET

ZURICH—More than 100 participants from all over Europe came here the weekend of October 7-8 to attempt new world records at the second annual Impossibility-Challenger Games sponsored by the Sri Chinmoy Marathon Team.

New records were set in football juggling, pole climbing, unicycling, stone lifting, handstand balancing and other categories—a total of 28 first-time-ever feats in all.

Among the record setters was Peter Ebner of the Zurich Centre, who remained in the nidrasana hatha yoga posture—with his legs tucked behind his neck—for 20 minutes.

Sri Chinmoy, the inspiration behind the Games, opened the two-day event with a silent meditation.

Several world-class athletes came to the Games to meet Sri Chinmoy and receive from him a copy of a new sports book edited by Abarita, one of his students.

Participants included world champions Peter Muller (world cup ski racing), Walter Steiner (ski jumping), Yvonne Reynders (cycling) and Ruth Schumann (trampoline), and Olympic gold medal winners Jean Wicki (bobsledding), Gaston Reiff (5000 metres), Annegret Richter (sprinting) and Toni Innauer (ski jumping).



"RUNNING GURU" RUNS AFTER TROUBLE

JAMAICA, N.Y.—Sri Chinmoy, the Indian spiritual Master who likes to run marathons, ran after trouble recently—and chased it away.

While practising sprinting and hill work near his home shortly before dawn on October 14, he heard a voice cry out in the darkness, "Mister, help me, help me!" A woman up the block was having her purse snatched by a man with a gun.

Though he's more likely to be found in contemplative silence at the United Nations, where he holds meditations for delegates and staff, the 52-year-old spiritual Master didn't blink an eye. He just sprinted up the block toward the trouble.

The purse snatcher, startled by Sri Chinmoy's sudden charge, quickly disappeared into the night—empty-handed.

"Mister, you have saved me," the woman shouted, waving her two large purses at him. She explained she was planning to make a bank deposit later that day and had been carrying a lot of money with her.

Still trembling, she reached into the sea of cash and pulled out a \$20-bill to give to her saviour. But the spiritual Master, with a smile, politely declined.

"Mister, you have to wait with me until the bus comes," she demanded, and the Guru gladly complied.

"Have you ever heard of Sri Chinmoy?" he asked, with a twinkle in his eye.

No, the woman hadn't.

"What about 'Guru'?"

"Oh yes, everybody in the neighbourhood knows Guru."

Sri Chinmoy gave her a big smile. She was on the verge of recognising this spiritual celebrity when her bus pulled up and she jumped in.

"Mister, you saved me. You're a very nice guy," she said over her shoulder.

The Guru, who usually gets more deferential treatment, just smiled and smiled and continued his run.

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TALK OF PARSONS BLVD.

Malati took first place in the United Nations Tennis Club's Ladies Singles Championship on September 18 . . . *Shelley Makielski* of the Phoenix Centre rode her bicycle for 24 hours non-stop to commemorate the fourth anniversary of Guru's first "Flower-Flame" poem . . . Guru's poem "Why Explain?" has been published in the autumn issue of the *Arizona Quarterly* . . . *Bhavani* presented a selection of Guru's books to *Sir Richard Attenborough*, director of the motion picture "Gandhi," at a programme honouring the film director at the London Vidya Bhavan on October 15 . . .

The Song-Waves Choir performed three cantatas, based on *Haridas'* arrangement of Guru's music, at *Carnegie Recital Hall* on September 15. The Hiroshima/Nagasaki, Leonard Bernstein and Jharna-Kala cantatas had also been performed two days earlier at a special *United Nations concert* . . . *Akasha*, the Swedish girls' music group, went on a concert tour October 11-18 that took them to seven French cities and one German city—a distance of some 2,500 miles—in eight days . . .

While in Puerto Rico during the last week of September, Guru met with many dignitaries from the World

Veterans Athletics Association (WAVA), sponsor of the San Juan Games. Joining Guru for lunch or dinner at the San Juan Centre at various times were: Milka Singh ("The Flying Sikh"), General Secretary of the *Indian Veterans Association*; Willem Theodorus Sigar, General Secretary of the *Asian Veterans Athletic Association*; Don Farquharson, President of the *WAVA Executive Council* and the man in charge of the Puerto Rican Games, and Cesare Becalli of Italy, President of the *European Masters Association* . . . Guru also received a visit from *Mikio Oda*, Olympic gold medal winner from Japan and *Nakamura's* running coach . . . *Payton Jordan*, who set a new world record for the 100-metre dash in the Games, was Guru's guest several evenings.

Former Puerto Rican Governor *Hernandez Colon* came to the Centre for lunch on September 27. Colon, who will be seeking re-election, told Guru: "This time I'm going to win for you." Former Governor *Luis Ferre* came for dinner two days later and gave an impromptu concert for Guru and his disciples . . . *Juan Albors*, former Puerto Rican Secretary of State, lost two sets of tennis to Guru on September 30. It was worth it, though, for as he told Guru, "Nothing is more important to me than to be in your presence" . . . Members of the *Puerto Rican Centre*,

assisted by *Abadh* of Halifax, painted a mural in honour of the Games on a wall facing one of the city's major highways . . .

Sanyogita has been elected one of three vice-chairpersons of the Arizona TAC (The Athletic Club) . . . *Sri Chinmoy Marathons* were held in Plainsboro, New Jersey, on September 10; in Flushing Meadow Park, Queens, on October 8, and in Zurich in early November . . . A *Sri Chinmoy Triathlon* was held in Halifax in early September and *Sri Chinmoy 24-Hour Runs* were held in Queens on September 24-25, in Scotland on October 29-30 and in Adelaide, Australia on November 5-6. The *Sri Chinmoy 70-Miler* was held November 6 in Flushing Meadow Park, New York . . . As an offering to the running community, disciples packed the 16,000 lunches distributed at the New York City Marathon on October 23 and took charge of the entire Central Park cleanup at the end of the race. They also assisted at the starting line . . . The *Sri Chinmoy Recreation Trail* just outside Melbourne, Australia, in the Dandenong Ranges was officially opened October 8 . . . Fifteen days later the *Sri Chinmoy 10-Kilometre Running Trail* was officially opened in Canberra, Australia . . . Former Agriculture Secretary *Freeman* spoke at a Kennedy Memorial Nov. 21 hosted by the U.N. Meditation Group.

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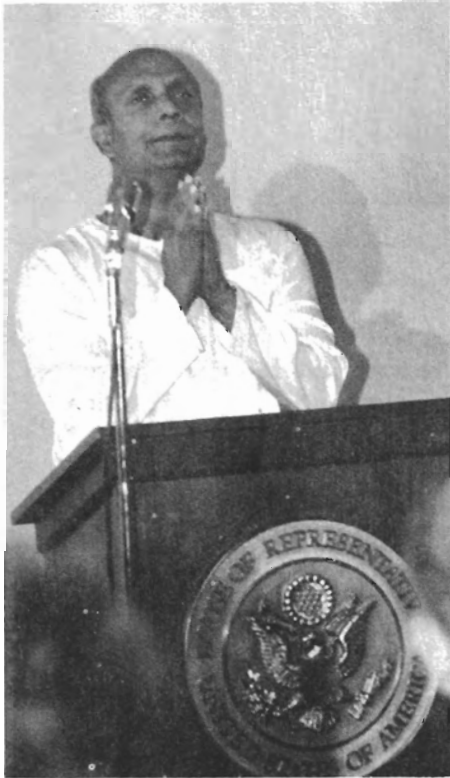
Volume 10-11

December 1983-March 1984

PEACE MEDITATIONS BEGUN IN U.S. CONGRESS

WASHINGTON—In a ceremony attended by about 100 U.S. Congressmen, diplomats and guests on March 1, Sri Chinmoy inaugurated The Peace Meditation at Congress.

"Sri Chinmoy: The Peace Meditation at Congress" is patterned after the peace meditations the Master has been holding at the United Nations for the past 14 years.



The sessions will include weekly periods of meditation in one of the Senate or House office buildings, as well as special programmes on American themes. From time to time Congressmen will address the group on their own spiritual conception of peace.

The March 1 session, held in the Rayburn House Office Building, was opened with a short meditation by Sri Chinmoy, followed by a choral rendition of several of his songs.

Later the Master told a reporter from *The Washington Post*, "Congress is America's fate-maker. If we here can pray and meditate, we will bring forward peace that will inundate the length and breadth of the world."

He stressed the importance of the peace meditation at Congress, saying, "When America sings the song of self-transcendence, the rest of the world will definitely, cheerfully plus faithfully follow."

Congressman Addabbo said that "through the U.N. we have possibly averted world confrontation. Hopefully, through meditation we may also bring about peace . . . I look forward to continuing these moments . . ."

Peter Sinai, deputy chief of the Indian Embassy in Washington, also spoke. Others attending the programme included Senator Pell of Rhode Island, Representative O'Brien of Illinois and ambassadors and representatives from several countries.

Congressman Gary Ackerman of New York, who was unable to attend, met with the Master privately later in the day.

U.N. PRESIDENT GETS U THANT PEACE AWARD

JAMAICA, N.Y.—The President of the United Nations General Assembly came to a junior high school here Dec-3 to receive the U Thant Peace Award from Sri Chinmoy.

"U Thant was a peace-loving universal soul and you are a peace-inundated universal man," Sri Chinmoy told the U.N. leader.

Sri Chinmoy, who leads The Peace Meditation at the United Nations, called Illueca "the unparalleled brother of humanity's doleful and sorrowful cries" and said, "In your heart of oneness we have discovered our peace-inundated universal home."

Illueca responded, "Your words will always be a source of inspiration and guidance to me." He described Sri Chinmoy as "an ambassador of peace whom every people can claim as their own," adding that his "very presence brings to us in the United Nations new possibilities, new ideas and new hopes."



Sri Chinmoy presents U Thant Award to Dr. Illueca.

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MARATHON FEVER

Patrick Griskus of Waterbury, Connecticut, set a new world record at the Sri Chinmoy Inspiration Marathon at Hampton, N.H. February 5 when he completed the 26.2-mile course in three hours 46 minutes—with an artificial leg.

The most popular runner was a red setter, that paced the lead runner for the first 20 miles. The dog might have taken top honours if its master—perhaps miffed at being left behind—hadn't called it to heel as it flashed by near a turnaround point.

Other Sri Chinmoy Marathons were held in San Juan, P.R. in early December and in Ventura, California, on January 22.

U.N. PROGRAMMES HONOUR JAPAN AND LATIN AMERICA

UNITED NATIONS—Some of Japan's leading businessmen, including the president of Japan Airlines and the president of Japan National Railroad, came to a programme commemorating Japan's Foundation Day on February 10 at the Dag Hammarskjold Auditorium here.

Some two weeks later, on March 2, ambassadors or representatives from Colombia, Ecuador, Venezuela and Peru attended a programme honouring Simon Bolivar.

Both events were sponsored by "Sri Chinmoy: The Peace Meditation at the United Nations."

TIME OUT TO TOOT OUR HORN

Anahata Nada has completed its tenth year in print. The Sri Chinmoy newsletter was first published on January 1, 1974. That premier issue, called Anahata Chronicle, was subsequently renamed Anahata Nada.

Since this is our birthday issue, it's an ideal time to express thanks to Bhashwar and Shraddha, our photographers; Kate Heiden, our designer; Anne Alaimo, our mailer; the Computer typists and Pahar and the other workers at Agni Press. Without them we couldn't do it.—Chidananda, Editor



THREE VENEZUELAN PRESIDENTS WELCOME GURU IN CARACAS

CARACAS—Three Venezuelan presidents—a former one, the present one and the new president-elect—gave Sri Chinmoy a warm welcome to their country recently and embraced his message of peace.

At the meeting with newly-elected President Jaime Lusinchi at his campaign headquarters January 2, Sri Chinmoy's students sang several songs their teacher had composed about Venezuela and Simon Bolivar.

Lusinchi responded by saying, "It's a very auspicious event to start 1984 with such a beautiful message of peace and democracy in this house."

He told the Master, "I am very happy to receive you and the message of friendship that you bring here, which I understand as a message of friendship to the people of Venezuela . . ."

The previous evening, Dr. Luis Herrera Campins—the outgoing President—discussed spiritual matters with Sri Chinmoy at La Casona, his private residence, and presented the Master with a book about Simon Bolivar.

Several days earlier, on December

22, Sri Chinmoy met with former President Rafael Antonio Caldera, consoling him for his party's defeat.

SONGS AND POEMS ENLIVEN HOLIDAY IN VENEZUELA

Sri Chinmoy wrote 2,000 poems and composed 52 songs during the four-week spiritual holiday he and about 160 of his students spent in Venezuela from December 13 to January 12.

During the visit, the Master also gave public concerts in Maracaibo on December 19, in Caracas on December 27 and 30, and in Puerto la Cruz on January 5 and 10.

Sri Chinmoy races were held in all three cities, including a January 8th marathon in Puerto La Cruz.

In addition to his meetings with three Venezuela presidents, the Master also conferred privately with Dr. Humberto Fernandez Aubert, Governor of the state of Zulia, on December 19, and with Dr. Luis Machado, Venezuela's Minister of Intelligence, on December 22.

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Sri Chinmoy with Venezuela's President-elect Lusinchi (left), current President Herrera Campins (top) and former President Caldera (above).

20 SEVEN-HOUR MEDITATIONS TO BE HELD THIS YEAR

Sri Chinmoy is planning to hold a series of 20 seven-hour meditations this year to commemorate the completion of his 20th year in America.

So far, seven-hour meditations were held on January 15, February 25, March 8 and 25. The first three sessions were held in New York and the fourth was held in Cologne, Germany the day after the peace concert.

NEW YEAR'S MEDITATION

NEW YORK—The 13th annual New Year's meditation was held by Sri Chinmoy on December 10 at Washington Irving High School.

At the end of the meditation, the Master delivered his message for the new year:

"The seeker's confidence-heart, the seeker's surrender-life, shall play together the complete perfection-game in God's Vision-Home."

8,500 COME TO COLOGNE FOR GURU'S PEACE CONCERT

COLOGNE, Germany—An overflow crowd of 8,500 came to Cologne's giant Sports Hall March 24 to hear the first in a series of peace concerts Sri Chinmoy is offering around the world this year. Some were unable to enter for lack of space.

Coming from all over Germany as well as neighbouring countries, the audience listened in near pindrop silence as the Master played and sang a selection of his own compositions.

The concert was entitled "Peace: God's Beauty in His Oneness-Home."

At the end of the three-hour event, the Master told the audience: "Beloved Germany, breathlessly I am bowing to your soul. Soulfully I am loving your heart. Devotedly I am admiring your life. To me, stupendous is your soul, generous is your heart and precious is your life."

He said that since Germany has offered to the world the universal music, "music is therefore your universal birthright. An unconditional oneness-heart is also your birthright."

For Sri Chinmoy, the Cologne concert was the beginning of a long journey, with 19 more peace concerts to come. It was also a fitting tribute to an even longer journey that began 20 years ago when he first came to the West.

20 PEACE CONCERTS PLANNED FOR AROUND THE WORLD

Sri Chinmoy is holding a series of 20 peace concerts in several cities around the world this year as part of an international programme commemorating his 20 years in the West.

In addition to the March 24th Cologne concert, others so far are scheduled for New York and Boston in April, Washington D.C. in May, Chicago in June, San Juan in July, Los Angeles in August, Paris and London in October and Toronto in November.

The concerts are all entitled "Peace: God's Beauty in His Oneness-Home."

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TALK OF PARSONS BLVD.

A group of New York area women held a *Bhajan* on December 4, repeating a series of 28 devotional songs from midnight to noon. On December 11, a group of male musicians played devotional music from 2 a.m. to 8 a.m. in the same *Bhajan* spirit . . . Guru and the disciples gave a concert at the *United Nations* on December 8 . . . Guru composed his special song, "Never Say No," on December 15. It has since been translated into six other languages . . . Then, on the 30th, he started a new song series which involves writing a Bengali song (both words and music) and then setting tune to the English translation . . . Guru has composed 20 different melodies to the title of a major concert series he is holding this year—"Peace: God's Beauty in His Oneness-Home." . . . Guru celebrated his eighth *esraj* anniversary on February 18 by playing 27 songs. According to the Indian gods and goddesses, it was his best performance ever . . .

Members of the Seattle Centre ran a 48-mile relay run on January 9 from an historic mansion outside Seattle to the state capitol in Olympia to commemorate the opening of the 48th session of the state legislature . . . *Dristi* and *Marci Hurwit* embarked on a 580-mile bicycle relay from the state

capitol building in Tallahassee, Florida to Bicentennial Park in Miami, picking up nine "Sri Chinmoy Day" proclamations along the way. The nine-day event, ending February 13, was a salute to Guru and the state of Florida.

At the request of the *British Olympic Association*, the Sri Chinmoy Athletics Club in London organised a day of one-mile races to raise money to help send British athletes to the '84 Olympics . . . *Kim Cavanagh* of the Boston Centre set a modern-day U.S. women's record and *Trishul* set a Canadian record at the CIC Haverford 48-hour indoor foot race on January 13-15. They ran 161 and 164 miles respectively . . . At the Sri Chinmoy Inspiration Marathon, Guru met with *Don Marathon*, who had run, on average, more than one marathon a week last year . . . The *Sri Chinmoy Queenscliff Triathlon* was held in Victoria, Australia, on February 12, drawing most of the country's top triathletes . . .

Ganapati and *Khipra* set a new Guinness record for table soccer, playing around-the-clock for 72 hours beginning March 2 at the Fox Point Boys' Club in Providence, R.I. They broke the old record by 20 hours in honour of Guru's upcoming 20th anniversary in America . . . A half-hour interview with Guru on WCBS-TV's "The Way to Go" was aired on

February 26 . . . Annam Brahma celebrated its 10th anniversary March 15.

During their trip to Germany, Guru and about 100 disciples visited Saarbrücken, Heidelberg, Goethe's house in Frankfurt, Cologne, Augsburg and Freiburg. There was also a visit to the East German border, a disciple marathon in Cologne and a two-day stop-over in Zurich, Switzerland . . . After the peace concert in Cologne on March 24, Guru met with his German coach *Saumitra*, who had been his athletics advisor 26 years ago in the Ashram. When *Saumitra* left the Ashram in 1958, Guru composed a Bengali song in his honour, which the Ashram boys and girls sang. For this meeting in Cologne, Guru composed an English song about the coach, which the disciples sang . . .



Sri Chinmoy and Saumitra.

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April-July 1984

U.N. PRESIDENT WELCOMES MASTER OF PEACE

UNITED NATIONS—Dr. Jorge Illueca, President of the United Nations General Assembly, welcomed Sri Chinmoy to his Secretariat office June 28 for a warm spiritual discussion.

The two U.N. leaders exchanged gifts, and Sri Chinmoy sang a song he had composed earlier in the day honouring Illueca.

"I feel very humble and know that I am full of limitations, but when I meet with you and listen to you I realise that there are deeper human qualities of the spirit that we together can cultivate . . . so that collectively we can work together for peace," Illueca told the Master, who has been holding peace meditations at the U.N. for more than 14 years.

Sri Chinmoy praised Illueca for his "spiritual generosity" and said: "We shall always treasure you in the depths of our hearts for what you are doing to help create a oneness-world-family."

BHAVAN HONOURS GURU AT NEW YORK MEETING

NEW YORK—Sri Chinmoy was guest of honour at a meeting of the prestigious Indian cultural organisation, Bharatiya Vidya Bhavan of the U.S.A., at Manhattan's Prince George Hotel July 5.

The Master played on the esraj, and his students sang several of his songs. Some were dedicated to the Indian mystic Sadhu T.L. Vaswani, whose nephew and apostle, the educationist Dada J.P. Vaswani, was guest speaker of the evening.

After listening to the performance, Dada Vaswani said of Sri Chinmoy: "To know him is a joy. To sit by his side is a benediction. To listen to his music is to be elevated—transported to a place where neither time nor space exist."



Dr. Jorge Illueca, President of the United Nations General Assembly as well as President of Panama, welcomes Sri Chinmoy to his U.N. office during a meeting June 28.

20 SONGS FOR 20 YEARS

Sri Chinmoy celebrated the completion of his 20th year in the U.S. April 13 by singing 20 new songs he had composed dedicated to America.

The remainder of the programme included silent meditation and renditions by different singing ensembles of some of the 20 peace songs the Master wrote earlier this year.

JHARNA-KALA ART EXHIBIT HELD IN VENEZUELA MUSEUM

MARACAIBO, Venezuela—A three-week exhibit of a selection of Sri Chinmoy's Jharna-Kala paintings was held in Centro de Bellas Artes, one of Venezuela's most prestigious museums, from July 8-29.

The 75 works on display occupied the entire museum.



Below: Sri Chinmoy's disciple Vajra (second from right), joins three Sing Sing inmates in singing his Master's songs during a programme at the reformatory July 8. Above: Eleanor Adams, the British athlete who set eight world records in the six-day Randall's Island race, receives a congratulatory cake from Sri Chinmoy when she visited him July 9 at Illumination-Ground, his private tennis court.



SRI CHINMOY COMMEMORATES 14 YEARS AT THE U.N.

More than 100 ambassadors, diplomats and members of the international community gathered at the chapel of the U.N. Church Center April 12 to mark the 14th anniversary of Sri Chinmoy's peace meditations at the United Nations.

"I feel that Sri Chinmoy is the man who has done the most to help the United Nations follow the proper course . . . because the spirit never errs," said Ambassador Zenon Rossides of Cyprus, one of the speakers.

Ambassador Y.K. Silwal of Nepal also had high praise for the spiritual leader, saying: "The international community is highly blessed with the guidance and preachings of Sri Chinmoy."

"I as a delegate at the United Nations feel there could not be a better, more valuable or more timely service than the one that is being rendered by the great saint Sri Chinmoy."

The two-hour programme included a short meditation by Sri Chinmoy and several songs by the Peace Meditation Singers and the international Song-Waves Choir.

7,000 POEMS WRITTEN IN ONE YEAR

In the year since he first began his new poetry series, "Twenty-Seven Thousand Aspiration-Plants," on July 10, 1983, Sri Chinmoy has completed 70 volumes, each containing 100 poems. That averages out to slightly more than 19 poems a day.

The Master's previous poetic opus, "Ten Thousand Flower-Flames" (100 volumes, each with 100 poems), took nearly four years to complete.

LONDON GRAND PRIX

The London Sri Chinmoy Marathon Team held a four-race "grand prix" in July: a 3-miler, 2-miler, 1-miler and 3-miler. Winning time was 40.37—about a 4 1/2-minute pace.



Sri Chinmoy presents a gift to L.L. Mehrotra, his boss at the Indian Consulate in New York 20 years ago, during a special function May 16 at P.S. 86 in Queens. The event was held to honour the Indian diplomat, who is currently India's Ambassador to Argentina. At the end of the programme, he said, "I have nothing to offer you this evening except tears of love."

13 MARATHONS HELD ON A SINGLE DAY

The Sri Chinmoy Marathon Team of Zurich held 13 marathons in Germany and Switzerland—all on the same day, July 22.

Four of the races took place in Switzerland—in Berne, Basel, Geneva and Zurich. The other nine were held in the German cities of Berlin, Bonn, Freiberg, Hannover, Heidelberg, Cologne, Munich, Saarbrücken and Tübingen.

SING SING TURNS INWARD FOR SPIRITUAL PROGRAMME

OSSINING, NY—Sing Sing reformatory turned inward July 8 when a group of inmates performed for their fellow prisoners a one-act play by Sri Chinmoy and sang seven of his devotional songs—in Bengali.

The inmates have been studying meditation and the Master's teachings for the past several months under the guidance of Vajra, who visits the prison once a week and holds monthly runs there.

SPORTS CORNER: DISTANCE EVENTS

Two U.S. records were set in the Sri Chinmoy 24-Hour Run held May 19-20 in Ottawa. About half-way through the event—after 12 hours 27 minutes—Bernd Heinrich completed his 100th mile, a new American record. Lorna Richey set a new American women's record by completing 130 miles in the 24-hour period.

Other Sri Chinmoy Marathon Team ultra-running events included a 70-miler in Flushing Meadow Park on May 5, a 12-hour run in Arlington, Massachusetts, on May 26, and a 50-mile Edinburgh to Glasgow run on June 3.

A Sri Chinmoy Marathon took place May 5 in Milton, Ontario, just outside Toronto, and a Sri Chinmoy Triathlon was held July 1 at Lake Magog, near Montreal. It included a 2-kilometre swim, 45-kilometre cycling course and 20-kilometre run.

Dozens of shorter races were held by the Team throughout the world in this period.

MARATHON TEAM EMBARKS ON NEW SPORTS PHILOSOPHY

To break away from the emphasis on winning, as opposed to improving one's performance and racing for the joy of it, the Sri Chinmoy Marathon Team will be taking a new direction in all future races worldwide.

Instead of awarding prizes in several age categories—the current practice in the running community—prizes will go to only the top seven men and top seven women in the under 50 category, and to the top three men and women over 50.

In addition, the course for all races—including marathon distances—will consist of a single, flat one-mile loop. This will create a closer family feeling among the runners and permit the organisers to maintain a more inspiring, spiritual atmosphere along the whole course.

Laps will be counted for only the top runners in the field. "What we are actually putting on," says Tarak, Marathon Team Director, "are two events simultaneously: a carefully monitored competitive race for the top runners and a fun run, with all the advantages that entails, for the other participants."

EIGHT PEACE CONCERTS HELD

Eight new peace concerts were held as part of a series Sri Chinmoy is offering this year to commemorate his 20th anniversary in the West.

The concerts, entitled "Peace: God's Beauty in His Oneness-Home," were held in Prospect Park, Brooklyn, on April 15; Bright Arena, Harvard University, on April 16; the Sheraton-Washington Hotel in Washington, (as part of the Whole Life Expo) on May 19; Chicago's Auditorium Theatre on June 3; Felician College, Lodi, New Jersey, on June 16; the First Unitarian Church of Providence, Rhode Island, on June 23; the Community Church of New York on June 27, and Tapia Theater in San Juan, Puerto Rico, on July 22.

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TALK OF PARSONS BLVD.

Sri Chinmoy Tennis Classics were held the weekend of March 31 at Brooklyn's Starrett Tennis Center for children under 10 and at Chicago's Midtown Tennis Club for adults over 45 . . . An interview with Guru appeared on WNBC-TV's "The First Estate" on April 8 . . . London's *Kettle-drum Theatre Company* performed Guru's play "The Son" in Manhattan, White Plains and Providence, R.I., during April . . . The *Song-Waves Choir* gave a concert April 28 in Lincoln Center's Damrosch Amphitheatre . . . Guru held a *seven-hour meditation* at P.S. 86 on April 4 . . .

Trishul did 2,700 deep knee bends non-stop during a disciple contest on April 2. He then twice broke his own Canadian national record for a six-day race, completing 457 1/2 miles at the Stoke-on-Trent race in England May 20-26 and 479 3/4 miles at the New York Road Runners Club race at Randall's Island July 2-8, where he placed eighth overall. He now ranks fifth in North America for this event . . . *Rene Beauvais* of the Paris Centre broke the world record for stair climbing, going up and down the steps of Montmartre for 49 hours ending at 1 p.m. June 24 . . .

The first *World Family Day*—combining meditation, music and family

athletic events—was held May 27 at the Greenwich, Conn. Civic Center, and Guru wrote a "World Family Day" song which the disciples sang there . . . A six-mile race was held at the Jamaica High School Track at 6 a.m. May 31 to commemorate *Guru's sixth running anniversary* . . . The Sri Chinmoy Marathon Team, Geneva, participated in the *World Runners Relay* in early June, helping to carry a baton a small part of the way from the United Nations in Geneva to Los Angeles . . .

The *Father's Day Marathon* was held at 3 a.m. June 17 in Flushing Meadow Park, and later that day Guru wrote a song, "Father's Day No, Children's Day Yes" . . . A performance of Guru's play "*The Sacred Fire*" was put on at the Dag Hammarskjold Auditorium at the United Nations on June 21 . . . Guru has been regularly participating in "*Runners Are Smilers*," the two-mile Sri Chinmoy races held Tuesdays at 7 p.m. in Flushing Meadow Park . . . Two of Guru's *rhymed poems* appeared in the summer issue of "The Lyric," the oldest magazine in North America devoted to traditional poetry . . . The Mayor of San Juan and the Puerto Rico Secretary of State issued *peace day proclamations* for the city and commonwealth in connection with Guru's July 22 peace concert.

MEDITATION AND SONG OPEN HINDU CONFERENCE

NEW YORK—Several hundred Hindu leaders from around the world meeting at Madison Square Garden began the final day of their international conference July 8 with a silent meditation by Sri Chinmoy.

The Master then continued to meditate while his students sang a number of his songs, including one he composed in honour of Vishwa Hindu Parishad—sponsor of the conference. The VHP is dedicated to the promotion of Hindu culture and religion.

U.N. PEACE WALK COMMEMORATES CHARTER DAY

UNITED NATIONS—Diplomats and members of the international community representing the 158 United Nations member states participated in a Peace Walk June 25-26 commemorating the 39th anniversary of the signing of the U.N. Charter.

In a silent, contemplative spirit, groups of walkers representing each of the different countries—in relay fashion—made a loop around the United Nations' North Garden.

The Peace Walk, now in its second year, was sponsored by The Peace Meditation at the United Nations in cooperation with diplomats from 16 countries.

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PARIS PEACE CONCERTS ATTRACT CROWD OF 13,000

PARIS—Sri Chinmoy drew a crowd of more than 13,000 Frenchmen to his two Paris peace concerts on October 13.

The spiritual events—held in two sessions at l'Espace Balard to accommodate the overflow audience—were among 100 that the leader of peace meditations at the United Nations is planning to hold to further the cause of world peace.

At the end of the second concert, the Master delivered the following message, in French:

"France, you are at once my dear friend, my sweet sister and my beloved mother . . . My friend, my searching mind will never forget your great kindness. My sister, my aspiring heart will never forget your abundant affection. My mother, my serving life will never forget your lofty blessings.

"This evening a French heart and an Indian heart have proved to each other that they delightfully, peacefully and inseparably belong to each other. France, I devotedly bow to you with my service-life. France, I soulfully bow to you with my gratitude-heart."

France's most prestigious newspaper, *Le Monde*, remarked afterwards on the "extraordinary sociological fact" that "a single man, simply by standing with folded hands, is able to impose several minutes of silence upon thousands of people of varied origins."

The reporter went on to say, "Curiously, one had the feeling that the crowd had not come for the music but rather for what was in between the compositions, that is, the inner peace that the sound only served to prolong."

. . . AND LONDON CONCERT FILLS ROYAL ALBERT HALL

LONDON—London's elegant Royal Albert Hall, known for its classical music, rang to a different tune October 9 when Indian Master Sri Chinmoy gave his British peace concert there.

Some 5,000 Londoners filled the hall to near capacity to listen to his music of peace and meditate for a better world.

One member of the audience, Lord Hylton, was so deeply moved that he wrote Sri Chinmoy afterwards asking him if he could give a series of peace concerts in Northern Ireland. He said the Master's music "evoked the widespread sufferings of people around the world" and "made one think of striving together for peace, harmony and development."

Comparing the response to the London and Paris peace concerts, Sri Chinmoy said: "England saw the king unknown in me. England gave me England's dignity-height: admiration. France saw the child unknowable in me. France gave me France's equality-depth: love."

Sri Chinmoy meets with the Speaker of the British House of Commons, Bernard Weatherall, at Westminster Abbey on October 8 at a reception hosted in the Indian Master's honour by the Dean of Westminster. The Master meditated with the Speaker for about 20 minutes and answered several of his spiritual questions.

Afterwards, the Speaker wrote the Master about "how genuinely grateful I am for your guidance, your advice and for the most helpful meditation which we shared. I hope I may say that I did receive the message!"





Sri Chinmoy meditates before several thousand at the start of his Toronto peace concert at the city's new Metro Toronto Convention Centre November 10, which Mayor Arthur Eggleton had declared Sri Chinmoy Day. This was the Master's 17th peace concert this year.

WORLD RECORDS SET AT SRI CHINMOY 24-HOUR RACE

QUEENS, NY—Greek ultramarathoner Yiannis Kouros set three world records during the Sri Chinmoy 24-Hour Race in Flushing Meadow Park here.

His 177-mile run November 7-8 broke the previous 24-hour record of 170 miles. During the race he also set a new record by completing 100 miles in 11:46:36 and 200 kilometres in 15:11:48.

Later, Sri Chinmoy told him: "You have become a universal figure . . . Your name and long-distance running will go together."

Other long-distance Sri Chinmoy races in recent months included the August 5 marathon near Melbourne, Australia; the October 14 marathon in Flushing Meadow Park; the October 20 marathon in Ottawa and the November 4 marathon in Aarau, Switzerland.

The Marathon Team also sponsored a 24-hour race November 24-25 near Glasgow, Scotland, and its sixth annual triathlon September 9 in Misquamicut Beach, Rhode Island.



Speaking at the opening ceremonies of the Sri Chinmoy 24-Hour Race November 7 at Flushing Meadow Park, Congressman Gary Ackerman said: "If we had more Sri Chinmoys—and I know that we don't—in this world, it would be so much more a better place for all of humanity." The Guru responded in kind, saying the world needed "more dedicated, more self-giving souls" like Ackerman not only in New York but in the entire world.

GURU GETS RUNNING AWARD

MELBOURNE, Australia—The editor and publisher of *Australian Runner*, Terry O'Halloran, presented Sri Chinmoy with a special award September 11 for his contribution to running in Australia.

OTHER PEACE CONCERTS HELD AROUND WORLD

Other peace concerts were also held recently in Australia and Japan and on the East and West coasts of the U.S.

The Los Angeles concert on August 9 in Santa Ana Stadium drew some 4,000 people.

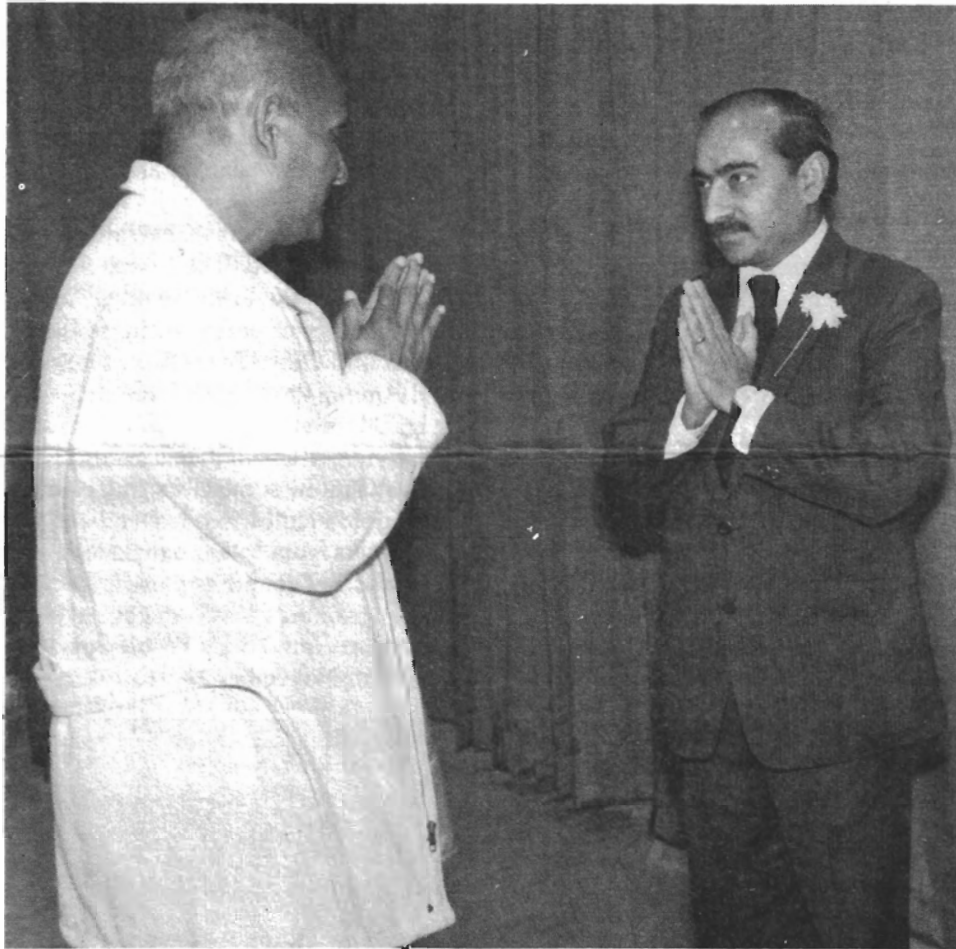
The September 12 event in Melbourne's Dallas Brookes Hall also attracted a large crowd—so much so that the Master had to give a second concert immediately afterwards for those who couldn't squeeze in for the first.

Additional peace concerts were held at New York's Riverside Church on August 16, Tokyo's Surinami Hall on September 19, San Francisco's St. Mary's Cathedral on November 13 and Seattle's Kane Hall the following day.

7-HOUR MEDITATION HELD

OTTAWA—Sri Chinmoy conducted a seven-hour meditation September 30 at the University of Ottawa's Tabaret Hall.

It was his first public seven-hour meditation in Canada, and the 12th he has held since coming to the West.



Paying his respects to Sri Chinmoy at the Toronto peace concert, India's Consul General in that city, Surinder L. Malik, told the Master: "Your very name is a phenomenon. . . . It is so rare for one to carry both the worlds—Eastern and Western. Your music has taken me and my wife almost into trance."

PUBLISHER'S CORNER

Selections from Sri Chinmoy's new anthology of peace writings, "Inner and Outer Peace":

Man invents war. Man discovers peace. He invents war from without. He discovers peace from within.

Peace begins in the soul and ends in the heart. War begins in the mind and ends in the body.

Man seeks war when he thinks that the world is not his. Man invites war when he feels that he can conquer the world. Man proclaims war when he dreams that the world has already surrendered to him.

Man seeks peace because his earthly existence desperately needs it. Man

welcomes peace because he feels that in peace alone is his life of achievement and fulfilment. Man spreads peace because he wants to transcend death.

*Peace is the beginning of love.
Peace is the completion of truth.
Peace is the return to the source.*

Name _____
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I would like to order a copy of "Inner and Outer Peace." My cheque or money order payable to Aum Publications in the amount of \$6.95 (includes postage) is enclosed _____.

I would like a free catalogue of Sri Chinmoy's writings _____.

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AN OLYMPIC TALE

LOS ANGELES—One of the most unusual stories of the summer Olympics was the very special relationship that developed between Carl Lewis and Sri Chinmoy.

Several times before and during the Olympics the athlete visited the Master or spoke with him on the telephone for spiritual and athletic advice. At the athlete's request, the Guru also gave him a spiritual name—Sudhahota—meaning "unparalleled sacrificer of Immortality's Nectar-Delight."

After his victory in the 100 metres, Lewis publicly expressed his gratitude by bowing down to Sri Chinmoy with folded hands—from the victor's platform. Earlier, after winning the Olympic trials, he had written the Master: "You were always on my mind . . . Thank you, for you have helped me realize God in a closer sense."

Then, the day before his 200-metre run, Lewis visited Sri Chinmoy. The Master assured him that he would win the event and also predicted—correctly—the second and third place finishers. After winning the 200-metre event, Lewis sought out the Guru and presented him with the flower bouquet he had received along with his medal.

The following night, August 9, Lewis attended the Master's peace concert at Santa Ana Stadium and meditated with the Guru on stage. Sri Chinmoy, voicing his pride in the American athlete, called him "today's unprecedented greatness and tomorrow's fathomless goodness in the firmament of athletics."

HAPPY BIRTHDAY, UN!

UNITED NATIONS—To celebrate the UN's 39th birthday, The Peace Meditation at the United Nations released 3,900 helium-filled balloons and sponsored a two-day peace walk.

There was also a seven-minute silent meditation for peace October 24 held inside the UN Secretariat building and, simultaneously, in more than 40 countries around the world.

Anahata Nada

TALK OF PARSONS BLVD.

Guru gave *public meditations and concerts* in San Diego on August 7, in Canberra, Australia, on September 15 and in London's St. James Church on October 10 . . . The *German National Television* station ZDF broadcast a half-hour show on Guru throughout Germany, Austria and Switzerland on August 27 . . . The *German male disciples* completed their performance, by heart, of 700 of Guru's Bengali songs on August 27. They had sung 200 in April . . . World-ranked *tennis star Pat DuPre*, in New York for the U.S. Open, played Guru a set at his private tennis court August 29 . . . *David Frank* of the Toronto Centre bettered his own world record the weekend of August 11 by skateboarding 270 miles in 37 hours to help publicise Guru's peace concert . . . *Nancy Stone* biked the nearly 1,100 miles from Chicago, her home town, to New York during August as an exercise in self-transcendence . . .

During his visit to Japan, Guru was invited to a special *tea ceremony* by the head priest, or roshi, at Kamakura—site of the great Buddha statue—on September 21. That evening Japan's well-known marathoner, *Seko*, visited Guru at his hotel. Two days earlier, Guru had visited *Seko's coach, Nakamura*, who

was in the hospital . . . During his trip to Australia and Japan, Guru also completed *1,000 poems* for his "Aspiration-Plants" series . . .

Jon Anderson, lead singer with the rock group "Yes," came to Progress-Promise October 4 to meet Guru. The disciples serenaded him with a medley of Guru's songs and he reciprocated by singing his own song "Soon." Guru then presented him with a birthday cake to celebrate his 40th birthday later that month . . . The *Impossibility-Challenger Games* held the weekend of October 6 in Zurich featured 26 events . . . Fifteen *children from the London Centre* ran a 20-hour relay October 6 to help publicise Guru's upcoming peace concert . . . *Trishul* surpassed his own Canadian record by completing 504 1/2 miles at the Six-Day World Championships at

La Rochelle, France, October 4-10. He placed fourth overall . . . More than 200 runners from the Sri Chinmoy Marathon Team ran in the New York City Marathon October 28. The team also helped with a large part of the post-race cleanup . . .

Guru has published a new running anthology entitled "The Outer Running and the Inner Running" and an anthology of peace writings called "Inner and Outer Peace" . . . *Sipra* and *Animesh* are starting running magazines in Australia . . . Guru led a *memorial tribute* to Prime Minister Indira Gandhi at the UN's Dag Hammarskjold Auditorium November 2. Diplomats from India, Bangladesh and several other countries participated in the programme . . . Guru gave a concert at *New York's Whole Life Expo Fair* November 25 . . .



In what he described as one of the happiest moments in his life, Sri Chinmoy relives a precious period of his childhood September 13 during a ride in "Puffing Billy," a replica of a steam train, near Melbourne, Australia. The Master's father was a railroad inspector and banker.

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