

4/84 - 3/85

# Anahata Nada

"The Soundless Sound"

Volume 12

December 1984-March 1985

## MAYOR OF MADRID HOSTS RECEPTION FOR GURU

MADRID—Mayor Enrique Tierno Galvan of Madrid hosted a reception at his headquarters for Sri Chinmoy and his students Dec. 21—and was rewarded with a song in his honour.

"We have great admiration for your work," the Mayor told Sri Chinmoy, saying that the Master's teachings "are helping all of humanity." He presented the Master with a Proclamation declaring him a "Friend of the City of Madrid" and a book of Spanish poems and paintings.

"I am extremely grateful and honoured to be here receiving your blessingful light for our peace mission on earth," the spiritual teacher said. Then, deeply moved by his conversation with Tierno Galvan, Sri Chinmoy sat down and composed a song dedicated to him—while the Mayor waited.

The Master's students learned the song on the spot and sang it to Tierno Galvan.

"Marvelous, marvelous, marvelous—in such a short time!" the delighted Mayor exclaimed.



Sri Chinmoy and Mayor Tierno Galvan of Madrid.



Sri Chinmoy meditates with Governor Motii while his students sing a song about Morocco.

## AGADIR GOVERNOR MOVED BY INDIAN MASTER OF PEACE

AGADIR, Morocco—The Governor of the province of Agadir met with Sri Chinmoy three times during the Master's visit here, saying that he had never been as "happy and moved" before in his life.

The two first met Jan. 4 in the Governor's office. The Master praised Agadir for its combination of "ancient purity and modern beauty," and his students sang a song he had composed about Morocco.

Governor Ahmed Motii, deeply moved by the song and by the Master's work for peace, said: "I need you to start a peace action here like the one you are leading."

Motii was also inspired to take a

vow, in front of the Master, "to double my efforts" toward bringing about peace and harmony among people.

That evening the Governor hosted an official banquet for Sri Chinmoy and his students, and the Master's students sang two songs their teacher had composed earlier that day about the Governor and about Agadir.

The following day Motii visited Sri Chinmoy's hotel to listen to him play the cello, esraj and flute, and to say goodbye. "I can assure you that yesterday and today were the most memorable moments, which will remain anchored in the very depths of my heart," the Governor said.

# Anahata Nada

## TWO OTHER LEADERS WELCOME SPIRITUAL TEACHER

The Governors of the Moroccan provinces of Essaouira and Marrakech gave a warm welcome to spiritual leader Sri Chinmoy when he visited their capitals last January.

The Master told Governor Mohammad Bennani how deeply touched he was by the simplicity, kindness and purity of Essaouira.

"We are very moved to hear a man of your importance express such feelings," the Governor replied during the course of their Jan. 2 meeting. "I am sure that this visit of yours will bring to Moroccans much peace in their hearts."

A week later, the Master met with Governor Mustapha Tariq of Marrakech, discussing the importance of inner and outer peace.

"We'll always be happy to work with people like you who work for peace," the Governor said.

## HAVE A SPANISH CHRISTMAS AND A MOROCCAN NEW YEAR!

Several concerts and races, a couple of hundred new songs and meetings with major political figures highlighted the annual spiritual holiday that Sri Chinmoy and his students took this year in Spain and Morocco.

The Master gave a public concert in Torremolinos, Spain, on Dec. 19, and a peace concert in Madrid on Dec. 26. Another peace concert followed Dec. 29 in Casablanca.

Several public races were held in Spain and Morocco, including a marathon the day after Christmas.

During his visit, Sri Chinmoy met with the Mayor of Madrid and the Governors of the Moroccan provinces of Essaouira, Marrakech and Agadir.

It was also a time of creativity. The Guru composed a total of 224 new songs, including special songs honouring Spain, Morocco and Morocco's King Hussein. On Christmas day he also composed 13 songs dedicated to the Christ.



*Governor Tariq welcomes Sri Chinmoy to Marrakech.*

*At right, Sri Chinmoy offers an inner salute to the spirit of Jesse Owens while standing in Hitler's reviewing stand in Berlin's Olympic stadium. Below, the Master goes for a run near the Reichstag.*



## REFLECTIONS ON PEACE

Peace is the perfection of one's mind and the divinisation of one's thoughts.

God has infinite children, but the name of His fondest child is Peace.

Peace is the beginning of love. Peace is the completion of truth. Peace is the return to the source.

Man's fulfilling and fulfilled search for the Real is Peace.

Man's aspiration ascends through the peace of law.

To commune with God, man has his silent meditation. To commune with man, God has His urgent Peace.

# Anahata Nada

## 13 PEACE CONCERTS TOUCH THE HEART OF THE GERMAN-SPEAKING WORLD

Sri Chinmoy gave 13 peace concerts in Germany, Switzerland and Austria in a whirlwind tour that brought him to 10 cities in 10 days.

Drawing from a collection of 22 different instruments—ranging from the esraj and flute to the koto and vibes—this master of peace reached out to the hearts and minds of some 28,000 people.

The tour began with an afternoon and evening concert on March 23 in West Berlin. This was followed by concerts in Hamburg on the 24th, in Bonn on the 25th, in Cologne on the 26th and in Ludwigshafen on the 27th.

Two concerts were given in Munich's Deutsches Museum Kongressaal on March 29. An evening concert in Freiburg March 30 concluded the German portion of the tour.

The Master spent March 31 in Switzerland, playing in Basel in the morning and in Zurich that evening. During the nearly five-hour Zurich concert, he played 19 different instruments. The largest turnout also was in Zurich, where the *Hallenstadion* was packed with some 5,000 people.

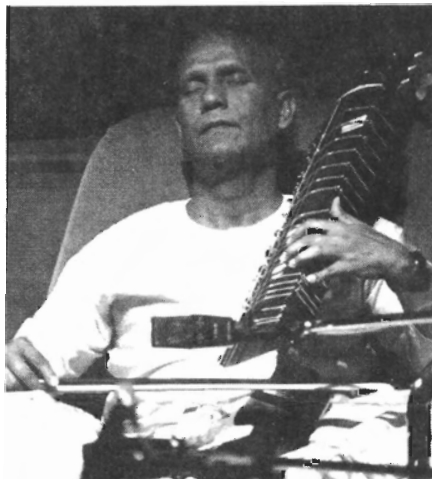
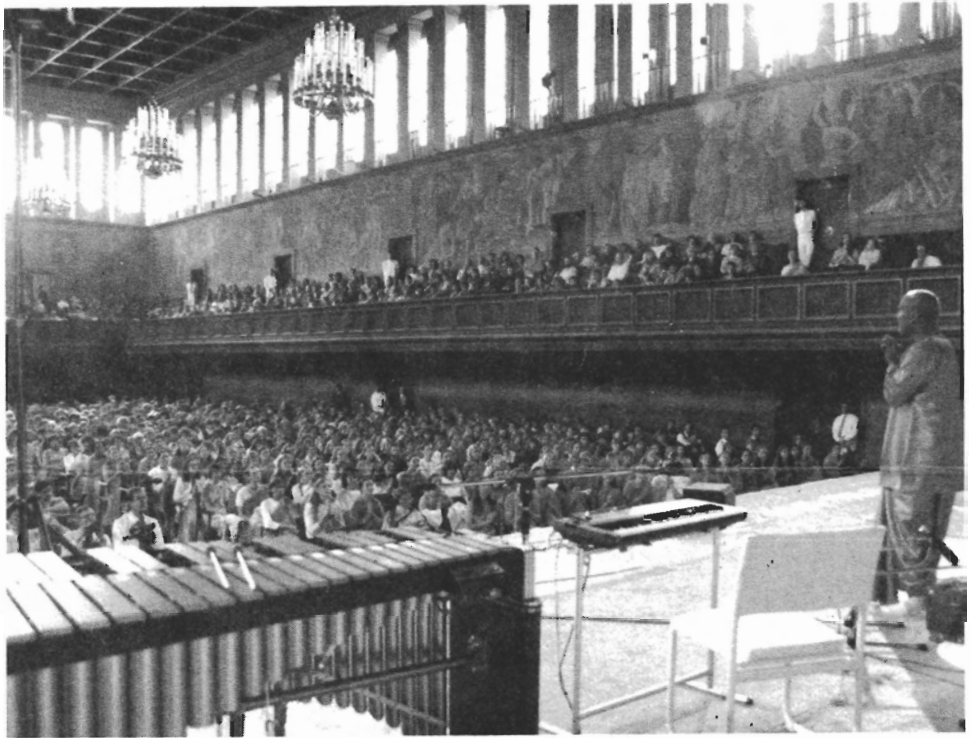
The tour ended with two concerts in Vienna on April 1.

The European concert tour is a continuation of the peace concert series the Master began last year. This year's spiritual theme is "Peace: Humanity's Perfection-Dance in God's Heart-Garden."

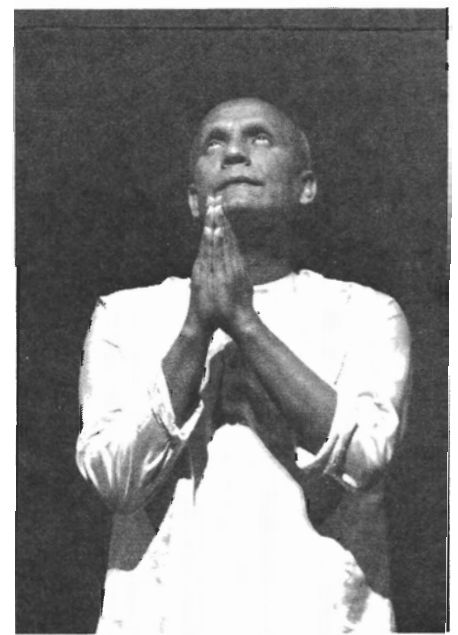
## POETIC MILESTONE REACHED

Sri Chinmoy completed the first 10,000 poems in his "Twenty-Seven Thousand Aspiration-Plants" series on Dec. 10—some 17 months after he had begun.

His previous series of 10,000 poems—"Ten Thousand Flower-Flames"—took nearly four years to complete.



*A photo essay of Sri Chinmoy's peace concert tour of Germany, Austria and Switzerland. The photo above was taken in Munich.*



# Anahata Nada

## TALK OF PARSONS BOULEVARD

A *Jharna-Kala* exhibit was held in Helsinki, Finland, last November . . . Roger Decroix, of the Paris Centre, set a new world record by playing chess for 170 consecutive hours—more than seven days—against a computer and various disciples . . . Track and field star Carol Lewis, Sudhahota's sister, visited Guru and the disciples Feb. 10 at Progress-Promise . . . Guru gave a preview of his peace concerts March 2 in a 17-instrument performance entitled "*Preparation-Cry-Smile*" . . .

Clarence Clemons, saxophonist in Bruce Springsteen's band, met Guru at Progress-Promise on March 10 . . . On March 24, during his visit to West Berlin, Guru visited the *Olympic Stadium* where Jesse Owens won his four gold medals. In a deeply symbolic move, Guru meditated in the reviewing stand from which Hitler had watched the Games more than 40 years earlier.

The *Sri Chinmoy Tennis Classic* for children 10 and under was held March 29-31 at Starrett Tennis Center . . . After seeing a documentary on the life of *Woody Guthrie*, and moved by his music, Guru wrote a song about him and also set his own words to the

Guthrie tune "This Land Is Your Land:"

*This heart is your heart,  
This heart is my heart,  
With aspiration-height  
and dedication-light,  
With gratitude's smile  
and surrender-dance,  
This heart was born for you and me.*

## U THANT PEACE AWARD GIVEN

The leader of The Peace Meditation at the United Nations, Sri Chinmoy, presented the annual U Thant Peace Award this year to the United Nations Development Program (UNDP).

The presentation was made March 19 during a ceremony on U Thant Island, in the East River.

Dr. Uner Kirdar, who accepted the award on behalf of UNDP, said: "You are granting us the biggest honour." The award, he added, belongs to UNDP field workers and those "whom we are privileged to serve."

In a subsequent letter to Sri Chinmoy, the head of UNDP, Bradford Morse, wrote: "This award . . . gives us new inspiration, dedication and energy to serve in the best manner millions of human beings in poor countries . . ."

## NEW YEAR'S MEDITATION HELD

*New York*—The annual New Year's meditation was held on Dec. 9 in Washington Irving High School in New York.

Sri Chinmoy's message for the new year, given 10 days later, was:

*Don't expect, don't expect!  
Give and give and give  
If you want to really survive.*



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"The Soundless Sound"

Volume 13

April-July 1985

## PRAYER SESSION IN CAPITAL HELD FOR U.S. HOSTAGES

WASHINGTON—Sri Chinmoy led a special prayer session in the nation's capital June 18 for the American hostages held in Beirut.

The spiritual leader, who founded The Peace Meditation at the U.S. Congress last year, offered this prayer: "We are soulfully praying to You to grant America at this moment of crisis Your transcendental Vision-Eye and Your universal Perfection-Hand."

He then added: "God, Lord Supreme, O ruler of American life, O Savior of American hearts, O Fulfiller of American dreams, we bow to You."

Congressman Joseph P. Addabbo, one of the participants in the ceremony, which was held in the Rayburn House Office Building, said it was "fitting and proper that you've come here on this day when we are beset by terrorists holding hostages."

He told Sri Chinmoy that "it is always an honour and privilege to be in your presence."



*Meditating at a ceremony in Washington, D.C. for U.S. hostages.*



*As Sri Chinmoy's students applaud, the Master presents a cake to Conductor Zubin Mehta, Musical Director of the New York Philharmonic, during their meeting in the Maestro's Lincoln Center office.*

## MASTER MEETS MAESTRO

NEW YORK—The great Indian conductor Zubin Mehta, currently musical director of the New York Philharmonic Orchestra, got more than he bargained for May 9 when he met with spiritual Master Sri Chinmoy.

After Mehta and the spiritual teacher spoke and meditated together in the conductor's Lincoln Center office, about 35 of Sri Chinmoy's students sang a song their teacher had composed in Mehta's honour.

The song, arranged by Haridas Greif, who flew in from Paris for the occasion, took about 20 minutes to perform.

"It's very touching," Mehta declared afterwards, deeply moved. "I've never had anything like that."

Sri Chinmoy also presented Mehta with several of his books, a trophy and a cake with Mehta's face sketched in icing.

"Just to say 'Thank you' or 'I'm touched' is not enough," Mehta said.

"Maybe I can say 'Thank you' through my meditation."

He expressed his appreciation another way as well—by inviting Sri Chinmoy and his students to be his guests at the Orchestra's Lincoln Center performance the following afternoon. Sri Chinmoy was given a box seat.

Meeting with him afterwards backstage, the Master told Mehta: "You embody the universal power, universal light and universal bliss all at the same time." Mehta invited Sri Chinmoy to come back any time.

## 'RUNNERS ARE SMILERS' CELEBRATES FIRST BIRTHDAY

The two-mile races the Sri Chinmoy Marathon Team sponsors every week in Flushing Meadow Park, Queens, and elsewhere around the world, celebrated their first anniversary June 18.

Long-distance runner Ted Corbitt gave out the awards at the end.

# Anahata Nada

## PEACE RUN CELEBRATES 40th U.N. ANNIVERSARY

LAKE SUCCESS, NY—A "peace run" from the United Nations' former headquarters here to its present headquarters in Manhattan was held June 23 to commemorate the 40th anniversary of the signing of the UN Charter.

Runners from several member countries of the United Nations participated in all or portions of the 18-mile run, carrying their own national flags.

At the closing ceremony at the U.N. Plaza, Sri Chinmoy, leader of The Peace Meditation at the United Nations, declared:

"The U.N. Peace Run is the very glorious beginning of humanity's oneness-family. The United Nations not only is trying to envision the all-illuminating light but also is manifesting the all-fulfilling peace in each and every human being. Today's Peace Run marks the new era of man's newness-dream and fulness-reality."

## PEACE WALK ALSO HELD

UNITED NATIONS—United Nations delegates and staff members celebrated U.N. Charter Day more serenely with a multinational "peace walk" in the U.N. garden.

The silent walk, carried out in a meditative atmosphere, attracted about 150 participants from many countries. The different national groups, in relay fashion, walked a single lap around the rose garden. The two-day event ended June 26—the day the U.N. Charter had been signed in San Francisco 40 years earlier.

Like the "peace run," the "peace walk" was organized by Sri Chinmoy. The Peace Meditation at the United Nations.

## ULTRAMARATHONS

Sri Chinmoy 70-Miler—May 9,  
Flushing Meadow Park, NY.

Sri Chinmoy 12-Hour Run—May  
25, Arlington, MA.

Sri Chinmoy 24-Hour Run—May  
25-26, Ottawa.



Don Choi, right, winner of the Sri Chinmoy 1,000-mile race, relaxes with second place finisher Trishul Cherns. Trishul is a member of the Sri Chinmoy Marathon Team.

## AMERICA'S FIRST 1,000-MILER HELD BY SRI CHINMOY TEAM

America's first 1,000-mile run, held May 1-17 by the Sri Chinmoy Marathon Team, was won by a 36-year-old postman named Don Choi.

Choi, a well-known ultra-distance runner, completed his 1,000th lap along the one-mile loop in Flushing Meadow Park, Queens, after 15 days 6 hours 24 minutes and 43 seconds.

Slightly more than three hours later, second-place finisher Trishul Cherns of Canada, 28, crossed the finish line. The only other runner to complete the distance within the 16-day cut-off was Frenchman Emile Laharraque, 38, who came in some eight hours after Trishul.

Each of the runners set his own country's national record for the event, which was the third ever held.

In an expression of oneness with the runners, 53-year-old Sri Chinmoy completed 208 miles of the course.

On hand to present the awards was Fred Lebow, president of the New York Road Runners Club. Afterwards, he wrote Sri Chinmoy commending him on how "you and your organization did great justice to an event of incredible difficulty."

He added: "I have always admired your dedication to our sport, and I have the utmost respect for the unselfish devotion of your disciples."

Commenting on the Sri Chinmoy Marathon Team running suit the Master had presented him, he said, "I will wear (it) in the belief that I truly am an honorary member of the Sri Chinmoy Team."

## SRI CHINMOY MASTERS GAMES HELD IN CONNECTICUT

GREENWICH, CT—Some 73 athletes from the tri-state area came to Greenwich High School July 27 for the Sri Chinmoy Masters Games.

There were 10 track and field events, plus a tennis ball throw. The competitors ranged in age from 50 to 79.

Sulochana Kallai, 55, was the overall winner for the women, with the highest number of points in her age category. Men's winner was Pay Carstensen, 53, of Babylon, NY.

# Anahata Nada

## GURU COMPLETES 21 YEARS OF SERVICE TO AMERICA

April 13 marked the 21st anniversary of the start of Sri Chinmoy's spiritual mission in America.

The Master celebrated the event by offering a 4 1/2-hour concert, in which he played 22 instruments.

The previous day he had commemorated the event with a public concert at Washington Irving High School in Manhattan.

His disciples celebrated with a two-week festival, which included sports competitions, a parade, a circus and various spiritual activities.



*Performing during the public meditation.*

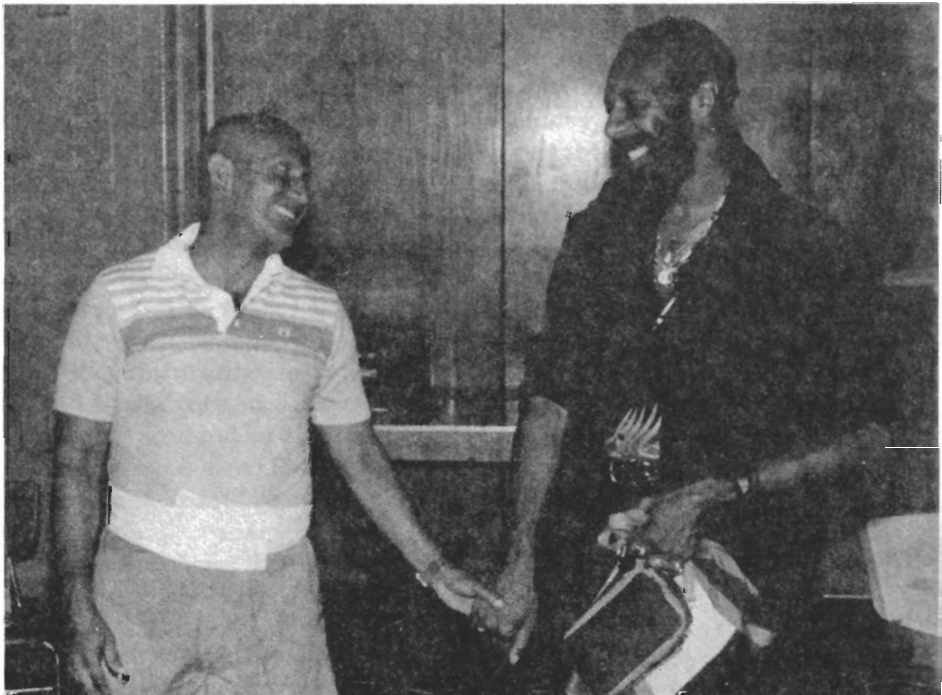
## U.N. PEACE MEDITATION CELEBRATES 15th ANNIVERSARY

Sri Chinmoy: The Peace Meditation at the United Nations celebrated its 15th anniversary on April 14.

Since he first began leading his U.N. peace meditations on April 14, 1970, Sri Chinmoy has received support and encouragement from three Secretaries-General, as well as from diplomats and political leaders from around the world, for his efforts toward world peace.



*Clarence Clemons, saxophonist with the Bruce Springsteen Band, visited Sri Chinmoy May 26 at Progress-Promise. The Master gave him the spiritual name "Mokshagun."*



*Folk singer Richie Havens visits Sri Chinmoy and the disciples at their circus practice on July 12. Havens met the Master during the Oneness-Family Music Festival, at which he had performed a few days earlier.*

# Anahata Nada

## TALK OF PARSONS BOULEVARD

Disciples coming to run Cahit Yeter's five-mile race in the Bronx on April 28 encountered a sign on the exit ramp of I-95 which read: "Sri Chinmoy-Welcome to the Bronx." Cahit had put up the sign after Guru had agreed to come to the race with a group of disciple runners. . . Mayor Stephen P. Clark of Metropolitan Dade County, Florida, issued a proclamation April 13 honouring Guru's 21st anniversary in the West. . . Guru composed a song about *Don Choi* to inspire him in the final two days of the 1,000-mile race. Choi was listening to the song on his walkman. . .

Guru celebrated the seventh anniversary of his taking up *distance running* on June 1 by asking two groups of runners—27 men and 27 women in each group—to run a one-mile relay in Flushing Meadow Park two times (for a total of 54 miles for each group). . . Guru celebrated his *eighth tennis anniversary* on June 13 by playing his disciples 380 games over a five-day period (winning all but 19 of them). He also cooked *four Indian dishes*, which were given out as *prasad* at the Wednesday night public meditation June 12. . .

*The Song-Waves* appeared on

national television on June 1 in Nancy, France. . . *Vimochan* celebrated his 34th birthday by singing one of Guru's songs, containing his name, for 34 hours. . . Guru held a special memorial service at the United Nations on June 4 for the great Japanese running coach *Nakamura*, whom he had met with a number of times over the past several years. . . Each of the singing groups sang Guru's new *obedience song* *Father's Day*, June 16. . . Several musical groups performed at the Central Park Bandshell July 7 during a *Oneness-Family* music festival sponsored by the Centre. *Premananda* placed first in the Masters category in the Liberty-to-Liberty Triathlon July 4. The event included a swim around the Statue of Liberty, a bike ride to Philadelphia and a 10K run. . . *Prakash* did 23 60-pound and *Mary Ann Samuelson* did 16 30-pound dumbbell presses in a contest Guru held July 14. . . On July 30 *Guru* did four repetitions with a 70-pound dumbbell and celebrated by offering a 70-item *prasad*. . . The Deputy Permanent Representative of India to the U.N., *Vinay Verma*, and his family visited Sri Chinmoy at the tennis court July 28. Both of them had been good friends in the Sri Aurobindo Ashram.



*Sri Chinmoy held a reception July 19 at P.S. 86 for Champaklal-ji, who was visiting from the Sri Aurobindo Ashram where he had been one of the closest attendant-disciples of Sri Aurobindo and the Mother.*

## SEVEN-HOUR MEDITATIONS OFFERED IN CANADA

Sri Chinmoy offered two seven-hour meditations in Canada the week-end of June 8.

One was held at Quebec's Laval University on the 8th and one at the University of Ottawa, in Ottawa, on the 9th.

The Ottawa meditation also marked the premiere performance of the Master's seven meditation mantras, which he had composed on the bus ride between Quebec and Ottawa.

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"The Soundless Sound"

Volume 13

August—mid-December 1985

## WEIGHT-LIFTING TRIUMPH REVEALS PHILOSOPHY OF SELF-TRANSCENDENCE

Last year's Mr. Universe, Mike Christian, called it "Unbelievable, unbelievable! I wish I could have been there," he said. Bob Paris, winner of the Mr. Universe and Mr. America titles in 1983, declared: "His accomplishment is tremendous!"

What they were referring to were



the two consecutive sets of one-arm dumbbell presses (of 13 and 23 repetitions, respectively) that Sri Chinmoy did Oct. 9 with a 106-pound weight... *after only three and a half months' training.* Although he had been an accomplished track-and-field athlete in his youth, he first began serious bodybuilding in late June.

But he spiritual Master didn't stop there. On Nov. 3 he did 22 one-arm presses with 131 pounds. Then, 15 days later, on the 18th, he lifted his own body weight with one arm—doing two sets of one-arm presses (of 10 and 14 repetitions) with a 155-pound weight.

Sri Chinmoy's plunge into bodybuilding, and his rapid-fire progress, are expressions of a far-reaching philosophy that sees the physical as an instrument for revealing the spiritual side of man. There's no limit to the amount of perfection a person can achieve in either the inner or the outer life, Sri Chinmoy feels, and he has dedicated his life to proving it.

## EUROPEAN PEACE TOUR HELD

Sri Chinmoy embarked on a six-day peace tour through the United Kingdom and France in mid-October, offering three major concerts.

The first peace concert took place Oct. 16 in Edinburgh's well-known Usher Hall. Another was held Oct. 17 at the Odeon Theatre in Birmingham, England, followed two days later by a third at le Zenith theatre in Paris.

## SIX THOUSAND ATTEND CONCERT IN MONTREAL

**MONTREAL**—Some 6,000 people filled the main concert hall of the Palais des Congres Sept. 14 for Sri Chinmoy's 1985 Canadian peace concert.

Last year's Toronto concert also attracted several thousand, who were interested in the Master's approach to peace.

*Playing the esraj at a peace concert.*



# Anahata Nada

## ENGLISH CHANNEL SWIM DEFIES THE IMPOSSIBLE

DOVER, England—Two of Sri Chinmoy's disciples demonstrated their teacher's philosophy by swimming the English Channel with only six months' training.

Twenty-eight-year old Vasanti, from Heidelberg, crossed from England to France on Sept. 9, becoming the first German woman to swim the 21-mile Channel. It took her 16 hours 55 minutes.

Adhiratha, 38, left the shores of England the next day, completing his swim in 14 hours 51 minutes.

Neither one had done any serious swimming for years. Both took up the challenge at the encouragement of their spiritual Master, who teaches that human capacity is virtually unlimited if we become an instrument of the Supreme and allow God to operate in and through us.

"Yesterday's impossibility has surrendered to today's reality," Sri Chinmoy told them afterwards. "But this reality also has to be transcended . . . Self-transcendence is a very special kind of perfection in the Heart of our Beloved Supreme."



English Channel swimmers Vasanti, left, and Adhiratha.

## ASHRITA SETS SEVENTH GUINNESS WORLD RECORD

NEW YORK—Ashrita broke his seventh Guinness world record Nov. 19 by completing 11 miles on a pogo stick in under six and a half hours. He did the event to honour the 11th anniversary of Sri Chinmoy's entry into the painting world.

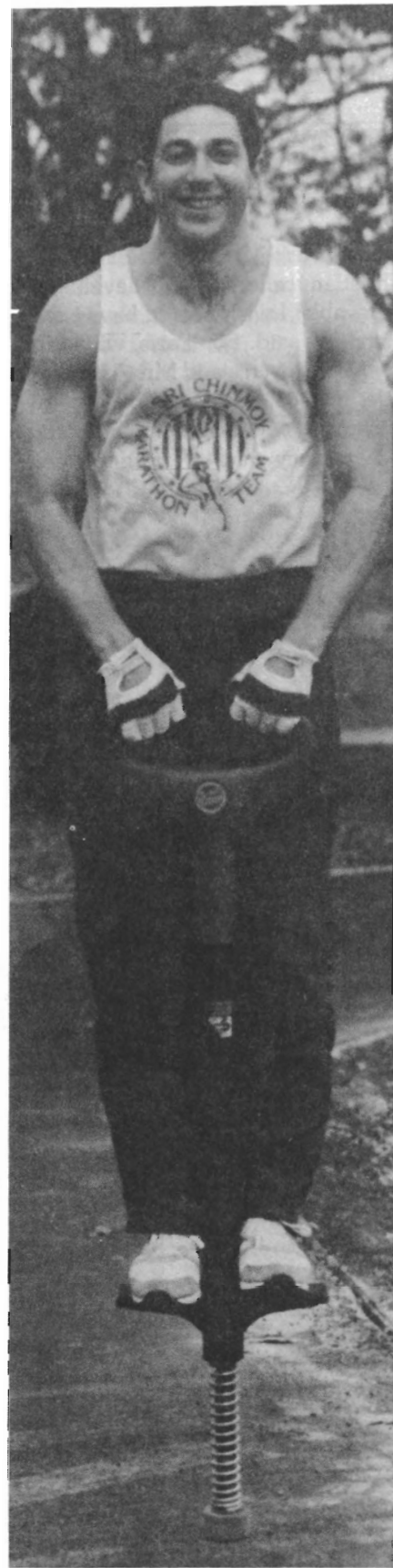
In addition to pogo stick jumping, Ashrita is currently a Guinness record holder in clapping, milk bottle balancing, forward somersaulting, stretcher-bearing and wreath making . . . and a former champion in jumping jacks.

## TWO OTHER RECORDS SET

Two other disciples of Sri Chinmoy also set new Guinness records recently.

Sadhak of Brisbane, Australia, broke the one-man band record, playing at least three instruments simultaneously for 77 hours and 2 minutes from June 5-8. In 1983 Sadhak had played for 60 consecutive hours.

In Toronto, David Frank set a record the weekend of Nov. 23 by whistling non-stop for 31 hours. He had also set a skate-boarding Guinness record in 1983.



Ashrita pogo-stick jumping.

# Anahata Nada

## MARATHON HELD AT SING SING PRISON



OSSINING, NY— A 26.2-mile marathon was held here Oct. 13 for inmates at Sing Sing Correctional Institute in what was probably the first such event of its kind in the U.S. penal system.

First in a field of 20 was John Reed, with a time of 4:16. The race was held on a 1/5-mile loop around the prison baseball field.

The race was organized by Humanity's Perfection-Builders, a group of Sri Chinmoy's students who are carrying their teacher's philosophy of spiritual and physical development to the prison community.

## RUNNING UP A STORM

Yiannis Kouris braved the 60 mph winds and driving rains of Hurricane Gloria to break his own world record Sept. 27 in the Sri Chinmoy 24-Hour Race, Flushing Meadow Park, Queens.

The 29-year-old athlete from Greece completed 178 miles, besting his 1984 record by one mile.

Another running milestone was set by Willie Rios, 68, who ran 101 miles, breaking his own age-group record by 11 miles.

Park officials had wanted to stop the race because of the weather, but race officials—at Sri Chinmoy's request—persuaded them to let it go on.

## LINCOLN CENTER CONCERT CROWNS N.Y. PEACE EFFORT

NEW YORK—A successful peace concert at Lincoln Center's Avery Fisher Hall highlighted a broad peace initiative in the New York metropolitan area.

Sri Chinmoy's Lincoln Center concert, held in conjunction with the 40th anniversary of the United Nations, took place Oct. 28. A follow-up concert was offered the next night at New York's Beacon Theater.

The Master also held peace concerts at the War Memorial Theater in the State House Complex, Trenton, NJ, on Dec. 3 and at Bushnell Memorial Hall in Hartford, CT, two days later.

## AUTUMN CONCERT SERIES HELD ON WEST COAST

A series of peace concerts was offered in three West Coast cities this fall.

Sri Chinmoy held his first concert in San Francisco's Davies Hall on Sept. 29. The next day he gave two concerts at the University of Washington in Seattle, followed by a fourth concert at the University of Victoria in British Columbia on Oct. 1.

## SEVEN-HOUR CONCERT HELD

NEW YORK—A seven-hour concert, featuring Sri Chinmoy playing several different instruments, was held here on Thanksgiving evening, Nov. 27. It was entitled "Gratitude-Feast."

## GURU GETS U.N. PEACE MEDAL

UNITED NATIONS—Assistant U.N. Secretary-General Robert Muller came to a Peace Meditation meeting Nov. 26 to present Sri Chinmoy with a medal commemorating the United Nations' 40th anniversary.

Muller said he wanted to thank the Master "for everything you have done for so many years, but especially during this year of the 40th anniversary, when you have inspired so many people around the world."

The Master replied: "The United Nations is not a mere building or a mere idea....(It) is the Vision-Light of the Absolute Supreme which is slowly, steadily and unerringly illumining the ignorance-night of our human life.... At his choice Hour, the Absolute Supreme will ring His own Victory-Bell here on earth through the loving and serving heart of the United Nations."



Sri Chinmoy presents a flower to Greek ultramarathon champion Yiannis Kouris.

# Anahata Nada

## TALK OF PARSONS BOULEVARD

The fourth annual *Sri Chinmoy Tennis Classic* for men and women over 50 was held Aug. 9-11 at Sterling Tennis Court in Queens . . . Guru gave a *public concert* Aug. 21 at New York's Riverside Church . . . During his birthday celebration, Guru *spontaneously set music* to 48 poems from "The Goal is Won" . . . Bangladesh's top-ranked junior tennis player, *Shovan Jamaly*, who was in town to play in the U.S. Open, rallied with Guru at his tennis court Sept. 4 . . . The seventh annual *Sri Chinmoy Triathlon* was held Sept. 7 in Misquamicut State Park, Rhode Island . . .

*Adhiratha*, the first U.N. employee to swim the English Channel, was honoured Sept. 24 at a Meditation Group programme attended by *Benson Huggard*, a record-holder in the Bimini to Florida swim, and *Julie Ridge*, the first woman to swim two consecutive laps around Manhattan island. The programme was dedicated to the 40th anniversary of the U.N. Inspired by the event, *Shelley Taylor* of Perth, Australia, dedicated her world-record-paced swim around Manhattan Oct. 15 to the Sri Chinmoy Marathon Team swimmers at the U.N. . . .

*Trishul* placed third at the annual Six-Day World Championship race in La Rochelle, France, held Oct. 3-9. He completed 530 miles, breaking his own Canadian record by 26 miles . . .

*Banshidar* began his run from California to New York, called "Everest Aspiration Journey," on Oct. 9 and is now averaging about 35 miles a day. *Kent Mursinna* is serving as his handler . . . More than 175 disciples ran in the *New York Marathon* Oct. 27. As in the past, Sri Chinmoy Marathon Team members also packed the lunches and did the post-race cleanup in Central Park . . . *Abadh* biked the 830 miles from Halifax to New York in five days, arriving Oct. 28 . . . The Sri Chinmoy Marathon Team's first *5-day race* was held Nov. 29—Dec. 4 in Flushing Meadow Park . . .

*John Wong*, Deputy of Programs at Sing Sing prison, visited Guru on Oct. 6 . . . Guru composed and arranged seven different versions of a song in honour of American Composer *Alan Hovhaness*, whom he had met after his Seattle peace concert. On Oct. 13 Guru personally conducted the New York area singers in a recording, which was sent to Hovhaness . . . The *Presidents of Austria and Colombia*, the *Governor-General of Jamaica* and *Mayors from*

*more than 40 U.S. cities and counties* wrote letters or proclamations in support of the "Seven Minutes of Silence" programme sponsored by The Peace Meditation at the United Nations Oct. 24 to honour U.N. Day . . . The author and adventurer *David Smith*, who has swum from Africa to Europe, kayaked down the Nile and trekked across the Sahara, met with Guru on Nov. 21 . . . Body-building champion *Frank Zane*, a three-time former Mr. Olympia, visited Guru at the U.N. on Nov. 29.

## NEW YEAR'S MEDITATION HELD

*NEW YORK*—Sri Chinmoy held his meditation for the New Year on Dec. 6 at Washington Irving High School here.

## PEACE CONCERT HELD AT U.N.

*UNITED NATIONS*—Sri Chinmoy offered a peace concert Dec. 8 in the lobby of the U.N. General Assembly Hall.

This unusual event was held in connection with the U.N.'s upcoming International Year of Peace. It also helped culminate the celebration of the 40th anniversary of the U.N. in 1985.

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Sri Chinmoy's New Year's Message for 1986: *The New Year will be the year of teeming surprises—Heaven-descending golden Dreams, Earth-ascending silver realities—for the seekers who sleeplessly and unconditionally live for the Compassion-Eye-Manifestation and for the Satisfaction-Heart-Manifestation of their Beloved Supreme throughout the length and breadth of the entire world.*

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# Anahata Nada

"The Soundless Sound"

Volume 14

mid-December 1985 — March 1986

## EIGHT PEACE CONCERTS OFFERED IN JAPAN

Sri Chinmoy recently completed a major peace concert tour that brought him to several Japanese cities.

Tokyo was the site of two of the concerts, on Dec. 16 and 19. Performances in Kamakura on Dec. 18 and in Beppu on Dec. 27 concluded the Master's 1985 peace concert series. Altogether, he gave 29 peace concerts during the year.

The theme for the 1986 peace concert series is "Peace: God's Dream-Reality's Oneness-Boat, Fulness-Shore." The first concert of the year was held on Jan. 3 in Fukuyama, followed by performances in Hiroshima on Jan. 5, in Kyoto on Jan. 8 and in Nagoya on Jan. 11.

The Jan. 5 Hiroshima concert was preceded by a special meditation and peace ceremony in the city's Peace Memorial Park, followed by a peace walk to the concert hall.



*Meditating at peace concert.*

## GURU'S 200-POUND PRESS ASTONISHES ALL AND SUNDRY

Sri Chinmoy set a new record for his age and weight March 6 by pressing 200 pounds with one arm, drawing praise and accolades from people in all walks of life.

"It seems like there's no limit," was the reaction of Harvey Newton, head coach of the 1984 U.S. Olympic weightlifting team. He said the profession is quite interested in the Master's "Body, Heart and Soul" press. "I'd like to see a challenge now amongst others to start this lift officially," he declared.

Lee Haney, the 1984 and 1985 Mr. Olympia, called the Master "incredible, really incredible," adding: "Sri Chinmoy shows that with God there is nothing that is impossible."

Former heavyweight boxing champion Joe Frazier declared: "The body will only be right when you have God's Blessings. Sri Chinmoy does, and he is fantastic!"

The Master's weightlifting achievements have also brought letters or commendations from 15 governors and 47 mayors.

"Sri Chinmoy's accomplishments are a testament to the strength of the human spirit," writes San Antonio Mayor Henry G. Cisneros.

And New York's Governor Mario Cuomo says: "My admiration has turned to awe."

## GURU VISITS CAPITAL FOR A DAY OF PRAYERS AND PEACE

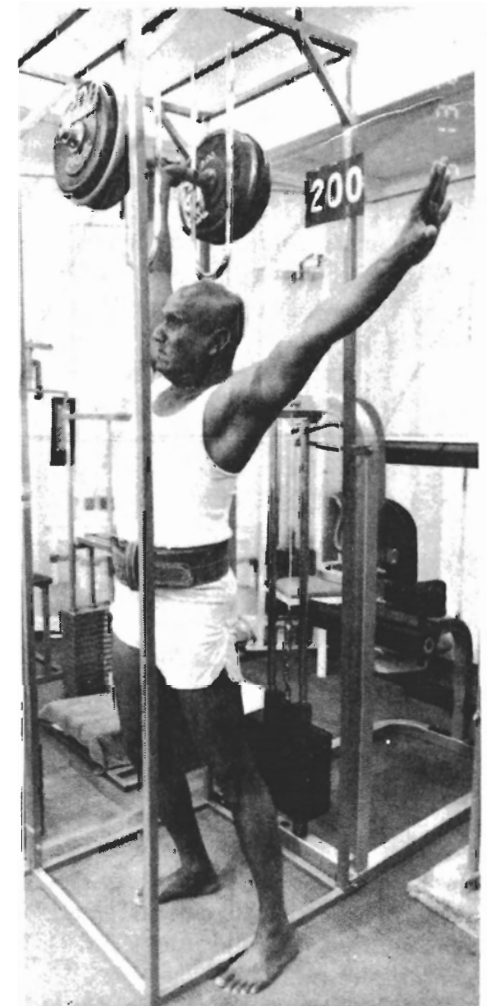
WASHINGTON, D.C.—Sri Chinmoy joined President Reagan, various Senators and Congressmen and spiritual and political leaders from around the world as a guest at the National Prayer Breakfast Feb. 6.

That evening he held his Washington peace concert, dedicating it to President Reagan in honour of the President's birthday.

## UNIVERSITY PEACE TOUR LAUNCHED IN 1986

Sri Chinmoy is bringing his peace concert series to many of the world's major universities during his 1986 peace tour. Each of his university appearances will include a short lecture, music and meditation.

The university series began with a lecture/concert at the University of Tokyo on Jan. 10, followed by appearances at Cornell on Jan. 24, Columbia on Jan. 25, Princeton on Jan. 31, Brown on Feb. 2, Harvard on March 7 and New York University on March 31.



*Sri Chinmoy lifting 200 pounds.*



Gochar, left, and Bansidhar with Sri Chinmoy after completing their run.

## CROSS-COUNTRY PEACE RUN ENDS AT UNITED NATIONS

UNITED NATIONS—Cheered on by diplomats, runners and friends, Bansidhar completed his 3,200-mile coast-to-coast Peace Run Jan. 24 at the plaza of the United Nations.

His solo run, called "The Everest Aspiration-Journey," was the first American sports event commemorating the International Year of Peace. The 32-year-old-publications editor dedicated the run to his spiritual teacher, Sri Chinmoy.

Bansidhar began his three-and-a-half month odyssey at San Juan Capistrano Beach, California, on Oct. 9. The journey brought him through 30 states, averaging 30 miles a day. Gochar served as his handler.

Sri Chinmoy told Bansidhar afterwards that his "supreme achievement is a most illumining chapter that has been added to our mission-story-book, which will be read and reread, read and reread, for centuries and centuries to come."

Commenting on the significance of a run from California to New York,

Sri Chinmoy said the West Coast state represents the adventure in newness that "begins in the Unknown and seeks to see, to feel and to become one with the Unknowable."

New York, on the other hand, he declared, embodies the "message-announcement of fulness that at every moment is transcending its dreams, its realities, its capacities and its promise to manifest the length and breadth of the entire world."

## CANADIAN PRIME MINISTER PUTS IN A GOOD WORD

OTTAWA—Canadian Prime Minister Brian Mulroney has released a statement offering Sri Chinmoy his "sincerest thanks and appreciation for all he has done throughout his extraordinary life to promote global peace and understanding."

The Canadian head of state commended the Master for "his faith and serenity," adding, "I hope that he will continue to exert his calming and constructive influence on the international community for many years to come."

## U.N. PEACE SWIMMERS MAKE A BIG SPLASH

Three United Nations staffers have been making a series of "peace swims" this winter to focus attention on 1986 as the U.N.'s International Year of Peace.

Adhiratha, Shradddha and Sunil, all students of Sri Chinmoy, began their odyssey on Jan. 1 with a mile-long swim around the sacred shrine on Japan's Miyajima Island in Hiroshima.

During a swim off Nagasaki a few days later, local schoolchildren, carrying signs for world peace, joined them briefly in the frigid waters.

By the end of March they had carried their peace message to the bays and oceans of Panama, Costa Rica, the Dominican Republic, Mexico, Bermuda, the Virgin Islands, Puerto Rico and several cities along the Eastern and Western seaboard of the U.S.—in water temperatures as low as 37 degrees F.

Adhiratha and Sunil, both 38, are UNICEF employees. Shradddha, 32, works at the U.N. Secretariat.

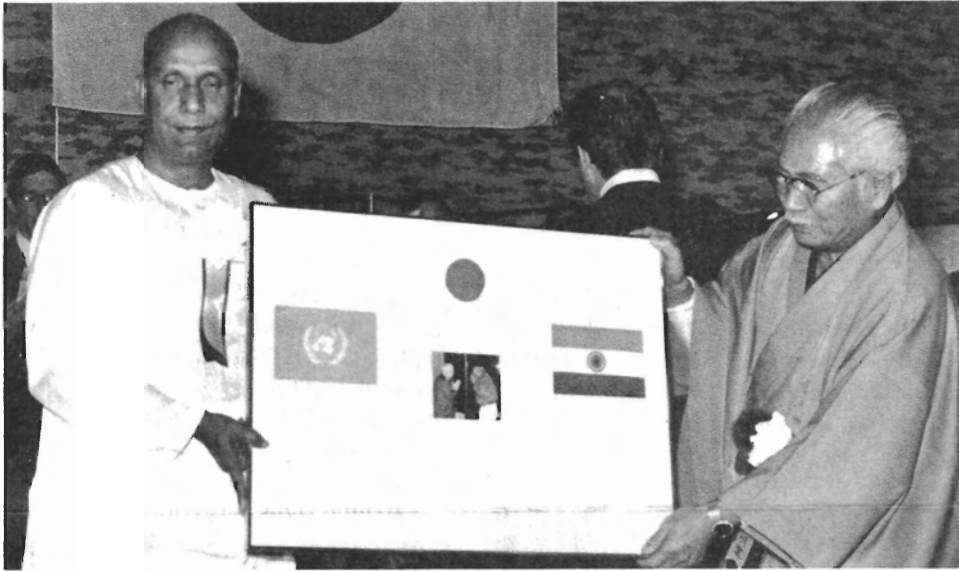


Peace swimmers Sunil, Shradddha and Adhiratha.

## 7-HOUR MEDITATION HELD

NEW YORK—Sri Chinmoy offered a seven-hour public meditation March 29 at Buchman Hall, the auditorium of Harit's music store.

The Master also had given public concerts here on March 8 and 22.



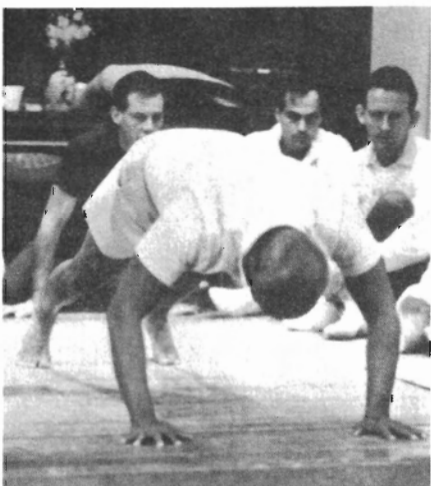
*Japanese industrialist Matsumoto and Sri Chinmoy exchange plaques of friendship in Kyoto.*

## KEY BUSINESS LEADER HONOURS GURU IN JAPAN

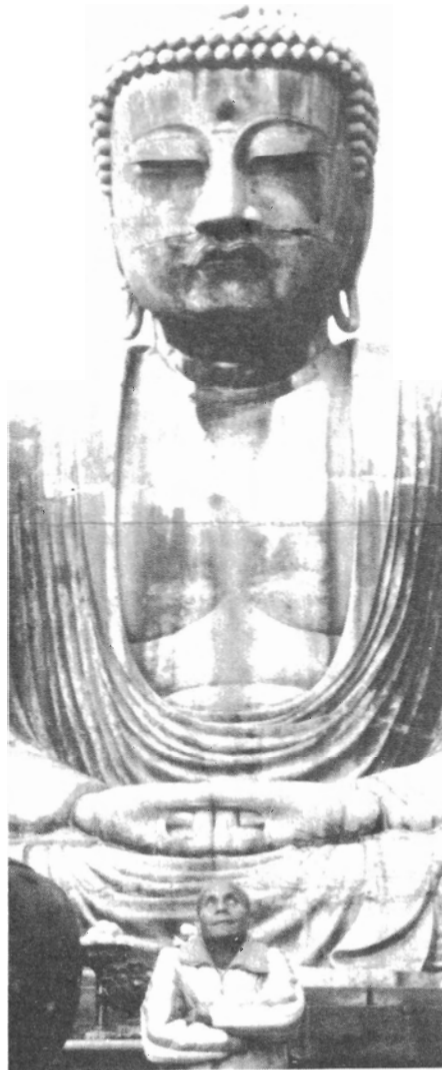
*Kyoto*—Sri Chinmoy was guest of honour Jan. 12 at a reception held for Akishige Matsumoto, head of the Japan Republic Association.

Afterwards the Japanese industrialist wrote the Master: "A mystical aura of Compassion and Love surrounded your entire being."

He went on to say: "There has not been anything that has been more inspiring in the 72 years of my life than having been given such a friend as you from my Lord here on earth."



*Sri Chinmoy completed 2,230 pushups in 59 minutes and 40 seconds in Kyoto on Jan. 7.*



*Meditating at the Kamakura Buddha.*

## SRI CHINMOY PEACE MILE DEDICATED IN LONDON

*LONDON*—The Sri Chinmoy Peace Mile, a permanently marked running course along the Thames River in Battersea Park, was officially dedicated March 15.

Joining Sri Chinmoy at the inauguration ceremonies were the local Mayor, Members of Parliament, British running champions and dignitaries representing the Greater London Council, the United Nations Association and the Church.

The programme included several races, ending with a peace walk around the course—led by the Master.



*Tokuma Utsunomiya, a member of Japan's House of Councillors and National Diet, and one of the country's most prominent spokesmen for peace, met with Sri Chinmoy in Tokyo on Dec. 20 for discussions on world peace.*

# Anahata Nada

## TALK OF PARSONS BOULEVARD

Guru cooked 13 dishes for his disciples on Dec. 12 to celebrate his 155-pound "Body, Heart and Soul" one-arm press the previous month . . . Guru wrote a new *Buddha* song at Kamakura on Dec. 17 entitled "Namo, Namo" . . . On Jan. 5 he wrote "O Year of Peace" to commemorate the International Year of Peace . . . *Seko*, Japan's top marathon runner, visited Guru at his Tokyo hotel Dec. 18 . . .

To kick off the New Year, *Didier Bloch* of the Lyon Centre chanted the Gayatri Mantra 13,000 times and French disciple *Pierre Mollier* chanted 'Aum' 27,000 times. Both feats took several days . . . *Ashrita* broke his own Guinness record on Jan. 8 by pogo stick jumping 11.6 miles up and down a portion of Japan's Mt. Fuji . . . To celebrate Guru's 200-pound lift, *Arunadoy* skateboarded 200 miles, breaking his own world record, on March 12-13, and *Ashrita* pogo stick jumped 200 minutes while submerged in a pool (breathing through a

snorkel) on March 14. In the 200-Mile Sri Chinmoy Run held March 16-20 to commemorate Guru's lift, *Trishul* placed first and *Suprabha* second overall . . . *Ullas* recorded the best time at the Sri Chinmoy Peace Mile run in London March 15, completing the course in 4:39 . . .

During his visit to Boston March 7, Guru met with *Radcliffe President Matina Horner* . . . Guru lifted a 100-pound weight from the ground and, with one arm, pressed it overhead on

March 20 . . . After his Columbia University peace concert on Jan. 25, Guru met with tennis player *Yannick Noah* at the athlete's Manhattan restaurant . . . Guru returned to *Shakpura*, his place of birth, for the first time in 43 years on Feb. 13. During his three-week trip to India, he also visited his brothers and sisters at the *Sri Aurobindo Ashram* . . . *Narada* has won a Grammy for best rhythm and blues songwriter for his "Freeway of Love" single.



*Meditating for peace at Hiroshima's peace memorial.*

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Another Guinness record. *Joey Shury* of Toronto played on the flute for 61 hours March 21-23 in honour of Guru's 200-pound lift.

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# Anahata Nada *"The Soundless Sound"*

Volume 14

April - July 1986

## WORLD CLASS ATHLETES HONOUR WEIGHTLIFTING GURU

JAMAICA, NY—Track and field star Carl Lewis (Sudhahota) was master of ceremonies.

Four-time Olympic gold medalist (discus) Al Oerter and bodybuilding champion Bill Pearl, five-time holder of the Mr. Universe title, were sitting in the front row, enthralled.

These were a few of the athletes attending an unusual celebration June 25-26 of the weightlifting achievements of spiritual Master Sri Chinmoy.

Applying the power of meditation to weightlifting, the 54-year-old spiritual teacher has astonished the sports world with his 240-pound one-arm lifts and 1,300-pound calf raises after only one year's training. (By the end of July he was lifting 250 pounds with one arm and 1,500 pounds in the calf raise.) He weighs under 160 pounds.

During the two-day event, the visiting athletes took a tour of the Master's art gallery . . . played tennis with the spiritual teacher . . . officiated at disciple weightlifting, pushup and headstand contests . . . and listened to a medley of 50-odd songs Sri Chinmoy had composed to honour them.

"In my whole career there are . . . maybe three things that have stuck with me and moved me enough to remember over the years," Pearl said afterwards. "But here with Sri Chinmoy is by far the best . . . This is a once-in-a-lifetime experience."

Jim Smith, Registrar of Records for the British Amateur Weight Lifters' Association and masters champion in the two-handed standing press, also called it "an experience I will never forget for the rest of my days."

Others attending the celebration of the first anniversary of Sri Chinmoy's weightlifting included: Terry Todd, former U.S. powerlifting champion and now a world-renowned authority



on strength-related feats; his wife, Jan, women's record holder for the squat; and Cliff Sawyer, President of the Physique Committee of the American Athletic Union and chairman of the Mr. America Committee.

*Sri Chinmoy with (top) Olympic gold medalists Al Oerter and Carl Lewis (Sudhahota) and (bottom) weightlifting champion Bill Pearl at celebration honouring the Master's weightlifting anniversary.*

# Anahata Nada

## PEACE TOUR HELD IN GERMAN-SPEAKING WORLD

Sri Chinmoy recently completed a whirlwind peace tour of Germany, Austria and Switzerland that included six peace concerts and three Peace Mile inaugurations in eight days.

It began with a peace concert at Berlin's Technical University on June 6. The next day performing groups from several countries participated in a Sri Chinmoy Oneness-World Peace-Family Festival, which concluded with a late night peace concert by the Master.

Subsequent peace concerts were held in Vienna on June 9, at the University of Stuttgart June 10, at the Technical University of Zurich on June 11 and at the University of Geneva on June 12.

On June 8 the first Sri Chinmoy Peace Mile was dedicated in Germany. At the dedication ceremony in Brandenburg Gate Park, just 40 metres from the Berlin Wall, the Master said: "Today marks the beginning of the peace-dawn here in Berlin." He also declared, "There shall come a time when there will not be two Berlins but only one . . . for our Beloved Supreme wants His Peace to reign supreme here on earth."

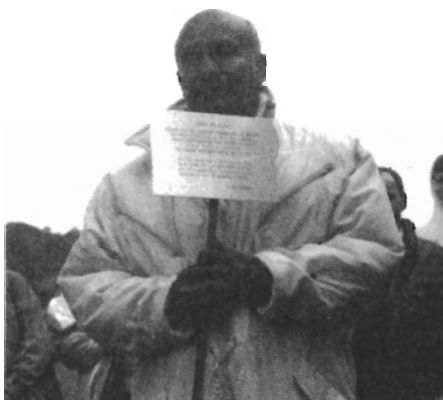
Sri Chinmoy Peace Miles were also dedicated in Zurich and Geneva on June 13. "These Peace Miles," the Master said at the Zurich dedication, "will bring to the fore the genuine aspiration-cry of humanity."

Later that day, the Master held a ceremony in Geneva's Jardin Botanique in connection with the planting of a peace tree.

## SEVEN-HOUR SONG CONCERT HELD IN BUCHMAN HALL

NEW YORK—Some 400 Bengali and English songs were performed by Sri Chinmoy on May 14. This was the largest number of songs he has so far sung in a single recital.

The public concert, lasting seven hours, was held in Buchman Hall.



*Sri Chinmoy meditates at peace tree planting ceremony in Geneva.*

## BANGLADESH HONOURED AT UN

UNITED NATIONS—Diplomats from Bangladesh, India and other nations gathered at the Dag Hammarskjold Auditorium here June 3 for a special tribute to Bangladesh sponsored by The Peace Meditation at the United Nations.

The programme opened with a silent meditation by Sri Chinmoy, followed by a medley of Bengali songs written by Sri Chinmoy and other Bengali composers, which were performed by members of The Peace Meditation choir.

Keynote speaker was Anwarul Karim Chowdhury, Deputy Permanent Representative of Bangladesh to the U.N., who spoke about the cultural and spiritual greatness of "my golden Bangladesh."

## FOUR PEACE CONCERTS OFFERED IN SCANDINAVIA

During a four-day peace tour of Sweden and Finland, Sri Chinmoy held peace concerts on July 17 at the University of Uppsala and at the Cultural House in Stockholm (in



*Sri Chinmoy with Stu Mittleman, winner of 1,000-mile race.*

## ADDABBO MEMORIAL HELD IN U.S. CAPITAL

WASHINGTON—Several Congressmen gathered in the Cannon House Office Building May 6 to pay final tribute to their late colleague, Congressman Joseph P. Addabbo.

The gathering was sponsored by spiritual Master Sri Chinmoy, leader of The Peace Meditation at the U.S. Congress, which Addabbo helped found in 1984. Sri Chinmoy and Congressman Addabbo had known and admired one another for several years.

Sri Chinmoy opened the programme with a silent meditation and memorial tribute. Other speakers included Congressmen Mario Biaggi and George Wortley of New York, and Congressman John Seiberling of Ohio.

cooperation with the University of Stockholm) . . . on July 18 at the University of Helsinki in Finland . . . and on July 19 at the Retretti Art Centre, Punkaharju, Finland.

Sri Chinmoy Peace Miles were inaugurated in Uppsala on July 18 and in Helsinki the following day.

# Anahata Nada

## WORLD RECORD SET AT SRI CHINMOY 1,000-MILER

A 34-year-old New Yorker named Stu Mittleman shaved 16 hours off the previous record to win the second annual Sri Chinmoy 1,000-Mile Race in 11 days 20 hours 37 minutes.

The 15 participants, coming from as far away as England and Australia, ran and walked up to 21 hours a day around a one-mile loop in New York's Flushing Meadow Park. Before the 15-day cut-off on May 11, five succeeded in completing the distance.

Canadian Trishul Cherns, 29, trimmed two days off his own national Canadian record, finishing third. The only female competitor, Sulochana Kallai, 56, logged 631 miles while Willie Rios, 69, the oldest contestant, ran 806. "Cardiac runner" Joe Michaels, who has suffered seven heart attacks, completed 624 miles.

At the end of the race, all the runners—as well as race officials and the Sri Chinmoy singers—were driven around the course in a lavish float for a "victory lap." As the runners waved to the spectators walking alongside, the choir sang songs the Master had composed for each of the athletes. Sri Chinmoy, also on the float, meditated the whole time.

## ALBANY HONOURS GURU WITH SELF-TRANSCENDENCE DAY

ALBANY, NY—Mayor Whelan proclaimed July 13 "Sri Chinmoy Self-Transcendence Day" in honour of the Master's visit there.

The Guru was in Albany to open the International Bazaar programme with a silent meditation. Afterwards, runners from The Peace Meditation at the United Nations jogged into the auditorium to conclude their 150-mile "Peace-Oneness Run" from U.N. headquarters in New York.

During his visit to Albany, the Master also presented "cardiac runner" Joe Michaels with the first annual Sri Chinmoy Self-Transcendence Award.



*Sri Chinmoy lifting three of his students plus 700 pounds [above] and 1,500 pounds [right] using only his calf muscles.*

## UNIVERSITY PEACE SERIES CONTINUES ON EAST COAST

Sri Chinmoy continued his university peace concert tour this spring with concerts at four universities in New Jersey and Connecticut.

Lectures and concerts were offered on April 3 at Fairleigh Dickinson University and Rutgers University's Douglass College, in New Jersey, and on April 19 at the University of Connecticut at Storrs and Wesleyan University, in Connecticut.

## GURU HOISTS 1,500 POUNDS IN SPECTACULAR CALF RAISE

JAMAICA, NY—The Indian Guru with one of the world's strongest right arms proved July 30 that he has also got plenty of oomph in his legs.

Sri Chinmoy set a new record by hoisting 1,500 pounds, using only his calf muscles. He performed the feat on a standing calf machine in his outdoor meditation park/tennis court (Aspiration-Ground).

Sri Chinmoy first began using the calf machine at the beginning of June, and on June 14—after only nine training days—he lifted 1,000 pounds.

On July 15, while WABC-TV was filming, three of his students—Bhima, Tejiyan and Prakash (together weighing over 626 pounds)—balanced on top of the calf machine, and after another 700 pounds of weight was added, the Master lifted them and the weights using only his calf muscles.



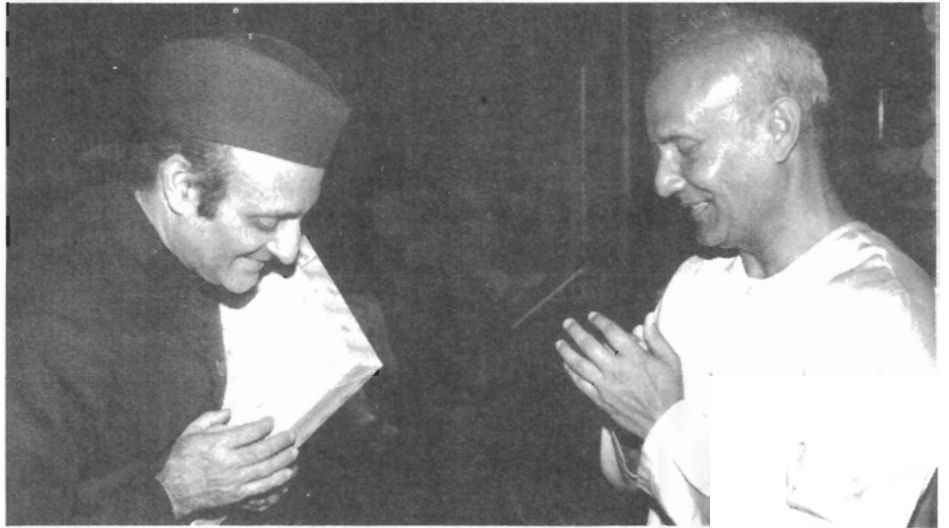
# Anahata Nada

## TALK OF PARSONS BOULEVARD

To honour Guru's 200-pound one-arm press the previous month, a team of 19 male weightlifters plus Guru defeated four girls' teams in a 200-mile relay (with each runner running a mile 10 times) at Flushing Meadow Park on April 5 . . . A similar 200-mile relay involving five other groups was won by the *German boys* on April 18 . . . At the *April 13 celebration* of his 22nd year in America, Guru sang songs dedicated to each of the 50 states as disciples born in those states meditated or sang with him . . . Guru's *eighth long-distance running anniversary* was celebrated June 1 with two 26-member boys' and girls' teams running a 26-mile relay, with Guru completing the .2 mile for each of the four teams to make it a complete marathon . . . Guru celebrated his *ninth tennis anniversary* on June 14-15 by playing his disciples 154 games, winning 137 . . . Guru *lifted 240 pounds* with his Body,

Heart and Soul one-arm press on June 21 and 250 pounds on July 31 . . . *Sammukh* bested some 500 runners to win the two-mile New York Road Runners' "Breakfast Run" on July 22 . . . The second annual *Sri*

*Chinmoy Masters Games* were held July 27 at Eastchester High School in New Rochelle, NY. *Guru* won the only event he participated in—the tennis ball throw, with a toss of 43 metres.



*Dr. Karan Singh, three-time Indian Cabinet Minister and founder of the Virat Hindu Samaj, the Indian cultural and spiritual reform movement, was guest of honour at the public concert Sri Chinmoy held April 9 at Columbia University.*

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On August 11 Sri Chinmoy lifted 303 pounds with his Body, Heart and Soul one-arm lift.

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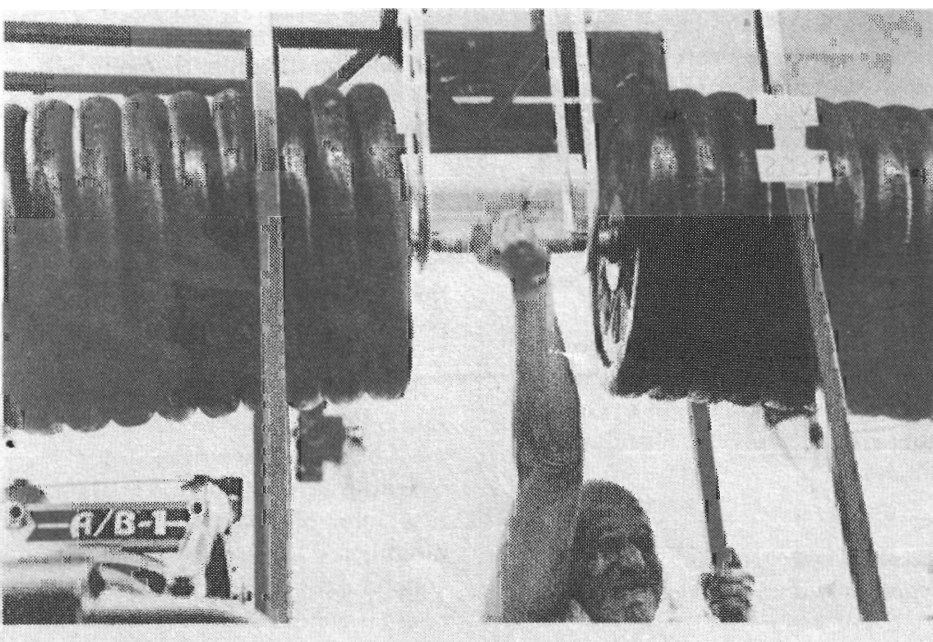
"The Soundless Sound"

Volume 14

August-November 1986



*TWO FACES OF A MASTER: Sri Chinmoy meets with Lord Ennals, one of the sponsors of his meditation in Parliament, above, and lifts more than a ton of metal into the air with one arm, from a power rack, below. The Parliament meditation and the one-arm lift were both historic events in the physical world and also in the spiritual world.*



## GURU LEADS MEDITATION IN BRITISH PARLIAMENT

LONDON—The spiritual leader who conducts peace meditations for diplomats at the United Nations and Congressmen at the U.S. Capitol inaugurated a similar programme on Nov. 13 for Members of Parliament in the Palace of Westminster.

Sri Chinmoy was invited to Parliament by the Speaker of the House of Commons, Bernard Weatherill, and the former Speaker, Viscount Tony-pandy. Lord Ennals, chairman of Britain's United Nations Association, hosted the event, which he called "a very moving occasion.

"There is no doubt that the presence of Sri Chinmoy had a profound effect," Lord Ennals said.

The Speaker thanked the Master for coming to Parliament and for giving him a copy of his 700th book, which Weatherill said "will be a treasured possession and a source of inspiration."

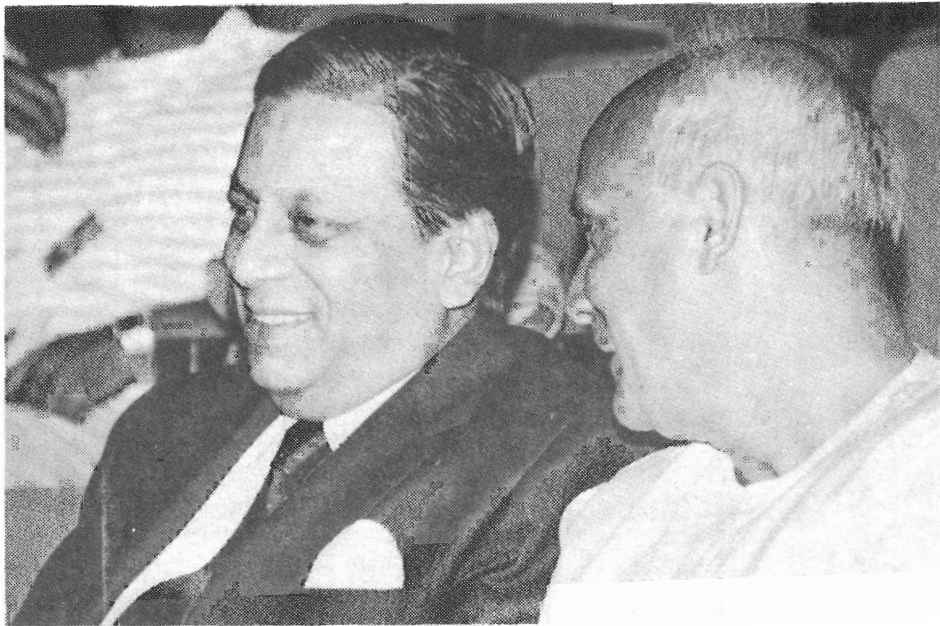
During the hour-long programme, Sri Chinmoy meditated and answered questions from various Members of Parliament, Lords and Ladies. The Master's students also sang their teacher's song about Parliament.

## PUERTO RICO NAMES GURU 'PEACE AMBASSADOR'

SAN JUAN—The Commonwealth of Puerto Rico gave Sri Chinmoy an unprecedented honour Aug. 4 when it named him 'Peace Ambassador in Puerto Rico.'

The official proclamation by Gov. Hernandez Colon cited the Master's "continuous work for world peace" and his "unparalleled selfless service to uplift the consciousness of humanity."

In another development, the Secretary of Recreation and Sports established a Sri Chinmoy Peace Mile in the San Juan Naval Base on Aug. 7. Puerto Rico now has eight such peace miles.



Bangladesh Foreign Minister Choudhury and Sri Chinmoy at U.N. programme.

## U.N. PROGRAMME HONOURS GENERAL ASSEMBLY PRESIDENT

UNITED NATIONS—The Peace Meditations held a special programme Oct. 13 to honour Humayun Rasheed Choudhury, Foreign Minister of Bangladesh and the President of the U.N. General Assembly.

"I am deeply touched and overwhelmed," said Choudhury.

During the programme the U.N. singers sang a song honouring the Bengali leader, and Choudhury sang two songs for the audience.



## 700TH BOOK PUBLISHED

Sri Chinmoy's 700th book, *My God-Hunger-Dreams*, was published on Aug. 27. It consists of 55 aphorism/poems in the author's own handwriting.

## NBC'S RUSSELL BARBER GETS U THANT PEACE AWARD

NEW YORK—The 1986 U Thant Peace Award was presented Nov. 6 to Russell Barber, producer and host of a local television show on world spirituality and religion.

"In you we see and feel at every moment a oneness-heart and a oneness-world-home," said Sri Chinmoy, as he made the presentation on U Thant Island across from the U.N.

Barber said he was especially pleased to receive the award "for it is given by a great man of peace, Sri Chinmoy, in the name of another great man of peace, U Thant . . .

"It is said that . . . what you become is your gift to God. I hope that what I become is as pleasing a gift to God as I know are the lives of U Thant and Sri Chinmoy."

*Russell Barber receiving U Thant Peace Award on U Thant Island.*

## ONE-ARM LIFTS DEFY BELIEF

Sri Chinmoy's recent progress in one-arm lift goes beyond anything previously achieved in weightlifting.

The astonishing sequence began Aug. 11 when the 160-pound Master lifted a 303 1/4-pound weight from a power rack above his head and supported it for several seconds. He had been struggling with this poundage for several weeks and succeeded only on his 214th attempt.

On Sept. 21 he lifted 400 1/2 pounds, and eight days later, went up to 503 pounds.

On Oct. 27 he broke 600 pounds and on Nov. 1 lifted 705 3/4 pounds.

Then, on Nov. 7 he moved up to 806 1/4 pounds . . . on Nov. 10, to 1,007 3/4 pounds (a more than 200-pound jump) . . . and on Nov. 17, to 1,317 3/4 pounds (a 310-pound jump)

Then, on Nov. 24 Sri Chinmoy lifted 1,515 1/4 pounds and on Thanksgiving Day, Nov. 27, he hoisted 2,039 pounds--over a ton--with one arm

## WORLD LEADERS COMMEND GURU ON WEIGHTLIFTING

Heads of State and Prime Ministers from around the world have sent Sri Chinmoy congratulatory letters for his remarkable weightlifting feats.

Brian Mulroney, Prime Minister of Canada, wrote the Master: "Your accomplishments . . . show us that the only limitation to the body and the spirit are the limitations which we place upon ourselves."

President Hussain Muhammad Ershad of Bangladesh said the Master's "feat is indeed a noble venture. It will no doubt inspire others to transcend their limitations and cultivate the power of meditation, prayer and faith for global peace."

Prime Minister Nakasone of Japan said Sri Chinmoy's "recent establishment of the new world record in weightlifting was achieved by the mystical union of God and man, and I am offering my heartfelt respect and congratulations."

# Anahata Nada

## STANDING CALF RAISES PROMOTE WORLD PEACE

The leader of peace meditations at the United Nations has been lifting everything from airplanes to elephants to promote the cause of world peace.

Since he began this project on Sept. 17, Sri Chinmoy has hoisted off the ground, among other things, a helicopter, truck, car, sailboat, steam-roller, elephant, horse and llama and members of a local Fire Department. Some of these lifts involved weights well over four tons.

What is being lifted goes on a platform, which is attached to a standing calf raise machine. The Master then applies force to the machine, using the calf muscles of his legs, and drives up the platform.

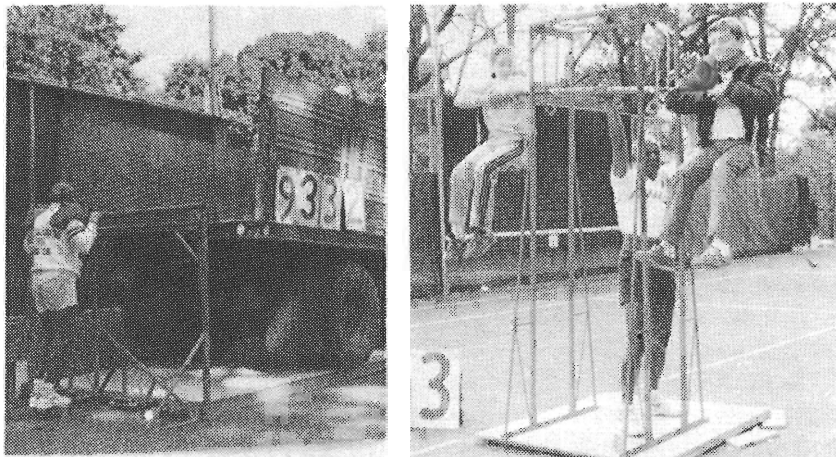
Sri Chinmoy's lifts with a seated calf raise have included a 500-pound pumpkin and a pony with a rider.

He has also lifted 2,000 lbs. on a standard standing calf raise machine.

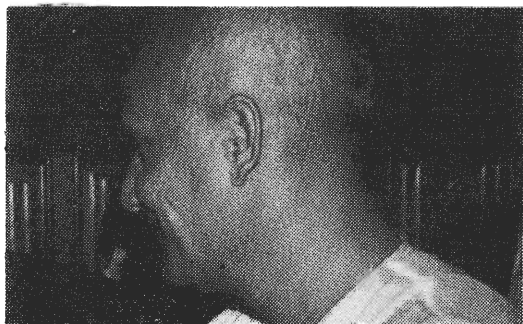
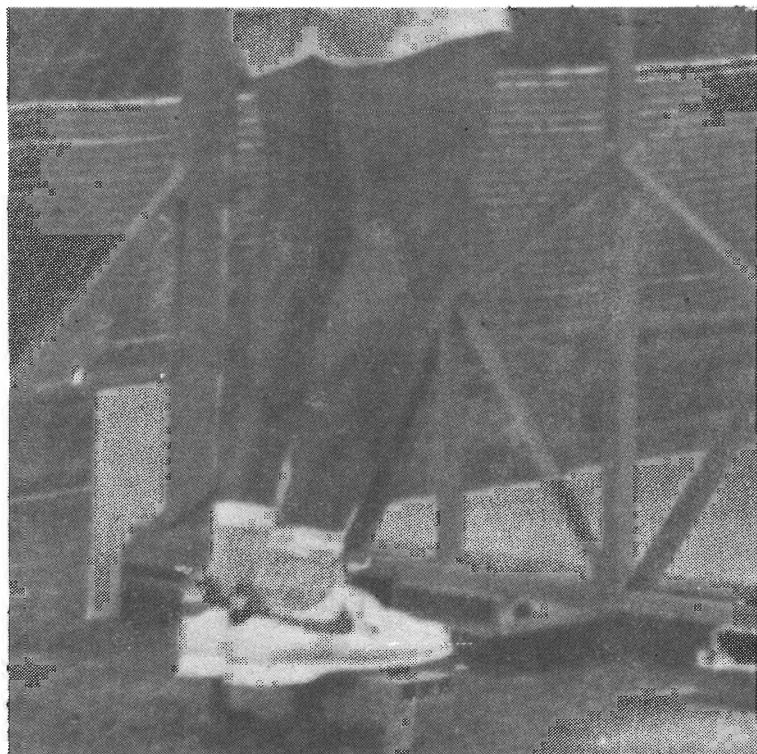
He says he relies on the inner power he gets from prayer and meditation to increase his outer strength. His goal: to inspire others to bring forward their own inner power and apply it to day-to-day life.

"It is only because of insecurity that individuals and nations fight one another and try to show their supremacy," he says. "But if they can bring their inner strength and inner confidence to the fore, then there will be no fighting and the world will have harmony and the feeling of oneness.

"We talk about peace, but talking is not the answer. The embodiment, the revelation and the offering of peace to the entire world is the answer, and this is what I am trying to do with my weightlifting."



A WEIGHTLIFTING SCRAPBOOK . . .



# Anahata Nada

## TALK OF PARSONS BOULEVARD

Guru held a *public meditation* at Washington Irving High School on Aug. 16 . . . Pop singer *Sheena Easton* visited Guru at his tennis court on Aug. 20 . . . On the morning of Aug. 27 Guru *spontaneously set tune to and sang* the 55 poems in his 700th book. A video of this, along with a *live performance of 63 instruments*, took place during his birthday celebration . . .

*Mani Shankar Mukherji*, the well-known Bengali author and journalist, met with Guru after his U.N. meditation on Sept. 5 . . . Guru and the disciples visited *Leonard Bernstein* at the composer's apartment on Sept. 11 . . . *Sadhak* set a new Guinness record Sept. 12 after playing the guitar non-stop for 277 hours—some 11 1/2 days . . . Guru meditated at the *U.N. Prayer Breakfast* held for diplomats and staff members on Sept. 16 to commemorate the opening of the General Assembly. Earlier that morning there was a seven-mile *peace walk* through

Manhattan. Disciples also held peace walks in three *French cities*.

An official *Sri Chinmoy Peace Mile* and *Peace Grove* have been established in Sydney, Australia . . . *Praphulla swam* 60 kilometres back and forth across Geneva Lake in early October, remaining in the water nearly 29 hours . . . The *Sri Chinmoy Five-Day Race* was held in Flushing Meadow Park from Nov. 7-11 . . . *Cliff Sawyer*, chairman and executive director of the Physique Committee of the *Amateur Athletic Union*, gave Guru a *certificate of appreciation* for his 705-pound one-arm lift . . . *Jim Smith*, Registrar of Records for the *British Amateur Weight Lifters' Association* gave Guru a medal for his one-arm lift when Guru and a group of disciples visited his home in England on Nov. 14 . . . Guru gave an opening meditation at the *Canadian National Championship Show*, a bodybuilding competition and exhibition held Nov. 22 in Vancouver; five-time Mr. *Universe Mahasamrat* (Bill Pearl) introduced him.

## PEACE CONCERTS HELD IN NORTH AMERICA AND EUROPE

Sri Chinmoy offered several peace concerts recently in the U.S., Canada, England, France and Germany.

The latest series began Sept. 27 with a concert in the lobby of the General Assembly at the United Nations, followed by a concert Oct. 1 at the San Jose, California, Civic Center.

The following month the Master offered peace concerts in Essen, Germany, on Nov. 12 . . . in London's Alexandra Palace on the 13th and in Le Zenith in Paris on the 14th.

And in another West Coast tour, Sri Chinmoy held peace concerts at the Seattle Opera House on Nov. 19, in Victoria, B.C., on the 20th and in Vancouver, B.C., on the 21st.

## WORLD PEACE RUN PLANNED

Plans are being made for a 13-week Sri Chinmoy peace run that will pass through dozens of countries in six continents. It's scheduled to begin April 27.

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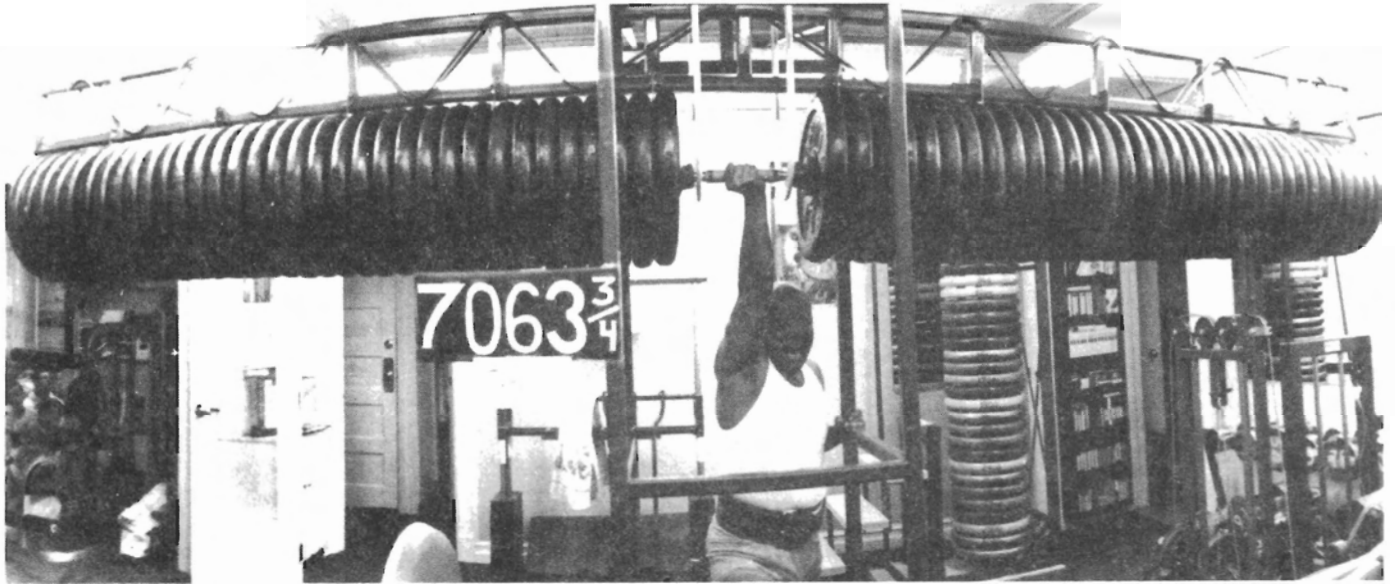


# Anahata Nada

"The Soundless Sound"

Volume 15

December 1986 - March 1987



Using spiritual power developed through prayer and meditation, Sri Chinmoy lifted 7,063  $\frac{3}{4}$  pounds with one arm on Jan. 30. His previous one-arm record was 3,081 pounds—just 10 days earlier.

## GURU BRINGS SONG OF PEACE TO SOUTH AMERICA

Sri Chinmoy offered several peace concerts in South America during a month-long spiritual holiday he and a group of his students took in Argentina, Chile and Peru.

The first concert was held Dec. 18 at the United Nations Information Centre in Buenos Aires. Dignitaries attending included the wife and sister of Argentina's President.

In Chile, the Master gave a concert Dec. 23 at the headquarters of the Economic Commission for Latin America and the Caribbean. Other peace concerts were held in Vina del Mar on Dec. 28 and in Valdivia on Jan. 4.

On Jan. 11 Sri Chinmoy offered his final peace concert of the trip in Lima, Peru.

Each of the concerts included a performance of a special song the Master had composed, honouring the particular country in which the concert was held.

## PRES. CARTER PRAISES GURU

President Jimmy Carter sent Sri Chinmoy a letter Dec. 3 congratulating him on his world-record weightlifting achievements.

"Rosalynn and I are proud of the contributions you have made in revealing the inner joy and peace of a true and lasting world," Carter wrote.

## FIRST AMERICAN PEACE MILE DEDICATED IN ALBANY

ALBANY, N. Y.—Mayor Thomas Whelan dedicated America's first Sri Chinmoy Peace Mile here Dec. 8 along the Hudson River.

The original Sri Chinmoy Peace Mile, a one-mile running course dedicated to world peace, was inaugurated in London in 1985. Since then, similar peace miles have been established throughout Europe and Australia.

At the Albany ceremony, Sri Chinmoy told newsmen that each peace mile "can be taken as a plant in the universal Heart-Garden of God."

## 13-HOUR MEDITATION HELD

NEW YORK—Sri Chinmoy held a 13-hour meditation in New York on Jan. 21.

Besides meditating in silence, the Master also played spiritual music on 86 different instruments.



Mayor Whelan and Sri Chinmoy at the dedication of the Albany Sri Chinmoy Peace Mile.

# Anahata Nada



*Indian Consul General Nazareth and his wife join Sri Chinmoy in singing the Indian National Anthem at the U.N. programme honouring India.*

## INDIA HONOURED AT U.N.

**UNITED NATIONS**—Nearly 100 Indian officials from the Indian consulate and the U.N. Secretariat gathered here March 13 for a special tribute to India sponsored by Sri Chinmoy: The Peace Meditation at the United Nations.

India's Consul General in New York, P.A. Nazareth, and his wife were guests of honour.

Sri Chinmoy, who has been conducting peace meditations at the U.N. for the past 17 years, presented the Consul General with a plaque, and the Meditation Group singers sang a song Sri Chinmoy had composed about him.

Deeply moved, the Consul General declared: "I have never been so honoured before in my whole life. This is something I'll never forget."

He said he accepted the honours as "a very moving tribute to India."

He also praised Sri Chinmoy's work for peace at the United Nations and elsewhere, comparing Sri Chinmoy to "a great tree rising above the forest,

trying to communicate the vision he sees to the rest of the world.

"This is not just a meditation group but a whole peace movement," the Consul General said. "It is certainly as important as anything done in the great conference halls of the United Nations."

The programme ended with many Indian members of the audience joining the Consul General, Sri Chinmoy and the Meditation Group singers on-stage to sing India's national anthem.

## NEW YEAR'S MEDITATION HELD

**NEW YORK**—The 15th annual New Year's meditation was held Dec. 11 at the New York Society for Ethical Culture.

Sri Chinmoy's message for 1987:

*For the mountain-truth-climbers and the fountain-God-lovers, the New Year will be the year of unprecedented inner aspiration-progress and unlimited outer manifestation-success. The truth-climber is a God-chosen God-compeer. The God-lover is a God-crowned future world-liberator.*

## 1987 PEACE CONCERTS TAKE NEW THEME

Sri Chinmoy offered a number of peace concerts in the New York metropolitan area during February and March, in addition to the two he gave earlier in the year in South America.

All were expressions of the 1987 peace concert theme—"Peace: Man's life-tree progress-crown on God's Breath-Seed Success-Throne."

In February, concerts were given at Stonybrook University, Long Island, on the 20th . . . at New York's Buchman Hall on the 22nd . . . and at Washington Irving High School in Manhattan on the 27th.

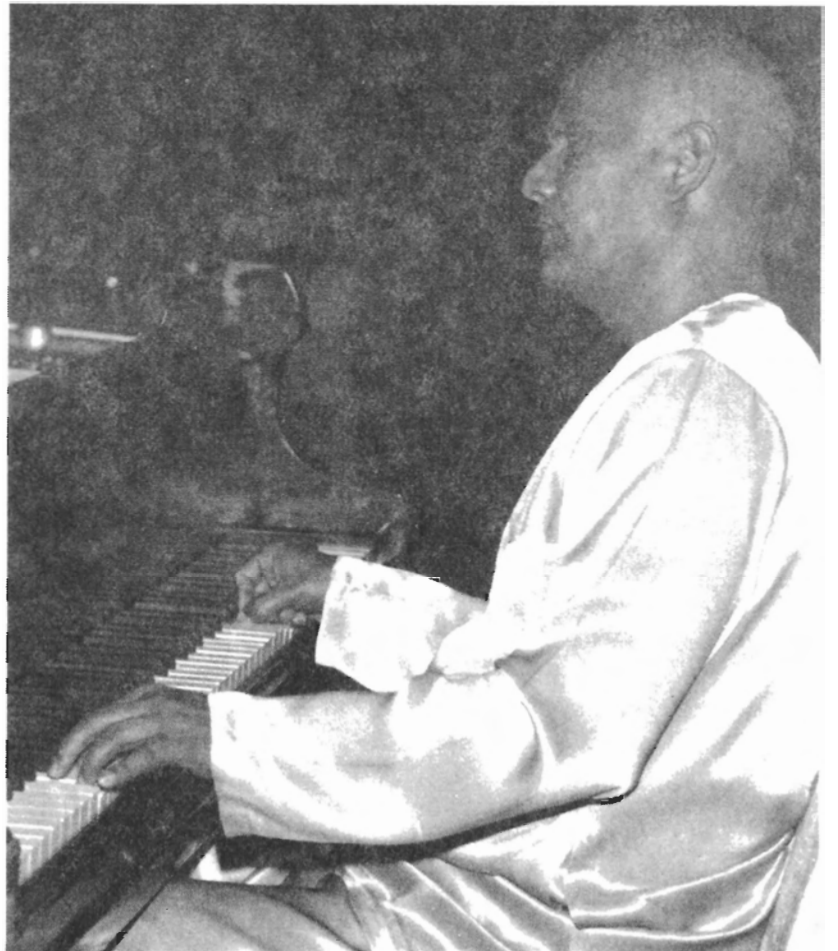
The Buchman Hall performance included the Master's first public performance of his new style of improvised piano playing. He played a piece he called "The Battle of Kurukshetra."

In March, Sri Chinmoy held concerts at Princeton University on the 20th . . . at Buchman Hall on the 22nd . . . in Forest Hills, Queens, on the 27th . . . in Brooklyn on the 28th . . . and in Stamford, Conn., on the 29th.

## Peace Concert images . . .



*Anahata Nada*



# Anahata Nada

## TALK OF PARSONS BOULEVARD

The *World Powerlifting Congress* gave Guru a certificate Dec. 4 certifying him as the world record holder for his 2,000-pound calf lift . . . Earlier he had received a similar certificate for his 3,081 pound one-arm lift . . . A *parade* was held in Manhattan Dec. 13 to honour Guru's 2,039-pound lift. Afterwards, disciples gave him a dumbbell made of 2,039 flowers . . . Guru composed 50 *forgiveness songs* on the train ride between Vina del Mar and Valdivia, Chile, on Dec. 30-31 . . . *Sudhahota* (Carl Lewis), *Mokshagun* (Clarence Clemons) and *Narada* were among the celebrities at a New York press conference Feb. 3 to kick off the world *Peace Run* . . . The first Sri Chinmoy "*Rainbow Marathon*," scheduled on the 27th of each month in Flushing Meadow Park, was held in January . . . "*The America Choral Symphony*," Kalatit's choral and orchestral arrangement of Guru's "America" song, premiered at the Manhattan School of Music March 7.

## ASHRITA BREAKS NEW RECORDS

Ashrita has set new Guinness records in aqua pogo and juggling. He broke his previous aqua pogo record on Jan. 11 by pogo stick jumping for three hours 40 minutes in an eight-foot-deep section of the Amazon River in Peru. Then on March 24 he set a new Guinness record by juggling three balls non-stop for six hours seven minutes. He now holds Guinness records in eight different categories—a record in itself.

## THEY SWIM FOR PEACE

Four United Nations employees finished 1986 and began 1987 with a series of peace swims in nine South American cities. Adhiratha, Dhruvha, Shradha and Sunil—inspired by their spiritual teacher Sri Chinmoy—undertook peace swims in Argentina, Chile, Peru, Brazil, Uruguay and Bolivia.

## MEDITATION HELD IN CAPITOL

WASHINGTON—Sri Chinmoy held a meditation for Congressmen at the Cannon House Office Building Dec. 2. The Master meditated in silence and sang a song he had composed about Congress. Among the guests addressing the session was Bangladesh Ambassador Obaidullah Khan.



*Aqua pogo in the Amazon.*

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# Anahata Nada *"The Soundless Sound"*

Volume 15

April - July 1987

## GURU CELEBRATES 23 YEARS OF SERVICE IN THE WEST

During the celebration of the 23rd anniversary of his arrival in the West on April 13, Sri Chinmoy said:

"A long 23 years ago my Absolute Beloved Supreme brought me to America to be of most soulful service to Him in the West. He blessed me with His infinite Hope, infinite Inspiration and infinite Aspiration. . . .

"You are my sweet children. You are my service-plants. You will one day become huge banyan trees. . . . You are my choice children. With you and in you I see the perfection of humanity's heart and life."

## EUROPEAN PEACE TOUR COMBINES MUSIC AND SPORTS

Ten peace concerts in Germany, Switzerland and England highlighted Sri Chinmoy's European peace tour this spring.

The Master also inaugurated peace miles in Augsburg, Munich and Heidelberg, Germany, and in Oxford, England, as well as a peace garden in Ipswich, England.

In addition, he played the pipe organ for the first time in Zurich's famous Fraumunster Cathedral on May 26.

In the German portion of the tour, peace concerts were held in Freiburg on May 18, Augsburg on the 19th, Mannheim on the 20th, Munich on the 21st, Nuremberg on the 22nd, Cologne on the 24th and Stuttgart on the 25th.

On May 27 the Master gave an eight-hour concert in Davos, Switzerland, playing some 100 instruments.

On the 29th he returned to London's Royal Albert Hall, where he had given a peace concert in 1984. This latest peace concert included his first public performance of improvised organ music.

## PEACE CONCERT SERIES HELD IN NEW YORK AREA

Sri Chinmoy recently offered a series of peace concerts in the New York metropolitan area.

In April, concerts were held in Brooklyn on the 4th, in the Bronx on the 5th and in New Rochelle on the 28th.

On June 10 and 12 peace concerts were given at P.S. 86 in Jamaica, Queens. Outdoor concerts were held June 17 and July 3 and 10 at the Master's tennis court in Jamaica.

Outside New York, Sri Chinmoy gave an outdoor peace concert near the Washington monument in the nation's capital on July 18.



## ASHRITA SETS NEW RECORDS

Ashrita recently set two new records.

On May 28 he bested the Guinness skip running record—running while jumping rope—by completing 10 miles in 76 minutes 33 seconds.

And on July 17, using a rowing machine attached to wheels, he travelled the 72 miles from New York to Philadelphia in 9 hours 18 minutes.

Excluding the land rowing feat, Ashrita now holds nine world records in the U.S. Guinness Book of Records—more than anyone else living.

## SEVERAL RECORDS SET AT SRI CHINMOY 1,300-MILER

The Sri Chinmoy 1,300-miler—the longest certified race in history—was held June 5-23 in Flushing Meadow Park, Queens.

"Your life-history does not include the word 'impossibility,'" Sri Chinmoy told the runners at the start. "This race is new, unique and unprecedented. Only your heroic hearts can accept the challenge and become victorious in every possible way, inwardly and outwardly."

He called the participants "the pioneer hero-runners who will be running along Eternity's road," telling them that "humanity is loving your hearts and treasuring your lives with utmost joy and utmost pride."

Marty Sprengelmeyer, 40, of Davenport, Iowa, covered the most distance completing 1,250 miles before the 18-day cutoff. Pippa Davis, 40, of Westford, MA, was first among the women, with 832 miles. Both distances were the longest ever in a certified race.

Altogether, runners from the U.S., Canada, Britain, France and Japan established 22 world or national records during the event.



Marty Sprengelmeyer, winner of 18-Day Race.

# Anahata Nada

## SRI CHINMOY PEACE RUN CIRCLES THE GLOBE—PASSING THROUGH SIX CONTINENTS

It's the longest relay run in history—an unprecedented peace journey through six continents.

It has won the support of heads of state, major sports and entertainment figures and tens of thousands of ordinary people who have seen the flaming peace torch pass through their towns or villages.

The Sri Chinmoy Oneness-Home Peace Run, says Sri Chinmoy, is "carrying a most special message of our Beloved Supreme"—that now "is the time for peace to be established beautifully and powerfully on earth."

The Peace Run, explains Shambhu, its organiser, "is really a series of runs—each covering anywhere from a few kilometres to several thousand miles—happening simultaneously in more than 50 countries. In each case a peace torch is passed from runner to runner in a symbolic effort to involve the whole world, one person at a time, in the peace process."

The global event began April 27 in New York's Battery Park, with the lighting of a peace torch by Sri Chinmoy, and then moved to the World Trade Center for a massive kick-off—with live coverage on NBC's "The Today Show."

In hundreds of places along the 11,000-mile U.S. route, the runners were feted by local townspeople and city officials. Mayor Andrew Young greeted them in Atlanta, Georgia; a sheriff's posse on horses escorted them into Fort Worth, Texas.

The 1,300-mile Japanese segment from Hokkaido to Okinawa received broad media coverage; during one 70-mile stretch, a local newspaper chartered a bus so several of its staff members and area runners could join the peace caravan.

Local runs and ceremonies were held in major cities and border crossings of eight West African countries; in Daloa, Ivory Coast, schools closed so children could line the streets and cheer the runners as they passed.

In Norway, marathon champions Grete Waitz and Ingrid Kristiansen

carried the torch in Oslo. Relays held in a number of European countries converged at the United Nations in Geneva, where special ceremonies were held.

The cross-Canada odyssey, which will eventually link up with the U.S. run for the final "victory lap" to New York, included a run—with the torch—into a Montreal Expos game.

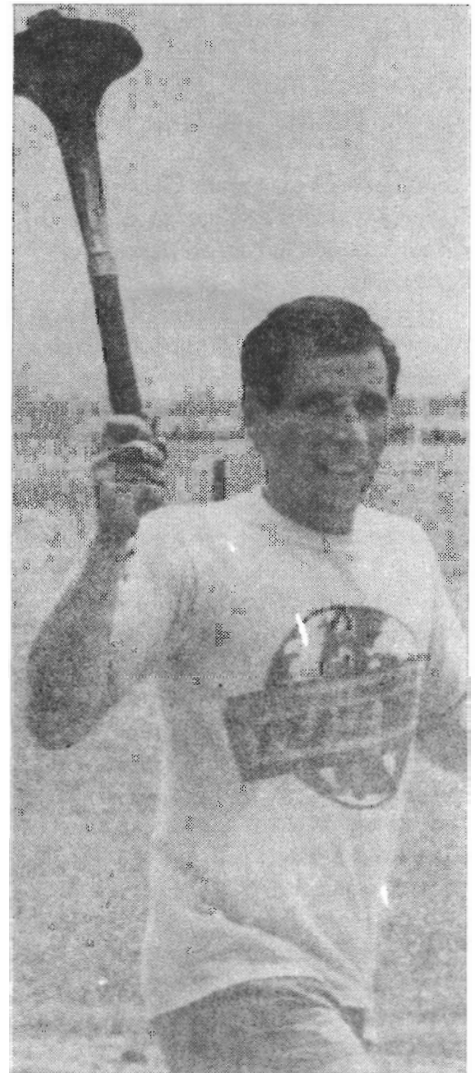
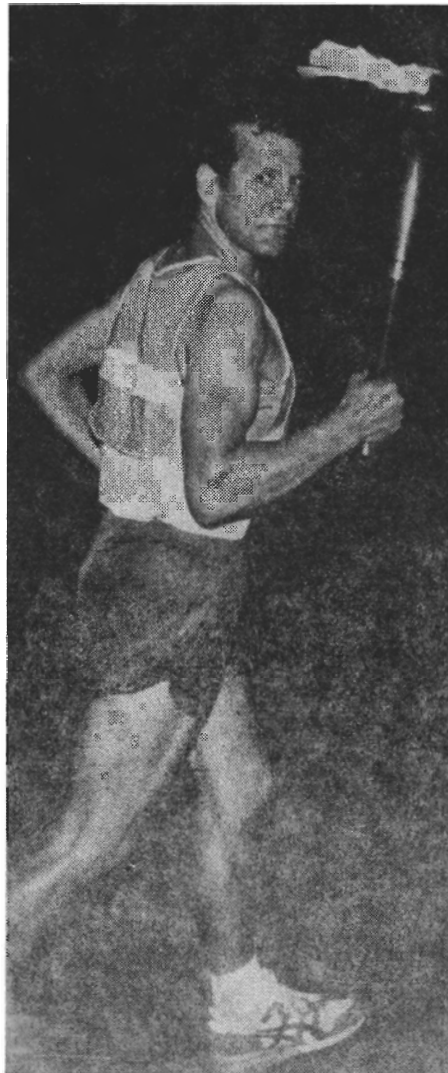
The All-China Sports Federation sponsored the Beijing portion of the run.

In Iceland, the Prime Minister and party leaders conferring to form a new government took a brief recess to pass the peace torch. In Australia, Prime Minister Bob Hawke and Opposition Party Leader John Howard jointly held the torch in an unusual gesture of

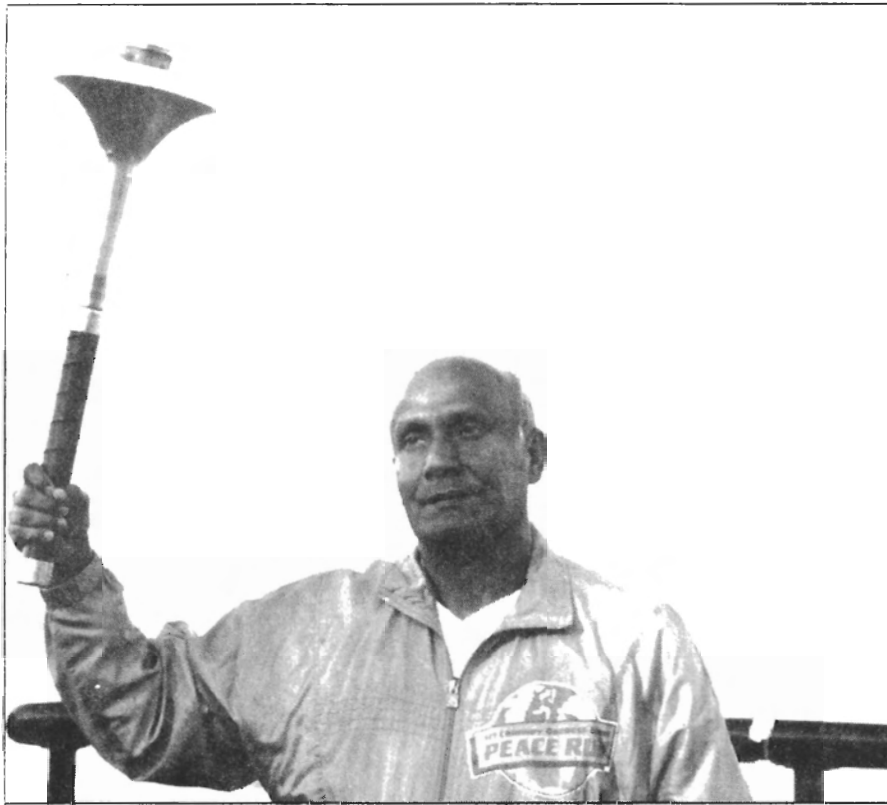
unity. The Prime Ministers of Canada and New Zealand also participated in the run.

AFS Intercultural Programs, a key supporter, produced a half-hour film on the run, which was broadcast by some 200 PBS stations nationwide. The film was produced by Marilyn Rasmussen, who was joined by Mokshagun as co-host, and directed by Sudakkha.

Other celebrities participating in the run included award-winning songwriter Narada (who along with Sutunga and lyricist Jeffrey Cohen wrote the Peace Run theme song), Grace Slick of the singing group "Starship", pop singer Carly Simon, actress Joanne Woodward and the Chicago Bears' Willie Gault.



# Anahata Nada



## A PEACE RUN SCRAPBOOK . . .

*Clockwise, from top: Sri Chinmoy holding peace torch at Battery Park . . . Australian Prime Minister Hawke [right] and Opposition Party Leader Howard holding peace torch in Canberra . . . Ingrid Kristiansen [left] and Grete Waitz holding peace torch in front of Nobel Institute in Oslo . . . Peace Runner Michel Careau with Canadian Prime Minister Mulroney.*

*Far left:  
Peace Run-  
ners Saurja  
and Arpan.*

*Right:  
Tarak  
starting the  
Peace Run  
in New  
York.*



# Anahata Nada

## TALK OF PARSONS BOULEVARD

*Jack Keefe, 71, Adhiratha's father, was awarded the Sri Chinmoy Self-Transcendence Award April 1. After a nearly 50-year respite from competitive swimming, he has now become one of the nation's top backstrokers in his age group . . . A public concert was held April 9 in Manhattan . . . Guru celebrated the 17th anniversary of the U.N. meditation group with a special meditation on April 14 . . . Mahiyan won the 12-hour disciple walk held April 17 . . . Pop Singer Carly Simon visited Guru April 27 at Progress-Promise. After listening to a song Guru had composed in her honour, she said, "I have never been so honoured in my life."*

*Narada won 9 awards from the American Society of Composers, Authors and Publishers Union, including ASCAP's award for "Song of the Year" . . . Pramoda gave a solo song recital at the United Nations May 15 . . . Former Mr. Universe Jusup Wilkosz invited Guru to visit his private gym-*

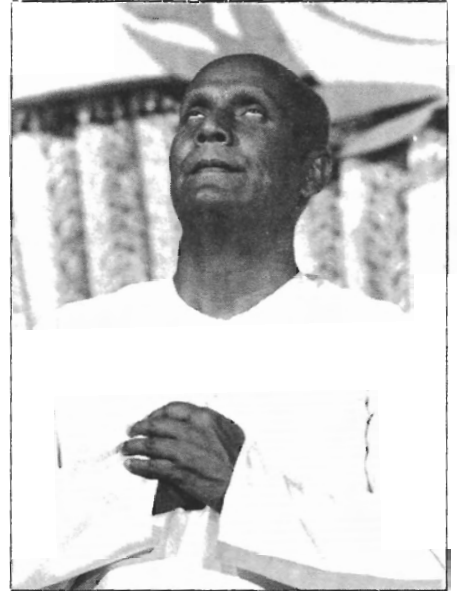
*nasium in Stuttgart, Germany, May 26 . . . Madhu, a 7th grader, scored in the 99th percentile for his age group in a nationwide math test and also won a presidential certificate for academic achievement . . . On July 18 Arunoday broke his own record by whistling for 35 hours, and Pranjal set a record by playing the recorder for 35 hours.*



## MUSIC AND MEDITATION HIGHLIGHT ST. LOUIS TRIP

ST. LOUIS—With a brief talk and meditation Sri Chinmoy opened the first U.S. National Senior Olympics here June 27 at Washington University.

Later that evening he also gave a peace concert at the university.



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# Anahata Nada

"THE SOUNDLESS SOUND"

Volume 4 Number 8  
September 1978

## 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.

# Anahata Nada

"The Soundless Sound"

Volume 16

August - mid-December 1987

## MAJOR CONCERT TOUR HELD IN EUROPE

A meeting with the Pope, organ recitals at Westminster Abbey and St. Peter's Basilica in the Vatican, and several peace concerts were among the highlights of Sri Chinmoy's October European peace tour.

The journey began in Glasgow Oct. 8, with an organ recital at the University of Glasgow chapel, followed by a peace concert at City Hall.

Next on the agenda was a peace concert at Pala Trussardi in Milan on Oct. 10. The following day found Sri Chinmoy in Paris, where he gave a peace concert at Cirque d'Hiver.

The next day, in London, he gave an organ recital at Westminster Abbey and at Windsor Castle.

On the 13th he opened and closed the 5 p.m. mass at St. Peter's Basilica with a performance on the Vatican organ. On the 14th he met with Pope John Paul II, presenting the Pontiff with a book of songs he had composed. "God bless you and your divine activities," the Pope declared.

The tour ended Oct. 15 in England, with organ recitals at Eaton College and Oxford University.

## GURU MEETS WITH BRITISH POLITICAL LEADER

LONDON—As part of his European peace tour, Sri Chinmoy met with the Speaker of the British House of Commons, Bernard Weatherill, on Oct. 12.

After speaking and meditating with the Master, the Speaker took him on a personal tour of the British Parliament. Afterwards he wrote Sri Chinmoy a letter saying "how much I appreciated the time we spent together and what you said to me."

In 1986 the Speaker had invited Sri Chinmoy to the Palace of Westminster to inaugurate a program of meditation for Members of Parliament.



*Above, Sri Chinmoy meets with Pope. Below, he is greeted by Bernard Weatherill, Speaker of the British House of Commons.*



## TWO MAJOR PEACE CONCERTS HELD IN NORTH AMERICA

More than 10,000 people came to the major peace concerts Sri Chinmoy held this fall in Minneapolis/St. Paul and Toronto.

The U.S. concert was held Oct. 3 at the St. Paul Civic Center, and the Toronto event took place at the Metro Conventional Hall Nov. 7.

Sri Chinmoy also gave peace concerts at P.S. 86 on Oct. 1, 6 and 23, and at Buchman Hall on Oct. 30 and Nov. 15.

## CARNEGIE HALL CONCERT ENDS NEW YORK SEASON

NEW YORK—Sri Chinmoy gave a peace concert at Carnegie Hall Dec. 13.

It marked the end of his peace concert series in the U.S. this year. Three days later he and a group of his students left for a spiritual holiday in Singapore and Indonesia.

## HE OFFERS PEACE...AT A WHIRLWIND PACE

During his eight-day Japanese peace tour, Sri Chinmoy offered a series of musical and meditative events.

The whirlwind visit began Sept. 23 in Tokyo, where he gave two peace concerts.

A peace concert in Kamakura, at the foot of the great Buddha, was held the following day. It was the first time Japanese authorities permitted a musical performance to be held at this sacred spot. The Roshi, or head priest, of the Temple of the Great Buddha at Kamakura attended the concert.

On Sept. 25 Sri Chinmoy gave a special meditation at Nagasaki's Peace Memorial Park, followed by a peace concert later that day.

The following day the Master held a meditation at the Peace Memorial Park in Hiroshima and also gave a peace concert in the city.

The Japanese trip ended in Kyoto, with a peace concert on Sept. 27. The following evening, Japanese industrialist Akishige Matsumoto, head of the Japan Republic Association, hosted a special farewell banquet for the Master and his students.

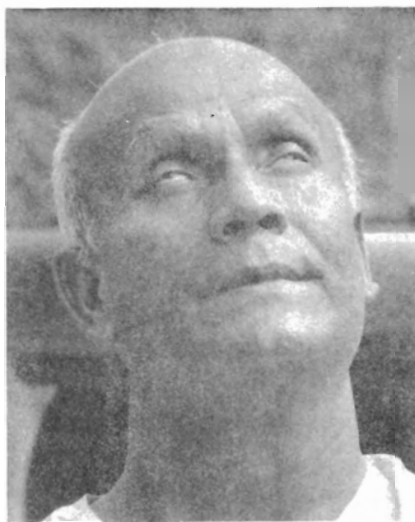
## CONCERT SERIES OFFERED IN AUSTRALIA AND NEW ZEALAND

Sri Chinmoy recently completed a peace tour of New Zealand and Australia.

It began Nov. 27 in Auckland, with the dedication of a peace mile and an organ recital at St. Mary's Cathedral. The next day he gave an organ recital at Town Hall and a peace concert that evening at Logan Campbell Center.

On Nov. 29 he opened the World Veterans' Games in Melbourne with a meditation. The following day he went to Sydney, where he gave organ recitals at Town Hall and on the world's largest organ at the Sydney Opera House.

Then it was back to Melbourne for peace concerts on Dec. 1 and Dec. 2 at the Sports and Entertainment Center there.



*Meditating in front of the Kamakura Buddha (top).*

## BENGALI AUTHOR VISITS GURU

The great Bengali author and novelist Mani Sankar Mukherji visited Sri Chinmoy for two days in early October.

The Master honoured him Oct. 5 with a special spiritual and cultural programme. Deeply moved, the Bengali author called his visit to Sri Chinmoy "a pilgrimage," saying: "I went out to discover America, and here in New York I have rediscovered my own land, India." He said of Sri Chinmoy: "I came with a doubtful mind, but I went back a deep believer."

He also commented on how fortunate he was to be one of the first Bengalis to tell his own people of "the great Guru Sri Chinmoy."

## FIVE SWIM ENGLISH CHANNEL

Five of Sri Chinmoy's students from Europe and the U.S. swam the English Channel during August, manifesting in practical terms their teacher's philosophy of self-transcendence.

In another expression of self-transcendence, Ashrita broke two of his own world records—pogo stick jumping for 13 continuous miles on Oct. 17 in Toronto (old record: 11 1/2 miles) and walking 26.2 miles while balancing a milk bottle on his head (old record: 24 miles).

The English Channel swimmers were: Annette Schill and Pravaha, both of Freiburg; Praphulla of Zurich; Virat of Geneva and Michael Brisson of New York.

Ashrita did the milk bottle marathon Oct. 3 in Zurich as part of the Impossibility-Challenger Games sponsored by the Sri Chinmoy Centre there. Other events in the Games included contests for pushups, pole climbing and soccer ball juggling.

## GURU PLAYS KEY ROLE IN INDIAN CULTURAL EVENTS

NEW YORK—Two major cultural programmes of the Indian community here were opened recently by a silent meditation with spiritual Master Sri Chinmoy.

The Master led the opening meditation, and a group of his students sang at the ceremony held at the conclusion of New York's India Day parade on Aug. 16.

Sri Chinmoy also led the Oct. 2 meditation at the Mahatma Gandhi statue at Union Square following a peace march from the United Nations. The event was held in honour of Gandhi's birthday.

And he was guest of honour Oct. 18 at the Garfield, N.J., Hindu temple, which had invited him to meditate and give a short concert. The Sri Chinmoy choir also sang a number of his spiritual songs, including one he had written for the occasion on the Hindu Temple.

# *Amihata Nāta*



*Above, Sri Chinmoy performs at Buchman Hall. Below, the Master meditates with Bengali author and novelist Mani Sankar Mukherji, who was visiting him in New York.*



## WORLD LEADERS WISH GURU A HAPPY BIRTHDAY

Several of the world's political leaders offered Sri Chinmoy their special good wishes on his 56th birthday.

Telegrams, letters or telephone messages came from Prime Minister Nakasone of Japan...Prime Minister Mulroney of Canada...Prime Minister Palsson of Iceland...former President of Panama, Jorge Illueca...and Flavio Cotti, Federal Councillor of Switzerland.

## GLOBAL PEACE RUN ENDS

NEW YORK—The Sri Chinmoy Oneness-Home Peace Run ended here Aug. 8 after passing through more than 50 countries.

Sri Chinmoy, carrying the peace torch, spearheaded the final leg of the run, followed by over a hundred other runners. As he rounded the corner onto Dag Hammarskjold Plaza, crowds lining the street broke into cheers—commemorating the end of the three-and-a-half-month peace odyssey.

"From time immemorial humanity's crying heart has been dreaming of peace, and now that peace is fast

blossoming into reality," Sri Chinmoy said. The run, he added, represented the beginning of "a new creation...in the oneness-heart-home of man's ancient promise to God."

U.N. delegates or official representatives from Japan, Canada, China, Australia, India and several other countries were on hand to welcome the runners and participate in the final ceremony.

## TALK OF PARSONS BOULEVARD

Guru took first place in a *tennis tournament for priests and rabbis* held Aug. 10 at Aspiration-Ground, defeating a priest from Hewlett and a rabbi from Syosset. . . So far this year, Guru *performed on more than 20 organs* at various churches and universities around the world, including New York, Minneapolis, Toronto, Tokyo, Kyoto, Milan, Paris, Zurich, London, Auckland and Sydney. . . *Mallika* came first among the women in the Sri Chinmoy 70-miler Sept. 19 . . . *Suprabha*, 31, came in first among the women in the Sri Chinmoy *Five-Day race* Nov. 7-12, completing 347 miles for a new course record. . . *Narada* was named "Producer of the Year" for 1987 by *Billboard Magazine*.

## PUBLIC MEDITATION HELD AT ST. JOHN THE DIVINE

NEW YORK—Sri Chinmoy held a public meditation Aug. 15 at the Cathedral of St. John the Divine.

The meditation, which included a recital by the Master on the cathedral organ, was part of a two-week celebration of his 56th birthday.



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# Anahata Nada

"The Soundless Sound"

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## ICELAND LEADERS GREET GURU

REYKJAVIK—Iceland's major political and religious leaders greeted Sri Chinmoy on his visit to their country in a series of afternoon meetings on March 16.

The spiritual Master first paid a courtesy call on Prime Minister Thorsheim Palsson, who cordially welcomed him to Iceland.

He then had what he called a "soulful and fruitful discussion" with Iceland's President, Vigdis Finnbogadottir. The discussions ranged from world peace to spirituality.

Both meetings were held in the Government House in Reykjavik.

Later in the afternoon the Master met with a Bishop of Iceland, Petur Sigurgeirsson, for a wide-ranging discussion of meditation and the spiritual life.

## PEACE TOUR HELD IN NORTHERN EUROPE

Sri Chinmoy recently completed a whirlwind peace tour of northern Europe that took him to six countries in seven days.

The journey began March 10 with an organ recital in the "Duomo," the famous domed church in Florence, followed by a peace concert that evening in the city.

The next evening he offered a peace concert at the Singel Centre in Antwerp, Belgium.

Early the following morning the Master appeared on a Dutch television station, where he was interviewed and filmed lifting his bodyweight with both his left and right hand. He also gave a radio interview.

Next came two organ recitals—one at The Church of St. Bravo in

Haarlem, Holland, on an organ Mozart had used, and another at Grote Kerk Church in The Hague. That evening he gave a peace concert at the Congress Building in The Hague.

On the 13th Sri Chinmoy arrived in Denmark for an evening peace concert in Copenhagen, which was filmed by a local television station. The next day he arrived in Oslo, Norway, for an afternoon organ recital at Ullern Church and an evening peace concert at the Oslo Concert Hall.

March 16th found him in Reykjavik, Iceland, where he gave an organ recital in the morning at a local church and a peace concert in the evening.

*Below, Sri Chinmoy pays a courtesy call on Prime Minister Palsson of Iceland and, right, holds a soulful and fruitful discussion with Iceland's President, Vigdis Finnbogadottir.*



## PEACE SONG FOR 1988

Peace, Peace, Peace,  
Peace, Peace, Peace!  
God's Homeland-Joy,  
God's Family Strength,  
God's secret Name,  
God's sacred Life,  
God's perfect Smile,  
God's Victory-Crown,  
God's Nectar-Throne,  
God's fulfilled Dream.  
Peace!



# Anahata Nada

## PIANO RECITAL OFFERED

JAMAICA, NY—Sri Chinmoy celebrated the first anniversary of his taking up the piano Feb. 18 with a special recital at P.S. 86. It consisted of three improvised piano pieces, each 15 to 20 minutes long.

## SPRINTER CALVIN SMITH MEETS INDIAN TEACHER

JAMAICA, NY—Champion sprinter Calvin Smith visited Sri Chinmoy at Annam Brahma Restaurant here on Feb. 14.

The Master presented Smith with a plaque, calling him "champion of champions," and his students honoured him with a song Sri Chinmoy had composed in his honour.

Afterwards, the athlete told Sri Chinmoy: "It was a very good song, beautiful song, great song. . . I will pray for you and hope you will pray for me that we can continue to carry God's Word on."

*Below, top-ranked sprinter Calvin Smith receives a plaque from Sri Chinmoy during a meeting Feb. 14 in Annam Brahma restaurant.*



*Above, Sri Chinmoy plays the flute alongside this stone statue at his hotel in Samudra Beach, Indonesia.*

## MUSIC AND MEDIA MARK VISIT TO CONNECTICUT

Two organ recitals and three media interviews highlighted Sri Chinmoy's visit to Connecticut March 1.

The day began with an organ recital at the First United Church of Christ Congregational in Milford.

The Master then lifted his body-weight and was interviewed on "Fairfield Exchange," a Norwalk-based television show.

Next came an organ recital at Woolsey Hall at Yale University, then an interview with the "New Haven Register."

The day ended with a television interview at the college station at the University of Bridgeport.

# Anahata Nada

## GURU AND STUDENTS TAKE A SPIRITUAL HOLIDAY IN ASIA

Several peace concerts, numerous private meditations, sports and sight-seeing highlighted Sri Chinmoy's spiritual holiday in Singapore and Indonesia over the Christmas and New Year's season.

Peace concerts were held at the University of Singapore on Dec. 22, in Yogyakarta, Indonesia, on Jan. 10 and in Bali, Indonesia on Jan. 20.

During their visit to Yogyakarta, the Master and his students took a trip to Borobudur, the famous monument dedicated to the Buddha. Sri Chinmoy meditated there while his students sang several songs their teacher had written about the Buddha and Borobudur.

The visit also included television interviews in Jakarta, Yogyakarta and Bali.

During his stay in Indonesia, the Master also spent time in Samudra Beach, Padang and Bukittingi.

*Right and top, Sri Chinmoy meditates on the Buddha during a visit to the monument at Borobudur.*



*Narada Michael Walden, winner of Grammy award for best producer.*



## NARADA WINS GRAMMY FOR BEST PRODUCER

Narada Michael Walden won a Grammy from the National Association of Recording Artists for "Producer of the Year" on March 2.

The following day, he and his family—accompanied by several colleagues as well as by Olympic gold-medal winner Sudhahota Carl Lewis—visited Sri Chinmoy in Progress-Promise, where a special function was held in Narada's honour.

## ESRAJ CONCERT GIVEN

JAMAICA, NY—An esraj performance of 56 songs—one for each year of his life—marked Sri Chinmoy's 12th anniversary of his starting to play what he calls his "most favourite instrument."

Afterwards he said: "Seriously, soulfully, devotedly and bravely I entered into the esraj world 12 years ago. My most faithful esraj will always accompany me and my musical talents."

# Anahata Nada

## TALK OF PARSONS BOULEVARD

The assistant director of the Center for Musical Activities at the University of Singapore was so moved by *Guru's Singapore song* that he plans to have it performed during the year by the University Choir . . . After his Yogyakarta concert, Guru met with Indonesian prince *Bagong Kussudiar-dja*, the well-known painter and choreographer of Balinese dance . . . Employees of the Bali Beach hotel won a *volleyball competition* with the disciples Jan. 16 and were given prizes by Guru . . . During a visit to Boston Jan. 28, Guru gave *organ recitals* at Boston's Trinity Church and Harvard University's Memorial Church . . . To honour the first anniversary of Guru's 7,063-pound lift on Jan. 30, *Canadian disciples* jointly ran more than 7,063 miles and cumulatively lost 700 pounds of weight. Other disciples, as well as Guru's admirers, also ran, for an overall total of more than 35,000 miles . . .

*Vision of Asia* came to Guru's house Feb. 10 to film him lifting his body-weight and playing the piano . . . Guru then wrote a *song* about *Vision of Asia*, and the programme broadcast a videotape of the disciples singing it . . . New York TV personality *Joel*

*Martin* taped two half-hour interview segments with Guru on Feb. 24, which will be aired on cable TV during the spring . . . Guru met with *Sy Mah*, a senior citizen who has completed over 490 marathons, at Annam Brahma on Feb. 26 and honoured him with a song and a plaque . . . Two days later, also at Annam Brahma, Guru met with cellist *Rohan De Saram*, member of

the well-known British string quartet *Arditti* . . . The *Australian TV show*, "Just for the Record," came to Guru's house March 20 and Fuji Television of Japan came on the 22nd to interview him and film him weightlifting . . . The Manhattan Chamber Orchestra premiered *Kalati's "Rhapsody for a New Age"* at its annual fund-raising concert in Manhattan March 25.



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# Anahata Nada *"The Soundless Sound"*

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April - July 1988

## LIFTS 40,000 POUNDS IN WEIGHTLIFTING CELEBRATION

NEW YORK—Sri Chinmoy celebrated his third weightlifting anniversary on June 26 by completing 34 separate arm lifts and calf raises.

During the first hour, he hoisted some 45,000 pounds—including metal weights, grand pianos and groups of people.

During each lift the Sri Chinmoy singers sang a song the Master had composed about the particular thing he was lifting. Bodybuilding champion Mahasamrat Bill Pearl served as Master of Ceremonies.

Following the weightlifting, the Master then gave a public concert. Both events took place at Julia Richman Auditorium in Manhattan.

## WORLD-CLASS BOXERS VISIT GURU IN QUEENS

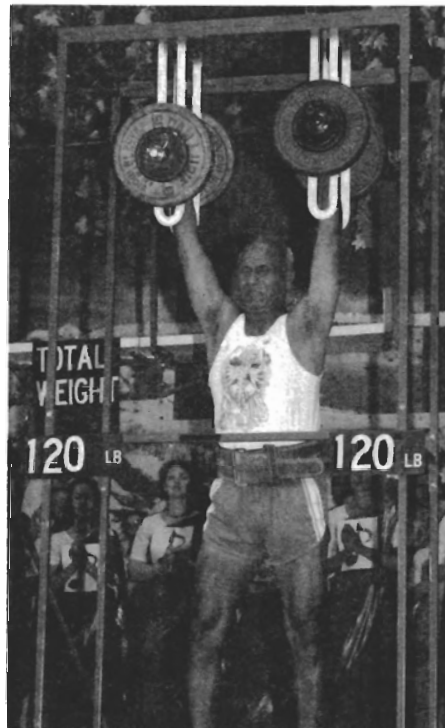
Several world-class boxers, including current WBC light heavyweight champion Don Lalonde and former welterweight star Bob Graham, visited Sri Chinmoy July 30 at his sports ground, Aspiration-Ground, in Queens.

When a boxer fights, the Master said, he should feel he is battling his opponent's ignorance and helping that person become a better instrument of truth, light and bliss.

He said this divine approach to boxing would be "an everlasting boon to humanity."

Life and sports, he continued, "cannot be separated in the cosmic play of life." He told the boxers that they can be life-transformers rather than life-destroyers, and that their "volcano-blows tell the world that humanity can and must challenge ignorance-life."

During the meeting, the Master lifted the fighters one by one, with one-arm, and presented trophies to all of them.



*Lifting 120 pounds with both hands simultaneously at weightlifting celebration.*

## LINCOLN CENTER PERFORMANCE INCLUDES MUSIC AND MUSCLE

NEW YORK—It was certainly a first for the viewing public, and a rare sight on the august stage of Lincoln Center's Alice Tully Hall.

On April 11 Sri Chinmoy combined an unusual demonstration of weightlifting with a haunting performance of spiritual music—showing that both physical strength and meditative music can express higher spiritual harmony.

Dressed in shorts and a singlet, the Master began with a brief meditation . . . then lifted a 200-pound dumbbell—first with his left arm and then with his right arm—from a shoulder-high rack.

A few minutes later, wearing a traditional Indian dhoti and kirta, he reappeared on the stage for a solo concert that included recitals on both the piano and organ.



*Performing at Lincoln Center—while in a deeply meditative consciousness*

## HINDU TEMPLE CONCERT HELD

FLUSHING, N. Y.—A special concert for the Indian community was held by Sri Chinmoy on July 23 at the Hindu Temple here.

The event, which also included performances by the Master's students, was jointly sponsored by Bharatiya Vidya Bhavan (U.S.A.) and The Hindu Temple Society of North America.

At the end, Sri Chinmoy presented a selection of his books to representatives of both organizations.

## WOODSTOCK CONCERT HELD

WOODSTOCK, N. Y.—A peace concert was held by Sri Chinmoy on June 3 at the Woodstock Community Center.

Earlier in the day, the Master offered an organ recital in Kingston, N. Y., and officiated at the dedication of a Sri Chinmoy Peace Mile at Woodstock's Kenneth L. Wilson Public Campground.

# Anahata Nada

## HILLBILLY JIM SAYS GURU PACKS A WALLOP

Professional wrestler Hillbilly Jim was serenaded and lifted into the air during his visit with Sri Chinmoy June 12 at Aspiration-Ground.

The Master sang a song he had composed in Jim's honour and then hoisted the 287-pound wrestler with his calf muscles while seated at his calf-raise machine.

After Sri Chinmoy had completed several other lifts, Jim felt the Master's calf muscles and said, "They're so strong! You should take up wrestling."



*Hillbilly Jim gives Sri Chinmoy a friendly bear hug.*

## THREE DISCIPLES RUN ACROSS SAHARA DESERT

A team of three New York area disciples took fourth place in the "Marathon of the Sands"—a grueling series of races across Morocco's Sahara desert spread over six days beginning March 28.

The Reisinger brothers, Karoly and Gabor, and Yves Pol ran a total of 200 kilometres through sandstorms and blistering heat—carrying all their food and water on their backs. Tents were set up along the route each evening to provide shelter for the night.

There were about 150 runners, including 14 teams, in the race. Overall, Yves placed 6th; Karoly, 42nd and Gabor 53rd.



*Sri Chinmoy meditated with Eddie Murphy, answered a few of his spiritual questions and lifted him into the air with one arm when the movie star visited him in Queens on June 4. Afterwards, Murphy presented the Master with a framed copy of the gold record he had received for the sound track of his movie "Beverly Hills Cop II."*



*Desert marathon runners Karoly, Gabor and Yves.*

## GURU BEGINS NEW LIFT

The simultaneous two-arm lift has now become part of Sri Chinmoy's weightlifting repertoire.

The Master first demonstrated the

lift on May 13, when he lifted 120 pounds with both arms from a shoulder-high rack. By June 13 he was up to 150 pounds.

# Anahata Nada

## WORLD RECORD BROKEN AT SRI CHINMOY 1,000-MILER

Yiannis Kouros set a new world record at the Sri Chinmoy 1,000-Mile Race when he completed 1,000 miles in 10 days, 10 hours, 30 minutes and 35 seconds—besting the previous record by more than 34 hours.

"You are the king of kings; you are the emperor," Sri Chinmoy told him as he crowned him with a laurel wreath. "The day God created you, He created something most extraordinary from His transcendental Vision."

Kouros told Sri Chinmoy: "I break records because I think of you. You help me and you love me. Without your love I wouldn't be able to do anything."

Suprabha took first place overall in the 700-mile race with a time of 10 days and slightly more than 13 hours—setting a new American women's record for that distance.

"You are the supreme queen of the 700 miles," Sri Chinmoy said while crowning her.

Several other records were set in these races, including a new women's 1,000-mile record by Sandy Barwick of New Zealand.



Suprabha wins 700-mile race.

## LONDON ART EXHIBIT OPENS

LONDON—A month-long exhibit of Sri Chinmoy's Jharna Kala paintings opened May 25 at the Horizon Gallery here.

The exhibit was sponsored by the Indian Arts Council of the United Kingdom.



Sri Chinmoy crowns Yiannis Kouros, winner of the 1,000-mile race.

## CONGRESSMAN IS UPLIFTED

Sri Chinmoy hoisted a 200-pound weight overhead to celebrate Congressman Gary Ackerman's success in reducing his weight from 300 to 200 pounds.

"I've just been uplifted," quipped the New York Congressman who was on hand to open the Sri Chinmoy 1,000-Mile Race, May 20, in Flushing Meadow Park, Queens.

The race, including simultaneous 700-mile, 1,000-mile and 1,300-mile races around a one-mile loop, drew athletes from 12 countries.

In his opening remarks, Ackerman called Sri Chinmoy a "very, very dear friend . . . (and) a truly remarkable and unique individual . . . one of a kind. There is none like him."

Other speakers helping to kick off the race included Queens Parks and Recreation Commissioner William Cook and several world-class ultramarathoners.

## MEDITATION SERIES HELD FOR SPIRITUAL SEEKERS

NEW YORK—A series of public meditations was held for spiritual seekers in Buchman Hall during April and May.

During the sessions, Sri Chinmoy meditated in silence, played music and answered questions.

Meditations were held on April 1, 21 and 28 and on May 13.



Congressman Ackerman watches Sri Chinmoy lift his bodyweight.

## PENTAGON MEDITATION HELD

Sri Chinmoy was invited to the Pentagon to hold a special meditation on July 8 for members of the Department of Defense.

During the session, which was sponsored by the Pentagon Meditation Club, the Master meditated in silence, offered a song he had composed about the Pentagon and answered a number of spiritual questions.

That evening he gave an outdoor peace concert at the Jefferson Memorial overlooking the Potomac River.

# Anahata Nada

## TALK OF PARSONS BOULEVARD

Guru and Mayihan had a 270-hit tennis rally in a match on April 1 . . . During the April 9 circus, Manuel from Paris took a running leap over 12 kneeling people in an impromptu act requested by Guru, who wanted to see a disciple break his own ashram record of an 11-person leap . . . Winners of the 12-hour walk April 15 were Mayihan for the men and Ashanka for the women . . . Tennis tournaments were held April 20 and 27 at Aspiration-Ground for priests, rabbis and ministers, and on May 8 (the finals) for United Nations employees . . . Nirjhari placed first among the women in the May 7 Sri Chinmoy 50-miler. . .

Guru lifted his bodyweight and was interviewed on cable TV in Princeton, N.J., on May 19 . . . A composite tape consisting of one-minute segments from each of Guru's 38 organ performances was played May 28 during a celebration of his first organ anniversary (May 26) . . . During a June 17 visit to a Meditation Group meeting, Former Indian Ambassador to the U.N., Rikkhi Jaipal—who is now a member of the Indian delegation to the Special Session on Disarmament—said, "I think not only India but the United Nations has a great deal to be grateful for to Swamiji for his message

of love" . . . Four-time Olympic gold medalist Al Oerter, now 51, participated in the 4th Sri Chinmoy Masters' Games in Forest Park, Queens, on July 23, hurling the discus 58.45 metres . . . Guru ran the 100-metres and threw the shot in two exhibition events . . . Guru taped a segment on the Joe Franklin Show on July 29, which was to be aired in early August . . . Martial arts master Danny Inosanto visited Guru July 30 at Aspiration-Ground . . .

## ASHRITA SETS MORE RECORDS

Ashrita, who already holds the Guinness record for holding the most Guinness records, added two more feats to his list.

He ran the July 2 Salmon, Idaho, marathon in 3 hours 22 minutes 32 seconds while juggling three balls—besting the old "Juggling" record for a marathon run by about seven minutes.

"For the last eight miles I ran with a bug lodged in my eye," he said, explaining he couldn't waste time dislodging it.

Eighteen days later, on July 20, he set his 12th Guinness record by juggling three balls continuously for 28 minutes while pogo stick jumping. The pogo stick was tied to his waist. On August 1 he attempted the feat again and broke his own record—juggling for slightly over one hour.



Dada J.P. Vaswani, the Indian philosopher and educator, leaves New York's Penta Hotel with Sri Chinmoy, who was guest of honour at a function sponsored by the Vaswani organisation May 21. Vaswani called Sri Chinmoy one whose "life is spent in service of the sacred Word." The Master's silence, he said "speaks more than any of our words can."

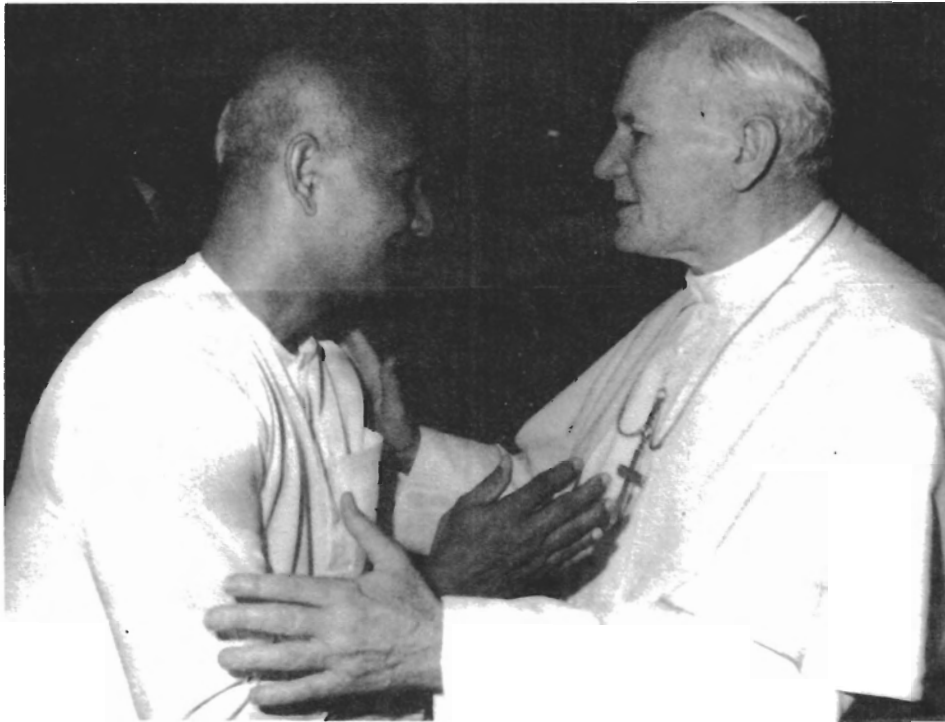
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Volume 17

August - November 1988



*Pope John Paul II affectionately greets Sri Chinmoy during a meeting in the Vatican Nov. 30. "I am very grateful for your visit," the Holy Father said. "God bless you and your contemplative activities."*

## OLYMPIC ATHLETES LIFTED IN SEOUL

During his visit to Seoul for the Summer Olympiad, Sri Chinmoy lifted several Olympic luminaries with one arm—including U.S. sprinter Calvin Smith and '88 gold medalists Andre Phillips (400 metre hurdles) and Roger Kingdom (110 metre hurdles).

The Master also lifted a number of other Olympic athletes, coaches and officials from North America, Asia and Africa.

Before returning home, Sri Chinmoy stopped off in Kyoto, Japan, to lift A. Matsumoto (Narottama Pratinidhi), chairman of the executive office of the Japan Democratic Association.

The Master lifted Matsumoto seven times, each time offering a different prayer—including prayers for the ailing Emperor, the nation and the inno-

cent victims of Hiroshima and Nagasaki.

Calling Sri Chinmoy "the man-saviour and the world-saviour," Matsumoto said: "Because of his lifts and his prayers, there is now a tidal wave of people who have begun to respect the saint Sri Chinmoy all over our country."

## GURU LEADS MEDITATION IN BRITISH PARLIAMENT

LONDON — Sri Chinmoy held his second peace meditation for Members of Parliament Nov. 29 in the Palace of Westminster.

At the invitation of MP Keith Vaz, the Master held a short meditation and answered questions from various MPs.

In 1986 Sri Chinmoy inaugurated a peace meditation series at the Houses of Parliament.

## LIFTING UP THE WORLD WITH A ONENESS-HEART

Sri Chinmoy has just completed his latest weightlifting initiative—a series of 700 one-arm lifts of men and women who, in their own lives, have inspired and uplifted others.

He officially began his "Lifting up the world with a oneness-heart" series on June 26. Over the next 131 days, he traveled throughout the U.S., Europe and the Far East lifting up various luminaries in sports, science, politics and the arts.

They would stand upon a raised platform, with a trailing bar, which Sri Chinmoy would then push up into the air.

"I am trying with my capacity to encourage them and inspire them," he says. "With my prayerful meditation and my inner oneness with them, I am showing my deepest appreciation for their achievements."

These lifts, like his other weightlifting activities, were a further effort to demonstrate that inner strength and peace can lead to world peace.

"Everybody needs peace," he says. "On the strength of our prayers and meditations and good will, together we are trying to lift up the consciousness of the world."

## MUSIC AND MUSCLE MARK FOUR BUSY DAYS IN EUROPE

Sri Chinmoy's four-day trip to Europe began Oct. 3 with a visit to the Impossibility-Challenger Games in Zurich, where the Master lifted a number of world-class athletes.

The following day he gave an organ concert and appeared on German National Television in Munich, lifting TV host Guenter Jauch. He lifted additional dignitaries the next day.

The tour ended with a peace concert in the Alambra Theatre in Athens on Oct. 6.





*New York Mayor Ed Koch greets Sri Chinmoy during the India Day parade Aug. 21. At the end of the parade, Sri Chinmoy offered a meditation from the podium and the singers sang several songs.*

## GURU CELEBRATES 700 LIFTS WITH 100 MORE LIFTS

Sri Chinmoy celebrated the completion of his 700 oneness-heart lifts by lifting his own bodyweight of 155 1/2 pounds—100 times.

On the platform with the weights was a life-sized cardboard representation of himself.

The event—lasting a little over 68 minutes—took place at his meditation park, Aspiration-Ground, on Nov. 7.

Then, in the spirit of self-transcendence, on Nov. 19 he again lifted his own bodyweight (156 pounds) 100 times. This time it took him 22 minutes 43 seconds, which translates into one lift approximately every 13 1/2 seconds.

The feat was witnessed by Wayne Demilia, head judge of the Mr. Olympia and Ms. Olympia competitions and vice president of the International Federation of Body Builders.

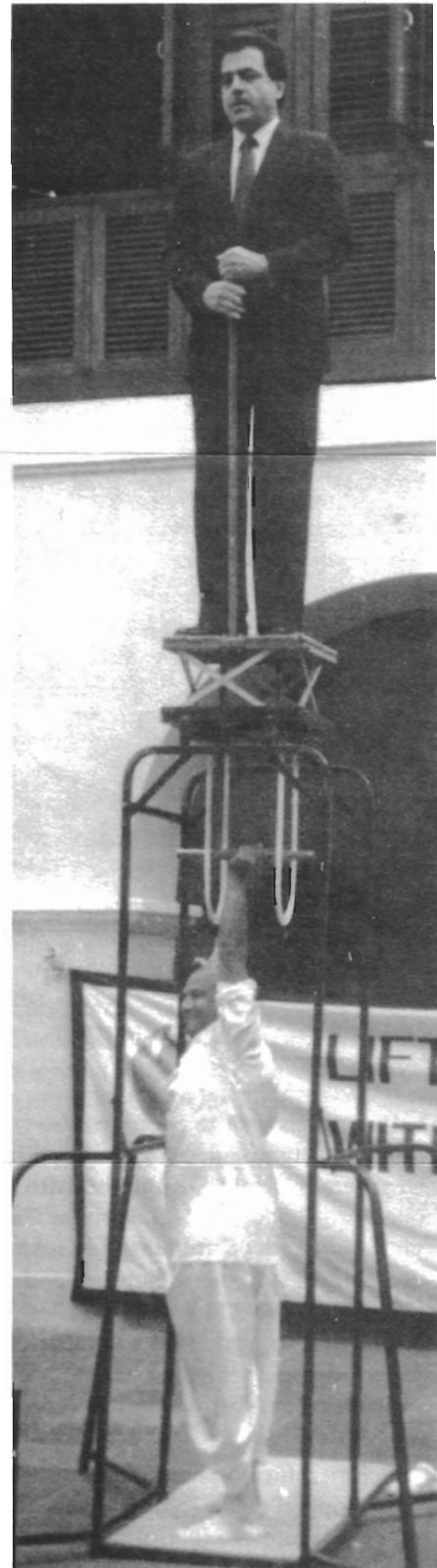
The story of this record-breaking achievement was telecast on the Channel 9 evening news.

## GURU VISITS HINDU TEMPLES

Sri Chinmoy recently offered a series of lectures, meditations and cultural programmes to the Indian communities in Toronto and New York.

It began in Toronto with a cultural programme held Oct. 15 in Central Technical School, followed the next day by a short meditation in the Vishnu Mandir. At the Vishnu temple the Master also lifted several people—including Alan Redway, Federal Member of Parliament from Ontario. Later that day he offered a brief meditation at the Kali Bari.

On Nov. 13 he came to the Geeta Temple in Queens, where he meditated and spoke on the Bhagavad Gita. Afterwards, the temple priest declared: "Sri Chinmoy is a real yogi in this period . . . He is drinking continuously . . . the divinity through his meditation . . . If you are feeling cold and you go near the heat, immediately you feel the heat. Similarly, when you go near Sri Chinmoy, immediately you get peace and happiness."



*Sri Chinmoy lifts Gov. Rafael Hernandez Colon of Puerto Rico during a visit to his palace on Oct. 12. There he also met Costa Rica President Rafael Arias Sanchez.*

## MANY INSPIRED BY GURU'S ONENESS-HEART LIFTS

A number of those lifted by Sri Chinmoy found the experience deeply inspirational and profoundly moving. Some of their comments:

"Certainly your heroic deeds are proof of . . . your power as a man of good. . . . In my home we remember you with great affection."—Gov. Rafael Hernandez Colon of Puerto Rico

"I was absolutely amazed and surprised to be lifted so easily by Sri Chinmoy . . . (who) is gifted with inner strength . . . What a role model for me and other people."—Kalil El Amin, 1988 NPC National Men's Champion, Bantamweight class

"If he can lift me, I can tackle anyone now."—Ronnie Lott of the San Francisco 49ers

". . . it's as if you feel yourself being lifted by someone from inside first. . . (Because) of his closeness to God, he is able to transfer the energy through the metal . . . right into your heart."—Singer Roberta Flack

"When Sri Chinmoy lifted me, I felt an explosion in my heart and I knew that it was more than physical power lifting me."—Karen Kain, principal ballerina for the National Ballet of Canada.

"I can't stop thinking about (this lift). . . . I was very deeply, deeply impressed by Sri Chinmoy both by his spirituality and his lifting."—Prof. Charles R. Johnson, Director, Creative Writing Program, University of Washington

## SUMMER PEACE CONCERTS HELD IN HALIFAX AND NY

During a visit to Halifax the weekend of Aug. 6, Sri Chinmoy gave a Saturday night peace concert at Dalhousie University.

He also inaugurated a peace mile and lifted with one arm the Speaker of Nova Scotia's Provincial House of Commons, Art Donahoe.

A second peace concert was held Aug. 17 at the Cathedral of St. John the Divine in New York.



India's former Finance Minister, C. Subramaniam [left], and the Executive Secretary of the Bharatiya Vidya Bhavan in Bombay, S. Ramakrishnan, [second from left], chat with Sri Chinmoy after a cultural programme the Master held Nov. 3 in their honour. Sri Chinmoy also lifted both of them.

## JOE FRANKLIN HONOURED

TV talk show host Joe Franklin was honoured by Sri Chinmoy at a special function held Oct. 25 in Annam Brahma Restaurant in Queens.

Franklin said the Master was one of his 12 all-time favourite talk show guests.

"I've never met any man that I've admired as much — that I worship as a divinity — as Sri Chinmoy," Franklin said. "I'm one of his very, very avid and ardent and loving disciples."

## NEW YORKER MAGAZINE SPONSORS GURU ART SHOW

NEW YORK—The *New Yorker* Magazine and Classical Keyboard Instruments jointly sponsored an exhibition of Sri Chinmoy's Jharna-Kala paintings on Sept. 15 at Buchman Hall.

Afterwards, Sri Chinmoy went to a nearby gym and lifted with one arm several of the dignitaries who had come to the reception, including C. V. Narasimhan, Chef de Cabinet for UN Secretaries-General Dag Hammarskjöld, U Thant and Waldheim.

## TENNIS STARS VISIT GURU . . . AND GET LIFTED

Two tennis champions visited Sri Chinmoy's tennis court in September, playing a set with the Master and getting lifted by him.

Ramesh Krishnan, India's top-ranked player, came on Sept. 3 and former Rumanian superstar Ilie Nastase came on Sept. 16.



Meditating with Roberta Flack.

# Anahata Nada

## TALK OF PARSONS BOULEVARD

*Sudhahota* Carl Lewis race-walked 200 metres while Guru ran during Sports Day Aug. 20, and then Guru lifted him with one arm . . . *Ashok* won the 47-mile race Aug. 27, while *Dipali* came in first among the women . . . Guru meditated with 33 members of the *Japanese Consulate* on Sept. 16, at a New York restaurant during a luncheon celebrating *Sahanubhuti's* birthday . . . At his tennis court, Guru lifted *Mark Jackson* of the N.Y. Knicks, the NBA Rookie of the Year, on Sept. 17. The following day he lifted *Shankar Shetty*, president of the Indian National Congress of America . . . At the end of the peace walk commemorating the opening of the U.N. General Assembly Sept. 20, Guru lifted diplomats and U.N. Professionals from various countries—including *James Grant*, executive-director of UNICEF.

Guru offered *peace concerts* in Progress-Promise on Oct. 8, Oct. 23 and Nov. 18 . . . *Suprabha* placed first among the women in the Sri Chinmoy 7-Day Race Oct. 14-21, completing 521 miles . . . Guru held a *meditation at the Pentagon* on Oct. 21, and then lifted several Defense Department officials and workers in the Pentagon gym . . . On Oct. 24 Guru lifted *Bill McCreary*, host and executive pro-

ducer of "The McCreary Report" on WNYW-TV, Channel 5 . . . During a visit to the *University of Washington* in Seattle Oct. 27, Guru lifted several professors of art, music, literature and medicine, plus a number of athletes and naval officials . . . On Oct. 29 at the tennis court Guru lifted singer *Roberta Flack*, who thanked him by singing John Lennon's "Imagine." Nine days later he gave her the spiritual name 'Addwitiya,' meaning "supremely unparalleled Summit-Consciousness-Bliss."

Participants in the *Sri Chinmoy Spiritual Poetry Contest* read some of their prize-winning poems at a Buchman Hall function Oct. 29. *Guru* also read out some of his own poetry . . . At a function for Japanese held Oct. 31 in Buchman Hall, *Guru* presented a plaque to the former president of the *Japan-American Association* in New York, *Gentoku Shimamoto*, who said: "The world is safe and secure with a man like Sri Chinmoy devoting his dedicated life for peace" . . . On Nov. 3 *Guru* lifted several runners at the NYC Marathon registration center outside Manhattan's Sheraton Plaza Hotel, including *Orlando Pizzolato*, winner of the 1984 and '85 NYC Marathon. As the 700th lift in his oneness-heart series, *Guru* lifted *Fred Lebow*, the marathon's director . . . Some 300 disciples ran in the marathon Nov. 6.

## CALIFORNIA CONCERT HELD

During a brief visit to California, Sri Chinmoy gave a peace concert Oct. 18 at San Francisco's Masonic Memorial Hall.

During his trip, he lifted a number of sports and entertainment dignitaries. He also visited Frank Zane at his Palm Springs home on Oct. 19, lifting the three-time Mr. Olympia several times.

## TWO SET GUINNESS RECORDS

Two of Sri Chinmoy students set new Guinness records recently.

*Sadhak* of Sydney, Australia, played the accordion non-stop for 92 hours ending Nov. 13, besting the previous record by seven hours.

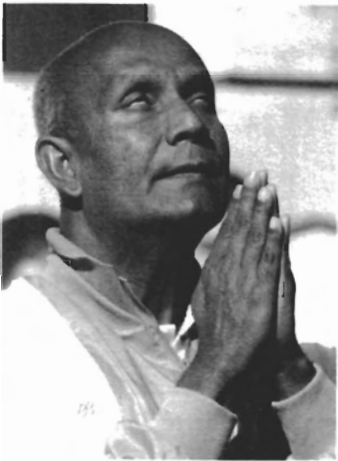
And *Ashrita* broke his own record for juggling three balls while jumping on a pogo stick—keeping the balls in the air for slightly over 61 minutes.

## 8 SWIM ENGLISH CHANNEL

Eight of Sri Chinmoy's disciples successfully swam the English Channel this summer.

They are: *Jacques Bayle* (12:22), *Satyakarma* (13:05), *Anugata* (13:05), *Sunil* (13:49), *Sumantra* (13:32), *Ursi Mohrle* (14:29), *Dhrubha* (15:03) and *Shradha* (15:09).

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# Anahata Nada

"The Soundless Sound"

Volume 18

December 1988 — March 1989

## RELIGION AND POLITICS HONOUR GURU IN THAILAND

The Governor of Bangkok and the acting Supreme Patriarch of Thailand were among the political and religious leaders who welcomed Sri Chinmoy and his message of peace during the Master's three and a half week visit.

Governor Chamlong of Bangkok greeted the Master in Town Hall Jan. 13 and then accompanied him to a nearby park for a one-armed peace lift.

Sri Chinmoy lifted him with both his right and left hand in tribute to the way the Governor serves his people with both hands. The Governor called the experience "a great honour," saying Sri Chinmoy "encouraged me to work even harder to serve the people

of Bangkok."

Earlier that day the Master had met with Thailand's acting Supreme Patriarch, who said, "I am very glad that you have come. I like to see people who have meditated for peace for a long time."

The following day Sri Chinmoy met with the Supreme Patriarch elect, who told him: "You are helping the world very much. I support your way."

During his visit to Thailand, Sri Chinmoy was also received by the Abbot of Wat Po, one of the country's most famous temples, on Dec. 19. After being lifted by the Master, the Ven. Pratamkunaporn declared: "Sri Chinmoy is a great hope of Buddhism to bring the message of the Lord Buddha to the people of the world."

## UNIVERSITY LECTURE SERIES

As part of the silver jubilee marking his 25th anniversary in America, Sri Chinmoy will be giving a series of lectures and peace concerts at 25 major universities around the world.

The series began Feb. 9 at Columbia University. Since then, programmes were held at Harvard on Feb. 17, at Yale on Feb. 26, at Brown on March 5, at Cornell on March 16 and at Princeton on March 27.

## EUROPEAN TOUR HELD

Sri Chinmoy recently completed a whirlwind peace tour of Austria, Germany and Switzerland.

The trip began April 1 with a concert and lecture at the University of Vienna and a peace concert at Vienna's Kurhalle Oberlaa.

The next day he offered a meditation at a Zurich convent and answered questions from the nuns.

On April 3 he taped an interview with Swiss National Radio in Bern and met with Swiss Federal Councillor Flavio Cotti, who told him, "The service you perform for mankind is very important and of very high value."

That evening the Master gave a peace concert at Ludwigshafen, Germany, and the following day he offered a lecture and concert at the University of Heidelberg.

On April 4 he also met and lifted into the air 1988 Nobel-prize-winning physicist Gerd Binnig.

## MARATHON TEAM SPONSORS 100-MILER CHAMPIONSHIP

FLUSHING MEADOW, NY—The Sri Chinmoy Marathon Team was the official sponsor of the TAC's U.S.A. 100-mile championship on April 1.

Rae Clark, 37, of Santa Clara, CA., set a new U.S. record of 12:12:19, and Antana Locs, 30, of Montreal, set a Canadian women's record of 18:27:07. She also broke the Canadian record for the women's 100-kilometres.



Sri Chinmoy meets with the acting Supreme Patriarch, right, in Bangkok. "I am very glad that you have come," the Buddhist religious leader told him. The following day the Master also met with the Supreme Patriarch elect, who said, "You are helping the world very much. I support your way."

# Anahata Nada

## ABBOT HONOURS GURU WITH PEACE GARDEN AND STREET

*HUA HIN*, Thailand—The Abbot of one of this country's most prominent Buddhist meditation temples honoured Sri Chinmoy Dec. 26 by establishing a special garden and street in his honour.

After a tree-planting ceremony in the newly-named "Sri Chinmoy Oneness-Heart Garden," the Master inscribed on a slab of wet cement: "Lord Buddha, Supreme Light of Asia, universal Silence-Peace-Heart, to you the creation bows and bows most devotedly."

In the street dedication, Abbot Luang Por Eed declared: "This is the Sri Chinmoy Peace-Pilgrim Street from now on. I hand this street to him."

Sri Chinmoy told the Abbot: "We found in each other our peaceful, loving, fruitful and eternal oneness."

Both the garden and street are in Wat Khaw Takiab, overlooking the Gulf of Thailand.



## HEADHUNTER BOWLED OVER BY GURU'S ONE-ARM LIFT

*KUCHING*, Borneo—As part of his peace visit to Asia, Sri Chinmoy lifted into the air an 86-year-old former headhunter from the Iban tribe in Sarawak, a Malaysian territory in the Borneo archipelago.

The Dec. 31 lift was the 1,000th in the Master's "Lifting up the World with a Oneness-Heart" series.

He also lifted the chief of the tribe, who was so moved by the experience that he presented Sri Chinmoy with his most prized possession, his grandfather's ring, and made the Master an honorary chieftain.

Afterwards, the Master called the two tribesmen "divine warriors fighting against ignorance." He said, "You and I are sailing in the same boat, seeking to become good human beings so that God can utilise us in a very, very special way."

Above, Sri Chinmoy shakes hands with Luang Por Eed at the street inauguration in Hua Hin and, below, poses with the oldest living Borneo headhunter (left) and Iban tribal chief (right).





*Sri Chinmoy chats with Malaysia's Sultan of Negeri Sembilan, above, and poses with a group of Thai monks he lifted in Hua Hin, below.*



## MALAYSIAN SULTAN UPLIFTED

Malaysia's Sultan of Negeri Sembilan, Tuanka Ja'afar Ibni al Markhum, had an uplifting experience Jan. 7 when he invited Sri Chinmoy to his palace.

The Master raised him into the air in one of his one-arm peace lifts, leaving the Malaysian leader "very happy and elated." The Sultan said: "We are all for peace and Sri Chinmoy is a man of peace."

Two day earlier in Kuala Lumpur, the Master had lifted Datuk Samy Vellu, the country's Minister of Public Works and leader of the Malaysian-Indian Congress Party.

"The experience is one of the most devotional things I have ever felt in my heart," the Minister declared. "I'm thankful to Sri Chinmoy for his contribution towards universal peace and understanding."

He expressed his gratitude the following day by inviting the Master and his students—nearly 200 people—to his home for dinner.

While in Malaysia, the Master also lifted the Anglican Bishop of West Malaysia, the Rt. Rev. Tan Sri John G. Savarimuthu, who said: "Thank God for what the oneness of heart can do. I wish more and more people would use their divine inward gifts... for the welfare of humanity and the glory of God."

## NEW YEAR'S MEDITATION HELD

**NEW YORK**—Sri Chinmoy offered his New Year's meditation and concert Dec. 8 at St. Bartholomew's Church here.

His New Year's Message:

### NEW YEAR 1989

From time immemorial humanity's heart has been treasuring Himalayan hope-dreams. And now, before long, Divinity's Soul will descend with satisfaction-realities on earth and blissfully quench the ceaseless peace-thirst, and compassionately appease the breathless oneness-hunger of the world-family. Arise! Awake! Smile soulfully at tomorrow's fulfilment-flooded Perfection-Dawn.

# Anahata Nada

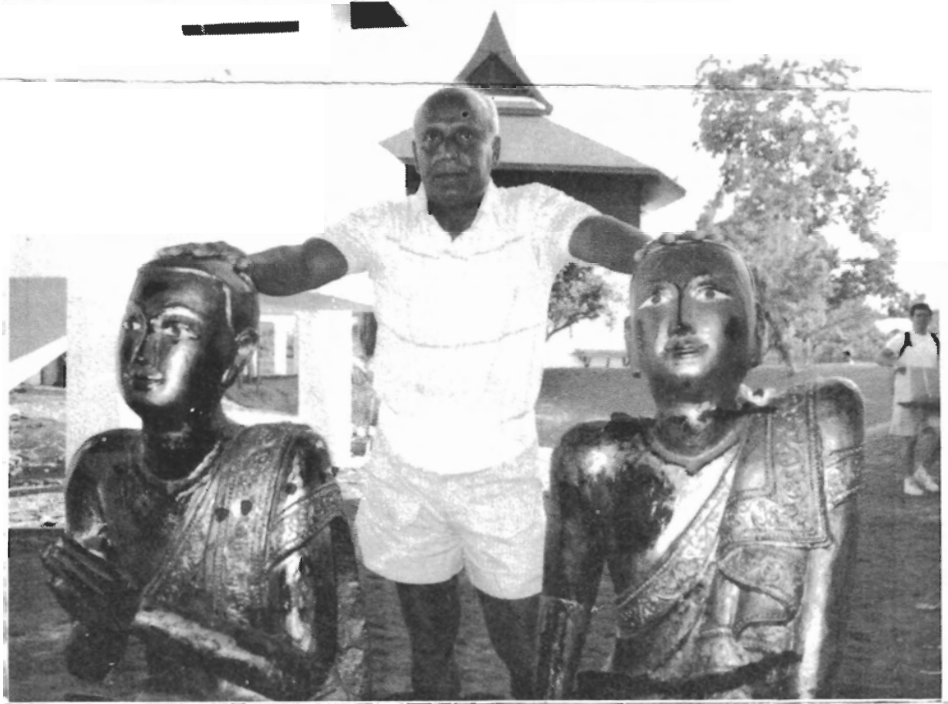
## TALK OF PARSONS BOULEVARD

Guru gave an *esraj peace concert* Dec. 8 in Progress-Promise . . . Ed Winchester, who heads the Pentagon meditation group, received the *U Thant Award* Dec. 9 at the U.N. . . . Guru lifted up the Indian Consul General, the Ambassador from Panama and the President of the India Association in *Hong Kong* on Dec. 16 . . . The following day he held a *peace concert* at the Manhattan Hotel in Bangkok . . . On Dec. 20 Guru visited *Vinay Verma*, India's Ambassador to Thailand and an old ashram friend . . . In *Hua Hin*, Guru lifted U Thant's daughter, *Aye Aye*, and her family on Dec. 21 and the *local Mayor* on Dec. 23 . . . Guru's interview on the *Joe Franklin Show* was aired in the U.S. on Dec. 26 . . . In *Chiang Mai*, Guru held *peace concerts* at the Chiang Mai Plaza Hotel on Jan. 9 and at the National Theatre of Thailand on Jan. 11 . . . Guru took an *elephant ride* at an elephant camp in north Thailand on Jan. 10 . . .

New York area disciples *ran a total of 7,063 miles* to celebrate the anniversary of Guru's 7,063-pound one-arm lift Jan. 30 . . . Guru offered a *peace concert* at Progress-Promise on Jan. 31 . . . and a *meditation and concert* Feb. 11 at the "Heart-to-Heart Festival" in

Washington, D.C. . . . Guru played 57 songs on Feb. 18 to celebrate his *13th esraj anniversary* (Feb. 17). "If I am known as a musician," he said afterwards, "then I owe my musical aspiration, musical dedication and musical talents to my beloved esraj" . . . Guru gave a *piano concert* on Feb. 19 and a *viola concert* on Feb. 20 at Progress-Promise, *peace concerts* at Buch-

man Hall on March 7 and 13 and a *seven-hour meditation* on March 11 at Progress-Promise . . . *Ashrita* set three new Guinness records recently: balancing a milk bottle on his head for 32.9 miles...doing 2,234 leg squats in an hour...and juggling (juggling three balls while running) for 50 miles in 8 hours 52 minutes. He now has 13 records and is aiming for 25 by year-end.



*Sri Chinmoy blesses lifelike statues of two monks outside his hotel in Hua Hin.*

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# Anahata Nada *"The Soundless Sound"*

Volume 18

April-July 1989



*Jesse Jackson chats with Sri Chinmoy during a meeting June 20 at Annam Brahma Restaurant in Jamaica, Queens. Later the Master lifted Jackson.*

## TRIBUTES AND HONOURS MARK GURU'S 25TH YEAR IN AMERICA

Several heads of state and nearly half America's U.S. Senators sent tributes or letters of congratulation to Sri Chinmoy on the 25th anniversary of his arrival in the West on April 13.

There were also commendations or special proclamations from dozens of U.S. Congressmen, Governors, Mayors, religious leaders, sports figures and media and entertainment personalities.

Japanese Prime Minister Takeshita sent a statement commending the spiritual teacher for his "activities to enrich human love," while Canada's Prime Minister Mulroney cited his work in "furthering the spirit of understanding and sharing."

U.S. Senator Daniel P. Moynihan called the 57-year-old Guru "our ambassador of peace and inner goodness for a quarter of a century," and Sen. Conrad Burns of Montana said his "dedication toward peace on our planet is something that deserves our country's highest praise."

In addition, Sri Chinmoy received The Governor's Salute to Excellence from Gov. William Schaefer of Maryland, the state's highest individual honour. . . the 1989 "Man of the Year Award" from Dan Lurie, President of the World Body Building Guild. . . a New York Road Runners Club citation for "innovative leadership, enthusiastic support and dedicated service to the world of running". . . and a tribute from Gen. A. M. Gray, U.S. Marine Corps Commandant, who described Sri Chinmoy's contributions over the past 25 years as "certainly beyond the call of duty."

Other tributes came from Olympian Calvin Smith. . . boxing champion Ken Norton. . . Sufi leader Pir Vilayat Khan. . . and TV personality Joe Franklin, who called the Indian teacher "the true global man of the 20th century."

## PEACE RUN LAUNCHED

The Sri Chinmoy Oneness-Home Peace Run—a 31,000-mile relay through 71 countries on six continents—was launched April 21 in New York.

The run was opened with a peace meditation by Sri Chinmoy at New York's Battery Park, across from the Statue of Liberty. Super-athlete Carl Lewis (Sudhahota) then carried an Olympic-style "peace torch" to the World Trade Center, where 71 torches were lit and the run officially began.



*Sri Chinmoy meditates with the peace torch at the start of the Peace Run across from the Statue of Liberty.*

## A MEETING OF THE SPIRIT . . . AND THE BODY AS WELL

*New York*—It was a real meeting of the spirit. . . and the body as well. . . April 23 when Sri Chinmoy lifted into the air Pir Vilayat Khan, head of the Sufi Order in the West, as part of his "Lifting Up the World with a Oneness-Heart" programme.

"When two rivers meet, it becomes a place of pilgrimage," Pir Vilayat said. "So this hall has become a place of pilgrimage." The lift took place at Columbia University.

After being lifted the Sufi leader said: "I've learned to trust myself in the hands of Sri Chinmoy." Then he added, "Sri Chinmoy did to my body what he is doing to my heart—lifting it up."

Sri Chinmoy replied: "Your greatness and your goodness I shall forever and forever treasure."



## INDIAN CULTURAL GROUP GIVES GURU TOP HONOUR

New York—Bharatiya Vidya Bhavan (USA), India's main cultural organisation in the U.S., bestowed its highest honour on Sri Chinmoy April 21, naming him an honorary patron.

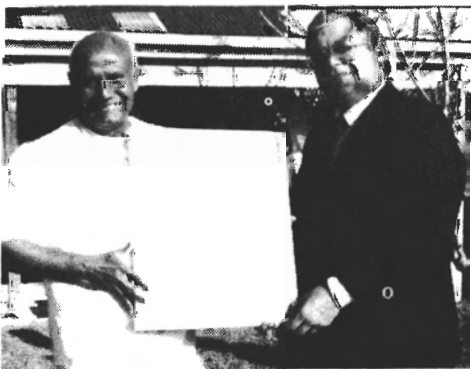
The Bhavan cited the spiritual leader for "spreading tirelessly India's message of love, peace and harmony all over the world" and for "embodying Indian aesthetics at its noblest and elevating it to sublime spirituality."

The presentation came at a Silver Jubilee dinner the Bhavan cosponsored at New York's Penta Hotel to commemorate the Master's 25th anniversary in America.

C. Subramaniam, chairman of Bhavan International and India's former Finance Minister, called the award "the greatest achievement of the Bhavan in the USA in its seven-year history."

In accepting the Bhavan's honorary patronship, Sri Chinmoy said: "India, my India, to your Eternity's Silence-Heart my aspiration-heart bows and bows. India, my India, to your Infinity's Sound-Life my dedication-life bows and bows."

The dinner included tributes from several luminaries from the Indian community, as well as media and entertainment figures. During the programme, Narada Michael Walden presented Sri Chinmoy with the Emmy award he had recently received for his song "One Moment in Time." And Addwitiya Roberta Flack sang a spiritual song.



New Zealand Prime Minister Lange poses with plaque from Sri Chinmoy.

## PEACE CONCERT SERIES CONTINUES IN THE U.S.

In late spring and early summer Sri Chinmoy gave a number of peace concerts and talks throughout America.

He visited Johns Hopkins University in Baltimore on May 13, California's Stanford University on the 22nd and Montreal's McGill University on the 27th. While in Montreal the Master also gave an organ recital at the Church of the Immaculate Conception.

There were also peace concerts/talks at the University of Portland on June 12 and at Chicago's McCormick Place Convention Center on July 20.

## PEACE BRIDGE DEDICATED IN RHODE ISLAND

The bridge connecting the towns of Cumberland and Central Falls in Rhode Island has been renamed the "Sri Chinmoy Peace Bridge."

Mayor Francis Stetkiewicz of Cumberland and Mayor Carlos Silva of Central Falls each walked one mile for peace and then met at the bridge for the dedication ceremonies on April 24.

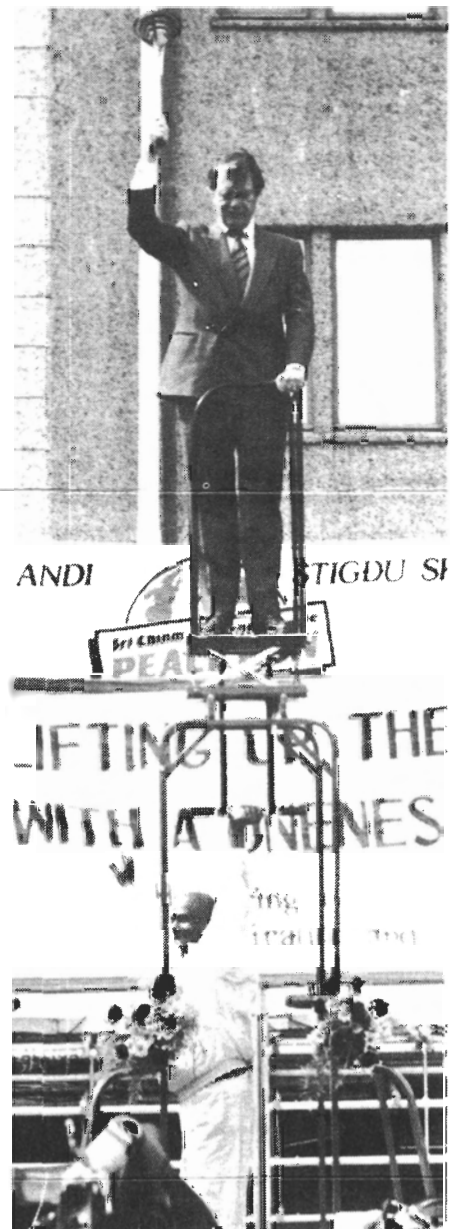
Commenting on the symbolism of the peace bridge, the Master told the two mayors: "With your hearts of magnanimity, you are proving to the world-at-large that oneness-peace is . . . a self-evident reality."

## PEACE TOUR HELD IN AUSTRALIA AND NEW ZEALAND

Sri Chinmoy embarked on a peace concert tour of Australia and New Zealand in early July.

The Master gave a talk and peace concert at Sydney's Homebush Stadium on July 5. The following day he lifted several Australian luminaries, including 1988 world champion surfer Barton Lynch and two members of the 1984 Mt. Everest climbing expedition, as part of his "Lifting Up the World with a Oneness-Heart" series.

In New Zealand, peace concerts and talks were given at Auckland's Logan Campbell Centre on July 7 and at the



Prime Minister Steingrimur Hermannsson of Iceland is lifted by Sri Chinmoy on June 4 as part of the Master's "Lifting up the World with a Oneness-Heart" series. While in Reykjavik that day, Sri Chinmoy also offered a peace concert and talk at Langholtskirkja.

University of Auckland the next day. That day the Master also lifted New Zealand Prime Minister David Lange, and on July 9 he lifted a number of Kiwi athletes and entertainers, including marathon runner Rod Dixon and bantamweight powerlifting champion Precious McKenzie.

# Anahata Nada

## PEACE RUN ATTRACTS WORLDWIDE ATTENTION

Peace Run '89 included everything from short runs in major world capitals to cross-country relays in Canada and the U.S.

The 11,000-mile relay through America's 50 states encompassed such diverse events as a sacred Eagle Feather Indian ceremony in New Mexico and a one-mile peace run by inmates at the California Medical Correctional Facility in Vacaville, CA.

The 1,500-mile Mexican run, which received national television coverage, included a triumphal entry into the town of Tula, where 50,000 cheering citizens lined the streets or ran behind the torch bearers.

In Hungary the run was launched with a special ceremony officiated by the Mayor of Budapest.

When the peace runners entered Lichtenstein, the Government closed the schools so children could participate in the event.

The Moroccan portion of the run included a week-long relay through the Sahara desert, with runners in the "Marathon of the Sands" passing the torch from hand to hand.

Prime Minister Robert Hawke concluded Australia's peace run with a ceremony in Parliament House, crediting the runners with helping to lower world tension.

Europe boasted five simultaneous relays culminating in Geneva. There were also successful runs in Japan, New Zealand and portions of South America and Africa.



*Memories of the 1989 Peace Run. . .*

# Anahata Nada

## TALK OF PARSONS BOULEVARD

*Helene Westreicher* of Zurich, one of 10 disciples to participate in the March 20-27 "Marathon of the Sands" in Morocco's Sahara desert, placed third overall among the women runners . . . *Luang Por Eed* received the U Thant Peace Award from Guru on April 14 . . . Guru held a *public concert and meditation* at Julia Richmond High School in Manhattan on April 17 . . . Guru and the disciples took a Circle Line *boat ride around Manhattan* on April 18 . . . *Dr. Jayaraman*, executive director of Bharatiya Vidya Bhavan (USA), and his wife were honoured by Guru at a private function at Annam Brahma on May 5 . . . *Suprabha* placed first among the women in the Sri Chinmoy Seven-Day Race May 6-13, covering 470 miles . . . A Bhakti Vedanta dramatic troupe, The Theatre of Understanding, put on a performance of the *Mahabharata* at P.S. 86 for Guru and the disciples on May 6 . . . The finals of the U.N. Tennis Tournament were held at Aspiration-Ground on May 14 . . . *Roshi Philip Kapleau*, Zen master and author of "Three Pillars of Zen," was lifted by Guru at the tennis court on May 30 . . .

A special function for New York's *Indian Consul General Nazareth* was

held at P.S. 86 on June 15 . . . Guru celebrated his *tennis anniversary* June 17 by rallying briefly with a large number of disciples . . . On July 14 Guru wrote a Bengali song to *Mozart's "Minuet in G,"* the first time he has written words to the music of a classical composer . . . On July 23 Guru *lifted* nearly 20 athletes who had participated in the New York Games—including Butch Reynolds, world record-holder for the 400-metres; American miler Steve Scott and Sudhahota—in a programme he called "The Morning of Champion-Hearts Supreme."

## MUSIC AND MUSCLE HIGHLIGHT FRANCE AND ENGLAND VISIT

Several peace concerts and lifting ceremonies highlighted Sri Chinmoy's June visit to France and England.

The trip began with a talk and peace concert June 22, followed by two more the next day—at UNESCO headquarters and le Zenith.

On June 25 Sri Chinmoy offered a peace concert/talk at London's Royal Albert Hall.

On June 26 he held a meditation at London's Westminster Methodist Central Hall to commemorate the 44th anniversary of the signing of the U.N. Charter. Later in the day he offered an organ concert at Christ Church Ca-

thedral, Oxford University, and lifted Nobel prize-winning chemist Dame Dorothy C. Hodgkin at a garden party hosted by a local Oxford dignitary. The day ended with a talk/concert at the town's Sheldonian Theatre.

The Master gave an organ concert at Ely Cathedral and a peace concert/talk at Cambridge University on June 27. Before the talk, he lifted several notables, including Nobel prize-winning physicist Brian D. Josephson.

Before returning to New York June 28, Sri Chinmoy held a private meeting with Patricia Mountbatten at her London home. She is the eldest daughter of Lord Mountbatten, who governed India during the transition to Independence.



*An impromptu Father's Day meditation.*

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# Anahata Nada

"The Soundless Sound"

Volume 18

August—November 1989



## SIXTEEN CELEBRITIES JOIN IN "ONENESS-PEACE" MILE RELAY

Several celebrities from the sports and entertainment world joined Sri Chinmoy in a "Oneness-Peace" one-mile relay Nov. 11 in Flushing Meadow Park.

The celebrity mile drew long-distance runners Stu Mittleman and Ted Corbitt, sprinter Sudhahota Carl Lewis and singer Addwitiya Roberta Flack, among others.

Those joining Sri Chinmoy in a second celebrity Oneness-Peace relay Nov. 18 in Harlem included boxer Jose Torres and basketball player Daryl Walker.

*Sri Chinmoy chats with Indian ambassador Karan Singh, left. Below, Sudhahota Carl Lewis gets baton from Sri Chinmoy during celebrity relay.*

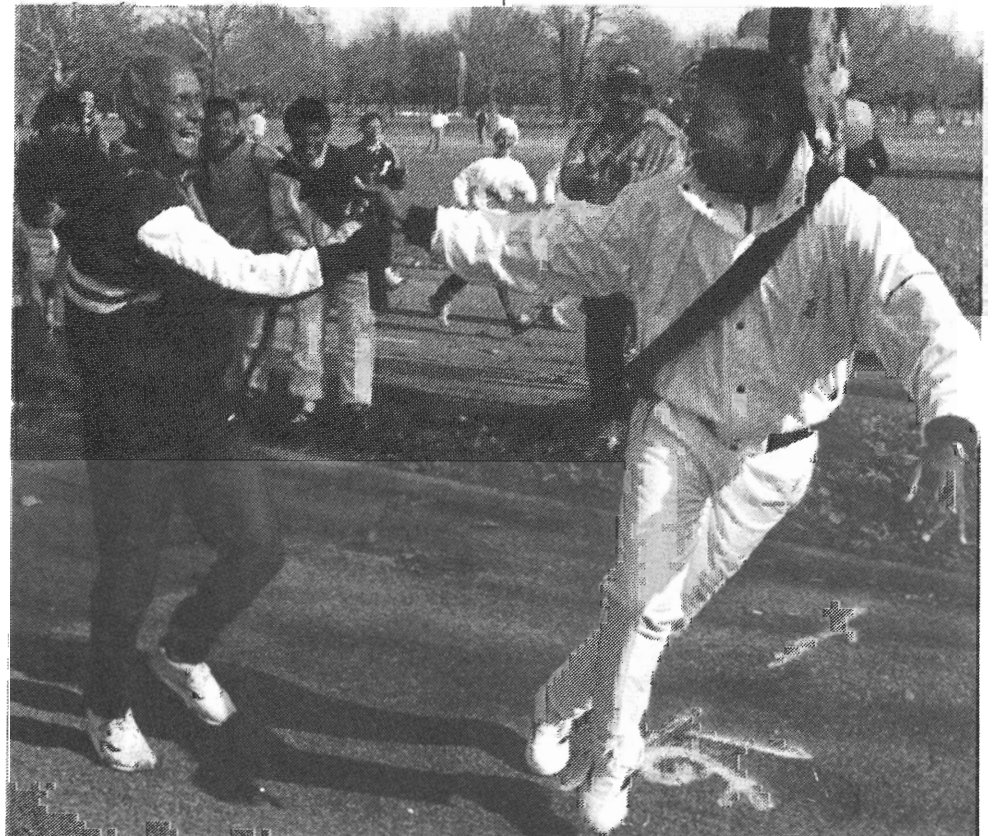
## INDIAN AMBASSADOR HONOURED BY SRI CHINMOY

India's Ambassador to the U.S., Karan Singh, enjoyed an evening of what he called "Shivamaya"—several hours permeated by the presence of Lord Shiva—when he met with spiritual leader Sri Chinmoy Oct. 4.

In a hall decorated with pictures and statues of Shiva, Karan Singh sat under a draped canopy as a guest of honour for performances of spiritual music and drama by Sri Chinmoy and his students.

Moved by the event, the Ambassador sang two devotional songs about Lord Shiva and praised Sri Chinmoy for "playing an extremely valuable role" in helping mankind open itself to "the power and glory of the divine."

The evening ended with a home-cooked Indian meal, topped off by a cake decorated with a picture of Karan Singh's face.





*New York Mayor-elect David Dinkins greets Sri Chinmoy at the concluding ceremony for the Peace Run.*

## PEACE RUN CONCLUDES

**NEW YORK**—The Sri Chinmoy Oneness-Home Peace Run concluded Aug. 7 at a gala ceremony in Dag Hammarskjold Plaza.

Among the speakers was Manhattan Borough President David Dinkins, now New York's Mayor-elect, who told the participants: "You are in the forefront of the effort to promote world peace and understanding."

In his remarks, Sri Chinmoy said: "Peace, you are humanity's oneness-home. You are God's Satisfaction-Smile. For you, only for you, we shall grow into perfect human beings throughout the length and breadth of the world."

Several diplomats also spoke, including representatives from Austria, Mexico, Egypt and Chile.

## PHILADELPHIA PEACE CONCERT CELEBRATES GERMAN UNITY

**PHILADELPHIA**—The Nov. 14 peace concert at the Philadelphia Civic Center commemorated the opening of the borders between East and West Germany.

The Sri Chinmoy singers performed three of six songs their teacher had composed on the new harmony in Germany. The Master composed a seventh "Germany" song the following day.

In connection with the concert, Pennsylvania Gov. Robert P. Casey released a statement to Sri Chinmoy, saying: "Throughout your lifetime, your deeds, prayers and words of peace have conveyed an uplifting message to the people of the world."

Then he added, "It is fitting that you should bring your offering of a peace concert to the birthplace of American freedom."

## 28-K RUN COMMEMORATES OPENING OF BERLIN WALL

**BERLIN, West Germany**—The Sri Chinmoy Marathon Team held a 28-kilometre run here Nov. 15 to commemorate the dismantling of the Berlin Wall after 28 years.

More than 200 Germans—the majority of whom had come from East Berlin for the event—participated in the race. During part of the event, East German border guards held the Sri Chinmoy race banner.

A similar race was scheduled to be held in East Berlin.

## 1,300th LIFT CELEBRATED

**JAMAICA, NY**—Nobel-prize winner Bruce Merrifield, a chemist, became the 1,300th person lifted in Sri Chinmoy's "Lifting Up the World with a Oneness-Heart" series.

The Aug. 13th lift was part of a day-long celebration during which hundreds of disciples lined up in the Master's meditation park and chanted "Supreme" 1,300 times, as Sri Chinmoy walked slowly past—meditating on them one by one. It all took place in the pouring rain.

Also lifted during the event was V Ramalingaswami, one of India's top health officials, who called Sri Chinmoy's work "a great force for the fulfilment of this dream (of world peace) of mankind."

Other guests lifted included TV personality Bill McCreary and his wife, saxophonist Mokshagun Clarence Clemons and singer Addwatiya Roberta Flack.

## FOUR PEACE CONCERTS HELD AT BUCHMAN HALL

**NEW YORK**—Peace concerts were held on four consecutive Tuesday evenings in Buchman Hall.

At the first concert Oct. 17, Sri Chinmoy sang for the first time his new peace song for 1990, "Shanti," which is now being performed at all his peace concerts.

# Anahata Nada

## THREE RUNNERS COMPLETE SRI CHINMOY 1,300-MILER

*FLUSHING MEADOW PARK, NY*—Al Howie, 44, a Scotsman living in Canada, became the first person ever to finish the Sri Chinmoy 1,300-mile race held from Sept. 18 through Oct. 6.

He completed the distance in 17 days 8 1/2 hours. It was the equivalent of running nearly three marathons a day for 17 consecutive days.

Two other runners also completed the distance before the 18-day cutoff: Ian Javes, a high school teacher from Australia and Stefan Schlett of Germany.

In the concurrent 1,000-mile race, Suprabha set a new women's world record, finishing in 14 days 20 hours.

## JAPANESE PRIME MINISTER IS ALL PRAISE FOR GURU

Japanese Prime Minister Toshiki Kaifu sent Sri Chinmoy a letter Dec. 1 praising his work for world peace and other "incredible achievements." Then he added: "I cannot cease to praise you as the 20th century's first global man."

## GURU HOLDS MEDITATIONS FOR THE INDIAN COMMUNITY

Sri Chinmoy held meditations for the Indian community at several New York area functions recently.

He marched in the India Day parade on Aug. 20, delivering a talk from the reviewing stand and offering a silent meditation at the opening of the cultural programme held afterwards.

On Sept. 3 the Master meditated before the crowds during the programme following the Gandhi Peace Walk from the United Nations to the Gandhi statue at New York's Union Square.

Sri Chinmoy also offered a meditation Sept. 23 at an Indian festival at the Gita Temple in Elmhurst, Queens, where he was guest of honour.

## SEVERAL PEACE CONCERTS END "YEAR" OF PEACE

A number of peace concerts were held around the country during the last four months of the year.

In late September the Master gave two peace concerts in California—at the San Diego Civic Center on Sept. 27 and at the University of California in Irvine the following day.

On Oct. 5 he offered a peace concert at the Bayfront Center Arena in St. Petersburg, Florida, and one in Charlottesville's University of Virginia two days later. A concert was also held Dec. 1 at Vancouver's Trade and Convention Centre.

## ASHRITA SETS NEW RECORDS

Ashrita set two new records this fall—covering 13 miles on a pogo stick Sept. 15 and completing 2,550 squats in an hour Nov. 3.

He currently has 13 Guinness records—a record in itself.

*Sri Chinmoy meets with tennis star Steffi Graf at Annam Brahma Nov. 11, below, and with Congressman Gary Ackerman, bottom. After being lifted by the Master Aug. 7, Ackerman said: "I had every confidence that the Guru would be able to lift me outwardly as he has been able to uplift me spiritually. . . ."*



# Anahata Nada

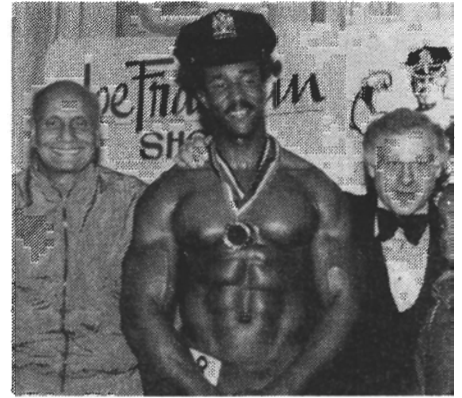
## TALK OF PARSONS BOULEVARD

Guru lifted world champion powerlifter *Bev Francis* Aug. 2. . . On Aug. 4, the first anniversary of his 7040 1/4-pound left-handed one-arm lift, Guru lifted *Unmilan and Agraha* together. The 323-pound lift was the *heaviest* so far in his "Lifting Up the World" series. . . A *peace concert* was given at the tennis court Aug. 6 in honour of visiting *Mayor Raul Salgado* of Tula, Mexico, an enthusiastic supporter of the Peace Run. . . Guru lifted *former New York Mayor Abe Beame* Aug. 12. After the singers sang Guru's song about him, the ex-mayor quipped: "I wish these singers had been around during my campaign!". . . Guru seriously took up *sprinting* again on Aug. 16. . . Seven instruments made by *Suparashan* were played by Guru in an afternoon concert at the tennis court Aug. 22.

At the *Sports Day* competitions Aug. 25, Guru won the 100-metre dash, javelin, shotput and long jump in the men's 55 and over category. . . After receiving an award from the disciples, he said: "When I go to the other world, I shall definitely carry. . . your constant love of me. . . when (my soul) flies high, higher, highest in

the ever-transcending Dream-Reality and Reality-Dream of my Absolute Lord Beloved Supreme." . . Overall winners of the sports meet were *Bhashwar* and *Ranjana*.

Guru meditated at the opening of an exhibit of *Indian art, culture and history* sponsored by the National Federation of Indian-American Associations at New York's Sheraton Hotel Aug. 29. The exhibition also included some of his *Jharna-Kala* paintings. . . The Thai Abbot, *Luang Por Eed*, received his soul's name Aug. 31—*Paramarthatita*, meaning beyond Existence-Consciousness-Bliss. . . The *Indian High Commissioner to Canada*, *Surbir Jit Singh Chhattwal*, spoke at a meeting of the U.N. meditation group Sept. 12. . . Guru meditated at the special *peace breakfast* following the U.N. Peace Walk Sept. 19. . . Guru visited *Monticello*, the home of Thomas Jefferson, during a trip to Charlottesville Oct. 7. . . Pop singer *Pia Zadora* visited Guru at the tennis court Oct. 23. . . Guru's *Joe Franklin Show* interview was aired Nov. 3. . . Sri Lanka's *Minister of State for Information*, *Arthur Jayasena Ranashinghe*, was honoured by Guru at *Annam Brahma* Nov. 25.



*Ernest Rafindadi, the cop who won the Nov. 20 N. Y. Patrolmen's Benevolent Association Bodybuilding Championship, poses with Sri Chinmoy after being lifted by him.*

## MARATHON TEAM SPONSORS U.S. 24-HOUR CHAMPIONSHIP

*FLUSHING MEADOW PARK, NY*—The Sri Chinmoy Marathon Team sponsored the TAC national 24-hour championship Sept. 16.

Overall winner was Ann Trason of Oakland, CA., who set a new American women's record of 143 miles. During the race she also broke the women's world record for the 100-miler.

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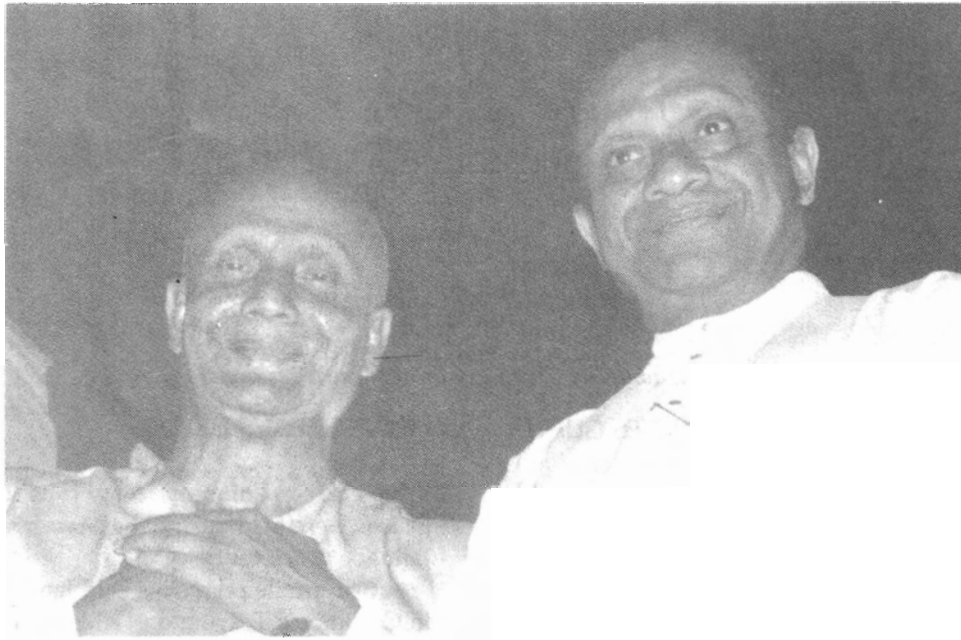
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# Anahata Nada

"The Soundless Sound"

Volume 19

December 1989—March 1990



Two brothers in peace: Sri Lankan President Premadasa and Sri Chinmoy.

## THREE MEETINGS HELD WITH PRESIDENT OF SRI LANKA

Sri Chinmoy met three times with President R. Premadasa during his two-week visit to Sri Lanka.

He first met the President Jan. 2, when invited to a special festival at the Temple of the Sacred Tooth Relic in Kandy to commemorate Premadasa's first anniversary in office.

The President lit a ceremonial candle and requested Sri Chinmoy to light the second candle. Then he invited the Master to join him on the platform while he spoke and, after introducing him to the crowd of several thousand, asked for the Master's blessings.

As he was leaving the temple grounds, Sri Chinmoy met briefly with the Mayor of Kandy, Tilak Ratnayake.

The following day the Master offered a special peace concert at JAN 4 Sucharita Hall in the private presidential residence, which was attended by the President, several Ministers and other government officials.

Afterwards, Premadasa presented the Master with a lamp ("pahana") symbolising aspiration-flames and a commendation praising his work for world peace.

The evening ended with the Master lifting Premadasa into the air as part of his "Lifting Up the World with a Oneness-Heart" series.

The two leaders held their final meeting, in private, on Jan. 9. Afterwards, Premadasa presented Sri Chinmoy with two of his books with the inscription: "To Sri Chinmoy, Ambassador of Peace, with affection and esteem."

## GURU AWARDED HONORARY DEGREE

**KANDY, Sri Lanka**—Sri Chinmoy has become the first non-Buddhist in this country's history to be awarded an Honorary Degree from the royal Asgiriya Order of Buddhist Monks.

The spiritual teacher was given the title of *Visva Sama Duta*, meaning "Ambassador of Universal Peace"

The award, presented Jan. 7 by the Order's Chief Priest, cited Sri Chinmoy's "dedicated devotion and deep commitment to peace and prosperity of mankind."

The Buddhist priest said the Master's spiritual message and work make him "a real Buddhist."

Sri Chinmoy said he regarded the award as a powerful blessing that "will intensify my own quest for truth and multiply my own inner aspiration and outer dedication."

Later that day, Sri Chinmoy visited the Temple of the Sacred Tooth Relic. Temple authorities invited him into the inmost chambers and honoured him by ceremonially placing on his head a case containing a relic of one of the Buddha's teeth.



Sri Chinmoy receives an Honorary Degree from the Chief Priest of one of Sri Lanka's main orders of Buddhist monks.



# Anahata Nada

## TWO PUBLIC PEACE CONCERTS GIVEN IN SRI LANKA

In addition to the presidential concert, Sri Chinmoy offered two public peace concerts during his stay in Sri Lanka.

The Jan. 5 concert at Ratnapura's Town Hall was attended by the Mayor and several district officials. After the concert, the authorities put on a special cultural programme of music and dance in the Master's honour.

At the end, Sri Chinmoy said that of all the places he has visited, never has he been so "soulfully loved and divinely accepted."

The Master's second concert, sponsored by Prime Minister Wijetunge, was held at Colombo's Elphinstone Theatre Jan. 8.

## HIGH COMMISSIONER HONOURED

*COLOMBO, Sri Lanka*—A special function was held Dec. 28 to honour India's High Commissioner to Sri Lanka, L.L. Mehrotra.

Sri Chinmoy said his outer gratitude to Mehrotra "will last until I breathe my last," and that his soul's gratitude "shall last throughout Eternity."

At the end, Mehrotra told the Master's students in the audience: "By his blessingful touch, Sri Chinmoy has lifted your souls onto that spiritual plane from where you touch Eternity itself. . . ."

He went on to say: "Sri Chinmoy makes you timeless because he. . . converts every ounce of your mundane existence into something well beyond it. And that is why you are welcome wherever you go."

## NEW YEAR'S CONCERT HELD

*NEW YORK*—The New Year's Concert was held Dec. 10 in Washington Irving High School here.

At the concert letters were read out from several Prime Ministers and U.S. Governors, who congratulated Sri Chinmoy on being the 20th Century's First Global Man.



*Mrs. Anwar Sadat chats with Sri Chinmoy in her Cairo residence.*

## COLOMBO MAYOR FETES GURU

*COLOMBO, Sri Lanka*—Mayor M. Hussain Mohamed hosted a special reception for Sri Chinmoy and his students on Jan. 8.

The spiritual teacher was welcomed by a military band and by the Mayor, who garlanded him as he stepped off the bus.

After a tree planting ceremony in Victoria Park, the Mayor escorted Sri Chinmoy across the street to Town Hall, introducing him one by one to the members of the Municipal Council who waited in a reception line.

"Within the short period of your fruitful stay in this country," the Mayor said, "your name has become known in every nook and corner of this land as the Peace Apostle of the 20th Century."

That evening, Sri Chinmoy lifted the Mayor as part of his "Lifting Up the World with a Oneness-Heart" series.

## CANBERRA TRIATHLON DRAWS HUGE CROWDS

*CANBERRA, Australia*—Some 1,900 athletes competed in two triathlons the Sri Chinmoy Marathon Team sponsored here recently.

A mini-triathlon on Feb. 17 attracted 970 participants, while the longer event—representing the Australian championship—drew 930 the next day.

## PEACE RELAYS HELD

Several Sri Chinmoy "relay runs for peace" were held during the Master's January peace tour.

A peace-mile relay was held Jan. 7 in Colombo's Torrington Fields in Sri Lanka.

Another peace-mile relay took place six days later in Luxor, Egypt, where one of the celebrity runners was Governor M. General Yehia El-Bahnassawy.

There was also a "peace marathon" in Greece on Jan. 20 along the original route taken by Pheidippides in his historic Marathon-to-Athens run. Sri Chinmoy ran the final lap of the relay in Athens' Olympic Stadium.



*Tennis star Mats Wilander poses with Sri Chinmoy on March 16 at Aspiration-Ground after visiting the Master and playing a set with him.*

# Anahata Nada

## GURU MEETS LEADERS AND HOLDS CONCERTS IN EGYPT

During his visit to Egypt late last year, Sri Chinmoy met with various religious and political leaders and gave two peace concerts.

The spiritual teacher met with Mrs. Jehan Sadat, wife of the slain Egyptian President, at her Cairo residence on Dec. 18.

That evening he conferred with Shenouda III, Pope of the Coptic Christian Orthodox Church, and on Christmas day he visited Egypt's Minister of Culture, Farouk Hosni.

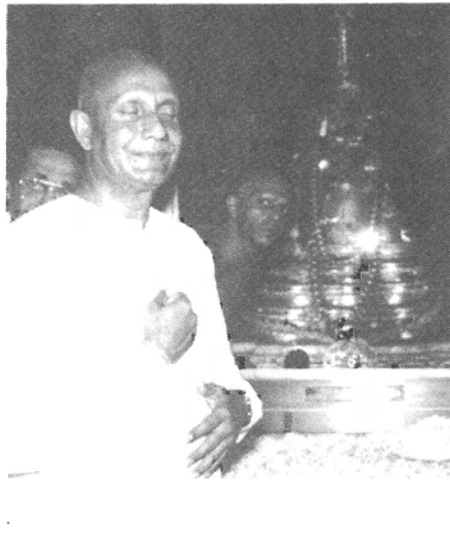
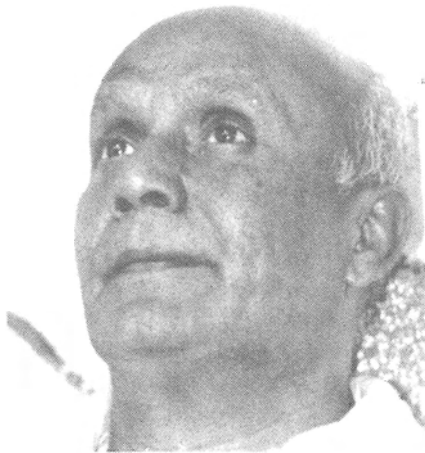
There were also peace concerts in Cairo on Dec. 20 and in Alexandria three days later. At the Cairo concert, India's Ambassador to Egypt, Alan Nazareth, and retired Egyptian Air Force General Samir Farid, both addressed the audience—commenting on the Master's work for peace.

## SRI LANKA PEACE TOUR LEAVES DEEP IMPRESSION

Sri Chinmoy's two-week peace tour of Sri Lanka left a deep impression on the spiritual and political life of this strife-torn nation.

His visit received almost daily television and newspaper coverage, and his comments on current affairs helped clarify some of the deepest feelings of the Sri Lankan people.

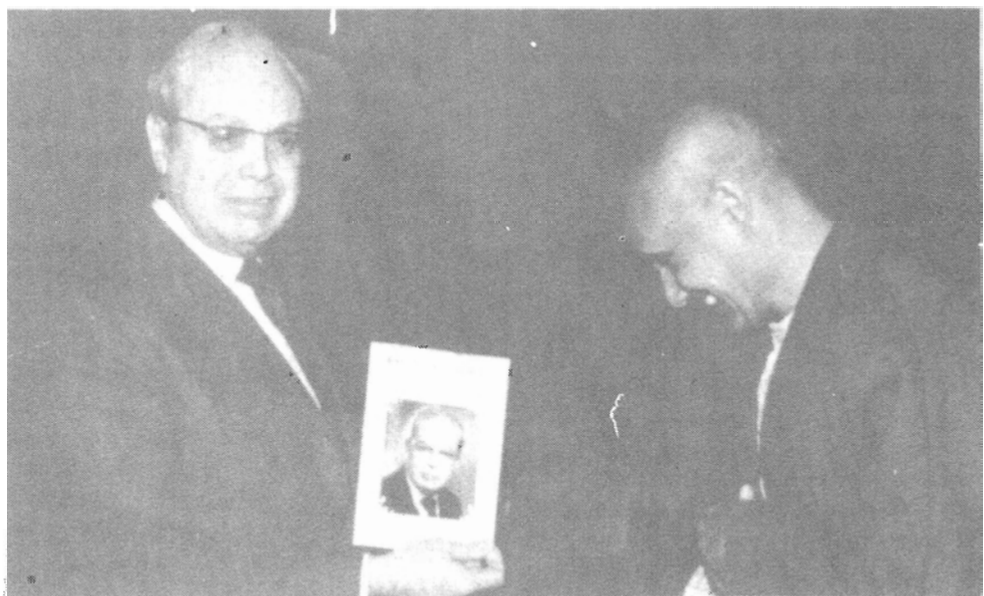
As the Minister of State for Information, A.J. Ranasinghe, said to him: "The whole of Sri Lanka respects you, reveres you and adores you. You have won the hearts of the whole country in just two weeks."



*Above, Sri Chinmoy poses by the case holding the sacred tooth relic of the Buddha in a temple in Kandy. Below, the Master performs at a peace concert.*



*U.N. Secretary-General Perez de Cuellar receives a book containing the Master's comments on his writings on world peace and oneness. Sri Chinmoy presented him with the book Dec. 6 following a UNESCO meeting.*



## PEACE TOUR LINKS EAST AND WEST GERMANY

Sri Chinmoy embarked on a major peace tour of East and West Germany during February.

Concerts were held in Nuremberg on the 18th and in Hannover on the 20th. On the 21st the Master offered an afternoon concert in West Berlin's city library and an evening concert at ICC Messedamm.

The following day he went to Leipzig, East Germany, where he lifted the director of the Bach Museum—Lothar Wittke—and gave a peace concert in the Leipzig Opera House.

On the 23rd there was a peace-mile ceremony near the wall in East Berlin. The Master slowly walked the course in a meditative consciousness while his students and others followed.

That afternoon he lifted two East German athletes: world canoeing champion Birgit Schmidt and horse-vault champion Jorg Behrand.

The tour ended with an evening peace concert in East Berlin's Kongresshalle. At its conclusion he declared: "Your (East and West Germany) inseparable oneness in the inner world and in the outer world is the absolute victory of our transcendental Lord Supreme."

# Anahata Nada

## TALK OF PARSONS BOULEVARD

Guru held a *function for ex-disciples* on Dec. 5 at P.S. 86 . . . While visiting a temple in *Anuradhapura*, Sri Lanka, on Dec. 31, Guru meditated at the foot of a bodhi tree which was descended from the tree where the Buddha sat to receive enlightenment 2,500 years ago . . . Guru held a birthday party Jan. 4 in Colombo for *A.J. Ranasinghe*, Sri Lanka's Minister of State for Information . . . A *peace concert* was held in Athens' Armonia Hotel on Jan. 18 . . . A large group of disciples, both individually and in groups, chanted "Supreme, I bow to Thee" a total of 7,000 times between Jan. 28-29 to celebrate the third anniversary of Guru's 7,000-pound one-arm lift . . .

Guru was interviewed on *national television* in Rome Feb. 17 on "Alla Ricerca dell'Arca" . . . Guru had a private meeting Feb. 25 with *Karan Singh*, who was on his way back to India after leaving his post as India's Ambassador to the U.S. . . . Guru performed at an Indian cultural programme March 17 sponsored by the Centre and the *Federation of Indian Associations* (New York), which presented him with a

distinguished service award. In his remarks, Guru said: "India is not a piece of land. India is the Living Breath of the Absolute Supreme." . . . Ashrita set a new Guinness record by doing 1,551 squat thrusts ("burpees") on March 13 in one hour.

## MESSAGE FOR THE NEW YEAR

"My Lord Supreme, I am now feeling powerfully great by offering You my mind's gratitude-smiles.

My Beloved Supreme, I am now feeling breathlessly good by offering You my heart's gratitude-cries.

My Lord Beloved Supreme, out of Your infinite Bounty do share with me a blessingful secret for the New Year, 1990."

My child, My Infinity's Dream-treasuring child, I shall share with you not one but two blessingfully sacred secrets.

Yesterday's self-gratifying division-hunger-world will before long be buried in oblivion-cave.

My child, My Immortality's Reality-manifesting child, today's self-giving oneness-aspiration-world will receive from Me in the victory-flooded future My transcendental Silence-Crown and My universal Sound-Throne.

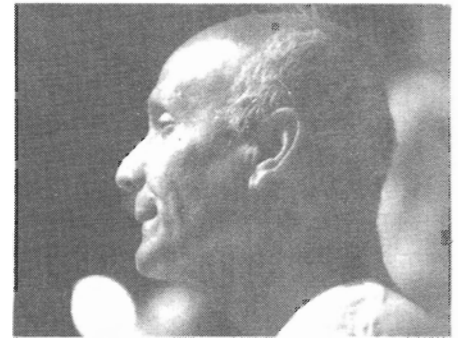
## CONCERT SERIES OFFERED FOR LOCAL COMMUNITY

"Peace-Meditation-Blossoms", a series of peace concerts for the New York area community, was inaugurated in February.

Concerts were offered in P.S. 86 in Queens on Feb. 6 and 10 and in Buchman Hall on the 27th.

During the Buchman Hall concert, Sri Chinmoy performed on two pianos simultaneously—playing live on the second one while a special machine, linked electronically to the keyboard of the first piano, reproduced his earlier performance on that first one.

There were also peace concerts in St. Peter's Church in Manhattan's Citicorp building on March 3 and in the Community United Methodist Church, Forest Hills, on the ~~12th~~ 13th.



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