

Anahata Nada

"The Soundless Sound"

Volume 19

April - July 1990



Sri Chinmoy chats with Soviet President Gorbachev during their meeting in Ottawa.

GURU MEETS WITH GORBACHEV

OTTAWA—Soviet President Mikhail Gorbachev met with peace ambassador Sri Chinmoy May 29 during his visit to Canada.

As soon as he saw the spiritual teacher, Gorbachev came over and said, "I have heard about you and your work. You and I must work together . . . for world peace."

Sri Chinmoy replied: "You have liberated the world from bondage.

You have brought to the fore the inner freedom which we so desperately need."

During their 10-minute meeting, the two discussed world peace and Sri Chinmoy read the Soviet leader the words to a song he had composed about him. A recording was sent later.

The meeting, which took place at Rideau Hall in the Governor-General's residence, was written up by *Time Magazine* in the U.S., *Maclean's Magazine* in Canada and *Pravda* in the U.S.S.R.

Several days later, the spiritual teacher composed a message about Gorbachev and sent it to him.

Politics and spirituality can claim one another, he said. Politics is the flower and spirituality is the fragrance.

"The flower charmingly reminds us of our universal beauty. The fragrance breathlessly reminds us of our transcendental divinity.

"Gorbachev the flower, our outer world unsurpassably loves. Gorbachev the fragrance, our inner world unservedly treasures."

Anahata Nada

U.N. MEDITATIONS ENTER THIRD DECADE

UNITED NATIONS—Sri Chinmoy gave a concert at the Dag Hammarskjold Auditorium April 3 to commemorate the 20th anniversary of his meditation programme at the U.N.

He began offering his twice-weekly peace meditations for delegates and staff on April 14, 1970.



Sri Chinmoy meditates with Namibia Foreign Minister Ben Gurirab at U.N. Church Centre programme.

GURU OPENS AFRICAN PROGRAMME

NEW YORK—Sri Chinmoy gave the opening meditation at a programme April 27 commemorating Namibia's entry into the United Nations.

During the programme, he met with Foreign Minister Ben Gurirab of Namibia, as well as the ambassadors of Thailand and Kenya, as part of an international effort to save the elephant.

To emphasize their concern, the three countries are presenting a life-sized statue of an elephant to the next General Assembly.

The event took place at the U.N. Church Centre chapel.

SPIRITUAL CELEBRATION MARKS 26 YEARS IN AMERICA

JAMAICA, NY—Sri Chinmoy's students came here from around the world April 13 to celebrate the 26th anniversary of the spiritual teacher's arrival in America.

The evening programme of music and meditation took place on a stage decorated with pictures of various spiritual Masters: Rama, Krishna, Buddha, Christ, Chaitanya, Ramakrishna and Aurobindo. At the start of the event, Sri Chinmoy meditated in front of each photo while groups of children sang a song he had written about the particular spiritual figure.



An inside look at the Sri Chinmoy Masters Games . . .



SRI CHINMOY CENTRES WELCOME GORBACHEV

OTTAWA—The Canadian Sri Chinmoy Centres coordinated the collection of some 400 letters of welcome from various dignitaries and citizens across Canada and presented them in a bound book to Soviet President Gorbachev during his May 29 visit here.

The Centres also made a 500-yard-long garland for Gorbachev, which was draped around the lawn outside the Canadian Governor-General's residence in Ottawa when the Soviet leader and his entourage were making their visit there.



GURU'S MANDELA SONG BROADCAST NATIONWIDE

A song Sri Chinmoy composed about Nelson Mandela was broadcast nationwide on National Public Radio during his visit to the U.S.

It was also aired on several commercial stations across the country, including New York's WQXR, and sung on television by a church choir in Seattle.

TWO WORLD RECORDS SET

Two students of Sri Chinmoy set new records recently. Sadhak broke the Guinness world record for a one-man band, playing several instruments simultaneously for nearly two weeks—virtually non-stop. His 331-hour "concert" ended May 15.

Ashrita also set a record by pogo-stick jumping up the 1,967 stairs of Toronto's CN Tower—the world's tallest—in 57 minutes 45 seconds on June 26.

SRI CHINMOY 24-HOUR RACE OPENS EUROPEAN CUP SERIES

BASEL, Switzerland—The Sri Chinmoy 24-hour race on May 5-6 was the first event in the IAU (International Association of Ultrarunning) European Cup Series held under the patronage of the IAAF.

Some 90 runners from 17 countries participated in the race. Soviet runners took the first three places for the men, and West Germans took the top women's slots.

TALK OF PARSONS BOULEVARD

Dr. P. Jayaraman, Executive Director of the Bharatiya Vidya Bhavan (USA), delivered the first in a series of readings and interpretations of Guru's poetry April 11 at Buchman Hall. *Dr. Jayaraman*, who has translated some of Guru's poetry into *Hindi*, held subsequent poetry sessions at Aspiration-Ground . . . After the classical music concert April 17, Guru went onstage and played by heart on the piano the melody of *Schubert's Ave Maria* . . . During a function honouring Para-

marthatita April 19, Guru sang his song, "I take Shelter in the Lord Buddha" in 15 different languages.

Suprabha came in first among the women in the Sri Chinmoy 7-Day Race May 7—14; it was her second consecutive win . . . *Felix Kuznetsov*, Director of the Gorky Institute of World Literature of the Academy of Sciences in Moscow, met with Guru May 26 at Annam Brahma . . . Guru was the guest of honour at a lecture by Indian philosopher and educator *Dada J. P. Vaswani* on June 9 in Forest Hills . . . "Runners Are Smilers" held its 300th two-mile race June 26, and Guru gave medals to all who ran that day . . . *Sri Lankan President Premadasa* received an unusual birthday present June 23—Guru's book about him, entitled "Nectar-Bliss-Heart/Lion-Roar-Soul."

Guru flew to Houston June 24 to speak at the programme releasing *Carl Lewis'* new book "Inside Track," which includes several sections on Guru . . . *Antana* set a Canadian women's record for the 100-K during the Sri Chinmoy 70-miler June 30 . . . The daughter of the last Emperor of the Austro-Hungarian Empire, *Archduchess and Princess Michaela von Habsburg*, and her husband, the *Duke of Alba*, *Eric D'Antin* of Spain, were lifted by Guru July 1 at the tennis court . . .

Guru did 13 large *Jharna-Kala* paintings at Aspiration-Ground July 7; the final one was a finger painting . . . Guru lifted *Richard van Vandt*, superintendent of the *Hudson Correctional Facility* in upstate New York, at the tennis court July 19 . . . Guru won the 100-metre dash and placed second in the 200-metres for his age group at the *Sri Chinmoy Masters Games* July 14 at Victory Field in Queens. He also participated in the shot put and, unofficially, in the long jump . . . Guru gave the opening meditation at the *New York Games* July 29 at Columbia University's *Wien Stadium*. The following day, he lifted at Aspiration-Ground several of the track-and-field champion athletes who had participated.

PEACE LEADER MEETS WITH NELSON MANDELA AT THE U.N.

UNITED NATIONS—South African leader Nelson Mandela met with Sri Chinmoy here June 22 after addressing the U.N. General Assembly.

The freedom fighter's wife, *Winnie*, brought the spiritual Master to Mandela's private room, where he was chatting with New York Mayor *David Dinkins*.

When the spiritual teacher came in, *Dinkins* immediately rose and introduced him to Mandela.

"South Africa sleeplessly needs the fragrance of your heart for its liberation and peace," Sri Chinmoy told him, "and the whole world soulfully needs the garden of your life for its inspiration and bliss."

VIDYA BHAVAN SPONSORS PEACE CONCERT

The Bharatiya Vidya Bhavan (USA), India's main cultural organisation in the U.S., sponsored a peace concert by Sri Chinmoy April 21 at the Community Church of New York.

During the concert, the Master sang a song he had composed that day on the Bhavan.

Other peace concerts were held April 14 at Hunter College and May 15 at Veterans Memorial Hall, Snug Harbor Cultural Center, Staten Island.

A peace concert was also given July 1 at Aspiration-Ground to mark the anniversary of the day Sri Chinmoy started weightlifting on June 26, 1985.

In addition, there was a July 28 concert at the Bosendorfer Center in Manhattan, *Harit's* new piano showroom. Before the concert, Sri Chinmoy lifted a number of dignitaries.

CORRECTIONS

Sri Chinmoy's peace concert for Sri Lanka President *Premadasa* at *Sucharita Hall* was held Jan. 4, and the peace-mile relay held in Colombo's *Torrington Fields* took place on Jan. 7. Sri Chinmoy's peace concert at the Community United Methodist Church in Forest Hills, NY, was held March 13.

Anahata Nada



Sri Chinmoy gives South African leader Nelson Mandela, center, a copy of a song he wrote about him while New York Mayor David Dinkins observes.

Anahata Nada
P.O. Box 32433
Jamaica, N.Y. 11431

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

Anahata Nada

"The Soundless Sound"

Volume 19

August - mid-December 1990

GURU TOURS EAST EUROPE

Peace concerts were held in East Berlin, Prague and Budapest this November.

The Berlin concert was held in the Dynamo Sport-und-Kongress-zentrum Nov. 10. Concerts were also held at Prague's Kultur Palace on Nov. 12 and at the Kongresszusi Kozpont in Budapest the following day.

Before the start of the Budapest concert, the Master lifted the city's Mayor, Gabor Demszky.

MEDITATION HELD IN SENATE

WASHINGTON Sri Chinmoy held a peace meditation Aug. 1 at the Senate Russell Office Building.

As part of the session, he lifted the ambassadors of Cyprus and Sri Lanka.

SEVEN HEADS OF STATE MEET SRI CHINMOY

NEW YORK -- The Presidents or Prime Ministers of seven countries met with Sri Chinmoy while visiting New York for the World Summit for Children.

Sri Chinmoy met with Suriname President Ramsewak Shankar on Sept. 26 and with Yugoslavia's President, Borisav Jovic, two days later -- both at the U.N. Church Center chapel.

On Sept. 28 the Master also met and lifted Prime Minister Mary Charles of the Commonwealth of Dominica at the Bosendorfer Center in Manhattan.



A meeting of hands...and hearts: Sri Chinmoy receives a heartfelt greeting from President Jovic of Yugoslavia, below, and Prime Minister Andreotti of Italy, above, during meetings earlier this fall.



The following day he met President Moussa Traore of the Republic of Mali at his suite in the Waldorf Astoria and Prime Minister Giulio Andreotti of Italy at the Permanent Mission of Italy to the U.N.

On the 30th Sri Chinmoy

spent some time with Prime Minister Harri Holkeri of Finland. On Oct. 2 he visited Gro Harlem Brundtland, the former Prime Minister of Norway, and on the 3rd he met and lifted President Luis Alberto Lacelle of Uruguay.



Sri Chinmoy and New York Mayor Dinkins lead the India Day Parade in Manhattan Aug. 19.

PEACE TOUR HELD IN SWEDEN AND ENGLAND

Sri Chinmoy offered a series of peace concerts and poetry readings during his visit this autumn to Sweden and England.

In Stockholm he held peace concerts on Oct. 14 and 15 at the Koncerthuset and gave a talk on poetry, plus a reading of his own works, at Musikaliska Akademien on the 16th.

The Swedish trip included an interview with radio personality Berit Berling, which was broadcast Oct. 20 on Swedish National Radio.

In England the Master gave a peace concert at London's Royal Albert Hall and lifted Cardinal Basil Hume at Westminster Cathedral Hall on Oct. 19.

Other highlights of the

visit included a meeting with the Indian High Commissioner, Kuldip Nayar, at India House on Oct. 17 and the lifting of two Members of Parliament -- Keith Vaz and Matthew Carrington -- during a function at the Vidya Bhavan Oct. 18.

That same day, Sri Chinmoy also met with Sir Laurens van der Post, the famous author and explorer, and received an award from C. B. Patel, editor and publisher of New Life Publications.

6,000-K RUN HELD IN FRANCE

PARIS -- Three French disciples ran a 6,000-kilometre relay around France Sept. 8 - Nov. 7.

Vimochan, Avinash and Dominique averaged 35 kilometres a day during their "Oneness-France Run," and also managed to participate in a number of city hall ceremonies. Jean-Luc served as the driver.

The French also inaugurated on Oct. 17 a Sri Chinmoy Peace Bridge connecting the towns of Landerrouat and New Bordeaux.

MAYORS HONOUR GURU

Two New Jersey Mayors honoured Sri Chinmoy at the India Day celebration held here on Aug. 17.

Jersey City Mayor Gerald McCann gave the Master the key to his city and Union City Mayor Robert Menendez gave him a special award.

Sri Chinmoy was guest of honour at the city hall event, which was sponsored by the International Mahatma Gandhi Association.

NORTHEAST CONCERT TOUR COVERS SEVEN CITIES

Sri Chinmoy embarked on a seven-city peace concert tour in early September.

The "Oneness-Happiness-Song" series included concerts at Albany's Convention Hall Sept. 5...the Performing Arts Center in Providence, R.I., Sept. 6...the Boston Opera House on the 7th...the Palace Theater in New Haven, Conn., on the 8th...Washington's Constitution Hall on the 10th...Baltimore's Joseph Meyerhoff Symphony Hall on the 11th...and the Count Basie Theater in Red Bank, N.J., on the 12th.

Lifting programmes were held in conjunction with the concerts in Providence, Baltimore and Washington. One of those lifted, in Washington, was boxing star Sugar Ray Leonard.

In Boston, the Master held a ground-breaking ceremony at a Sri Chinmoy Peace Park and visited a Jharna-Kala exhibit at the State House in the state capitol.

ASHRITA GOES NATIONWIDE

Ashrita, who set another world record Aug. 12 by walking 43 3/4 miles with a milk bottle balanced on his head, is being discovered by the national media.

Following a CNN Prime Time feature on him in June, Ashrita appeared on "To Tell the Truth" Oct. 10 and on the "Joan Rivers Show" two weeks later. He also opened on Nov. 9 the new Guinness Museum in Singapore.

Anahata Nada

NEW YORK CONCERTS HELD

NEW YORK -- Sri Chinmoy has offered several public concerts in the New York area.

It began Aug. 28 with a peace concert at Town Hall to commemorate his 59th birthday.

Other peace concerts were held at Aspiration-Ground on Aug. 16 and Oct. 7. Also, on Sept. 19 the Master began offering peace concerts at his Wednesday meditations in Queens.

In December, Sri Chinmoy gave a musical recital at the Dag Hammarskjold Auditorium of the U. N. on the 6th and held his annual New Year's meditation at Hunter College on the 12th.

1,000-MILE RACE HELD

Al Howie, 45, won the Sri Chinmoy 1,000-miler in Flushing Meadow Park ending Oct. 5. His time: just over 13 days nine hours.

Antana, 31, broke her own Canadian women's record, and Crystal Volmerhausen, 57, set a new German women's record.

Conversations on politics and religion: Top, Sri Chinmoy chats with Henry Kissinger Sept. 28 at a memorial service for former Austrian Chancellor Bruno Kreisky at the U.N. Church Center chapel. The Master meets with former Norwegian Prime Minister Gro Harlem Brundtland in New York, center, and British Cardinal Basil Hume in London, bottom.



Anahata Nada

TALK OF PARSONS BOULEVARD

Vimochan set a new record by climbing up and down a total of 252,761 steps at the Sacre Coeur in Montmartre during the 72-hour period ending Aug. 3 . . . Ranjana placed first in seven events and second in one event to take top honours among the women in the Sports Day competition Aug. 24 -- for the 20th straight year. Because she has won the shot put since 1971, Sri Chinmoy gave her a golden shot put as a special prize . . . Bhola-nath won the push-up contest Aug. 25 at the disciple circus, in which Kripan was the new ring-master . . . Boxer Saoul Mamby was one of the celebrity guests at the "Reach for the Stars" programme aimed at inspiring children, held at the tennis court Aug. 26 . . . Singer Pia Zadora was lifted at the tennis court Aug. 28.

The Humbolt University Chamber Choir from East Germany gave a recital at the tennis court Sept. 15; afterwards, Guru lifted most of the members . . . Guru met with New York Mayor Dinkins Sept. 23 at a Korean festival held in Flushing Meadow Park . . . A new world javelin record was set Sept. 23 at the Sri Chinmoy Masters Games held at the University of California at Irvine. Three national records were also set.

Guru was at the Penta Hotel Oct. 11 to give the opening meditation at the annual session of the World Citizens Assembly, a United Nations NGO . . . While in London Oct. 18, Guru lifted Evelyn Glennie, the Scottish musician who has been deaf since the age of 12 . . . The next day he received an award from the International Association of Ultrarunners (IAU).

Guru held a special

peace meditation in honour of the late Leonard Bernstein on Oct. 24 at P.S. 86 and on Nov. 6 at the U.N. While in East Berlin Nov. 10, Guru lifted 15-year-old Chinese painter Yani Fang, who is currently exhibiting in Berlin, and her father, who is head of the Working Department in Beijing . . . Guru played tennis with fifth-ranked Zina Garrison Nov. 18 at Aspiration-Ground. On Nov. 29 Guru visited the four peace bridges and a few of the 27 peace trees established in recent months in Rhode Island . . . The Song Waves Choir gave 15 concerts in the U.S.S.R. Nov. 18-Dec. 2, including a private performance for the Patriarch or head of the Russian Orthodox Church . . . On Dec. 7 Guru had a private meeting with Guido de Marco of Malta, President of the 45th Session of the U.N. General Assembly in the President's U.N. Office.

Anahata Nada
P.O. Box 32433
Jamaica, N.Y. 11431



Ranjana at Sports Day.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 20

MID-DECEMBER 1990 - MARCH 1991

GURU GETS HONORARY DEGREE FROM UNIVERSITY IN BALI

The University of Dwijendra in Denpasar awarded Sri Chinmoy an Honorary Doctorate of Philosophy on Jan. 26.

He was also given the honorary title of "Duta Perdamaian," meaning Prophet of Peace.

The presentations were made by Dr. Wayan Reta and Putu Serangan, the director and assistant director of the university and its co-founders, at a ceremony in the Kartika Plaza Hotel. Earlier in the month, the main auditorium at the university was officially renamed the Sri Chinmoy Peace Auditorium.



Sri Chinmoy receives an Honorary Degree from Dr. Wayan Reta and Putu Serangan, the director and assistant director of the University of Dwijendra in Indonesia.

EDUCATIONAL ASSOCIATION GIVES TEACHER FOUR AWARDS

The founder and executive vice president of the International Association of Educators for World Peace presented Sri Chinmoy with four awards during a meeting of The Peace Meditation at the United Nations on Feb. 22.

Dr. Charles Mercieca gave the Master, on behalf of his association, two diplomas of honour, an award proclaiming him "Dharmaraja" or "King of Dharma" and the "Fountain of Universal Peace Award," which was created especially in his honour.

The Association's more than

20,000 members are dedicated to the idea of using education as a tool for world peace.

LEGION OF MARY HONOURS GURU AT U.N.

UNITED NATIONS — The Legion of Mary, an international Catholic service organisation, presented Sri Chinmoy with its "Our Lady, Queen of Peace" award during a meeting of The Peace Meditation at the United Nations on March 22.

The award was made by Dr. Charles Mercieca on behalf of the Legion.

The Master was also presented

PEACE UNIVERSITY HONOURS SPIRITUAL TEACHER

EUGENE, OR — The World Peace University, a private educational institute with campuses in Oregon, Chile and Bangladesh, presented Sri Chinmoy with its World Citizen Humanitarian Award.

In making the presentation at an awards banquet here on March 15, Dr. F. Richard Schneider, Chancellor, called Sri Chinmoy "an extraordinary human being who is leaving a remarkable mark on the world with his many talents, which he offers in the service of humanity — without reserve."



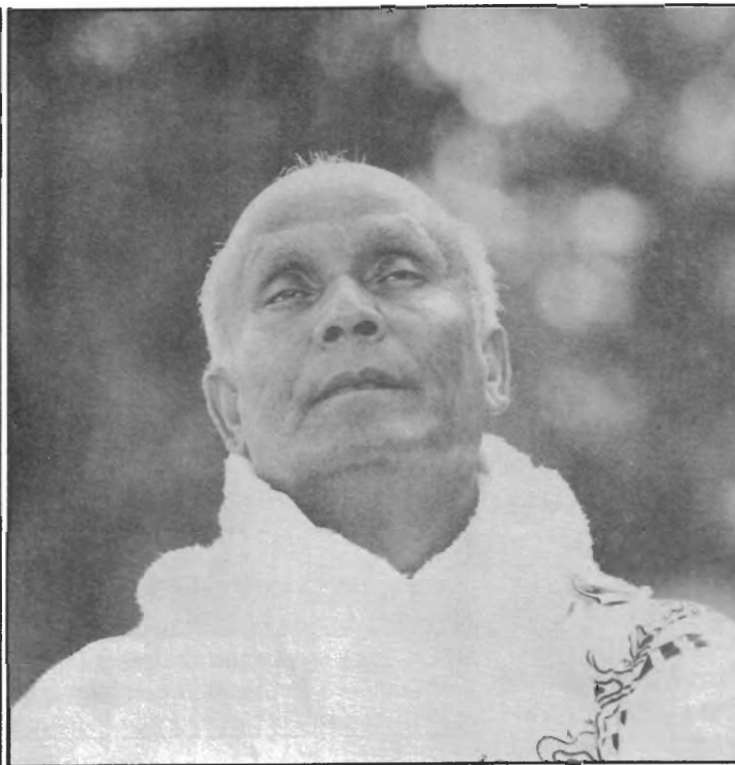
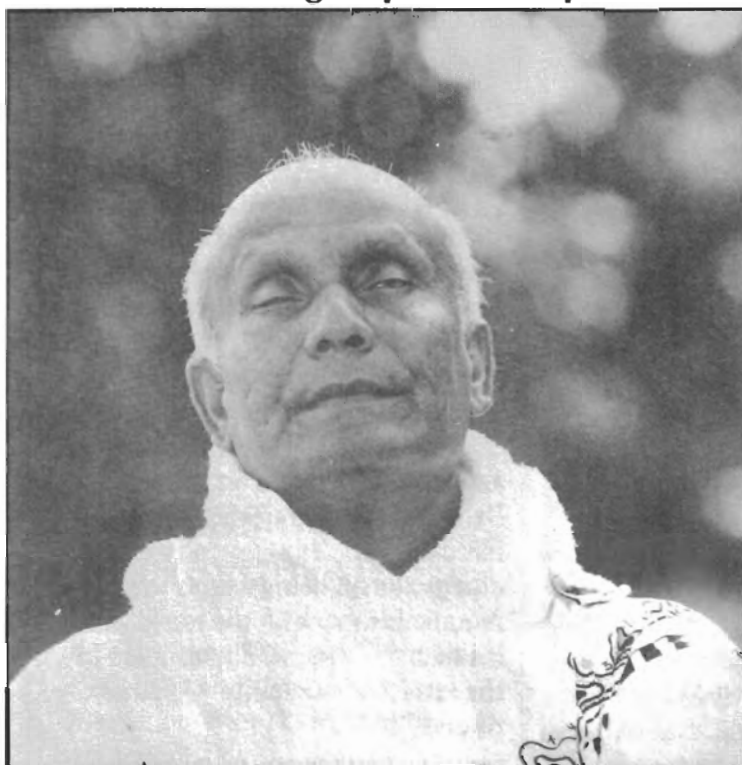
Sri Chinmoy receives an award from the Chancellor of the World Peace University.

that day with the Albert Einstein Peace Medallion by the founder and president of the Albert Einstein International Academy Foundation, an educational and research organisation headquartered in Independence, Missouri.

Dr. Marcel Dingli-Attard, who made the presentation, is a Maltese diplomat.



The following sequence of photos was taken about an hour or so after war broke



1991 NEW YEAR'S MESSAGE

The daring competition-success-might of the human mind is wisely going to surrender to the caring illumination-progress-delight of the divine heart.

The inner voice is whispering the supreme Message-Light for humanity's perfection-life. Let us listen. We can listen. We must listen!

Hurtful is the outer adventure-capture-march. Fruitful is the inner adventure-rapture-dive.

The outer world belongs to the supremacy-fighters. The inner world belongs to the oneness-lovers. God's ultimate Perfection-World will bless and embrace the oneness-lovers with fondness and pride, and reject and forget the supremacy-fighters.

God the creation, in breathless sound, asks God the Creator: "O where are You?"

God the Creator, in fathomless Silence, replies: "I am inside your oneness-fulness-peace-blossoming Dream-Reality."

PEACE CONCERTS HELD IN HAWAII AND BALI

Sri Chinmoy offered three peace concerts during his visits to Hawaii and Bali.

The first was held at the Ala Wai Club Auditorium in Honolulu on Dec. 19.

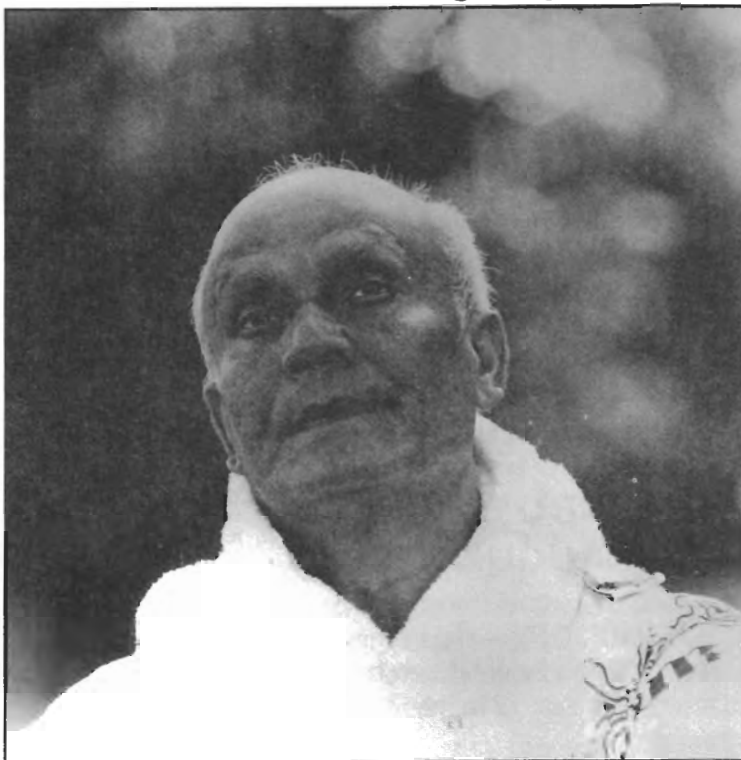
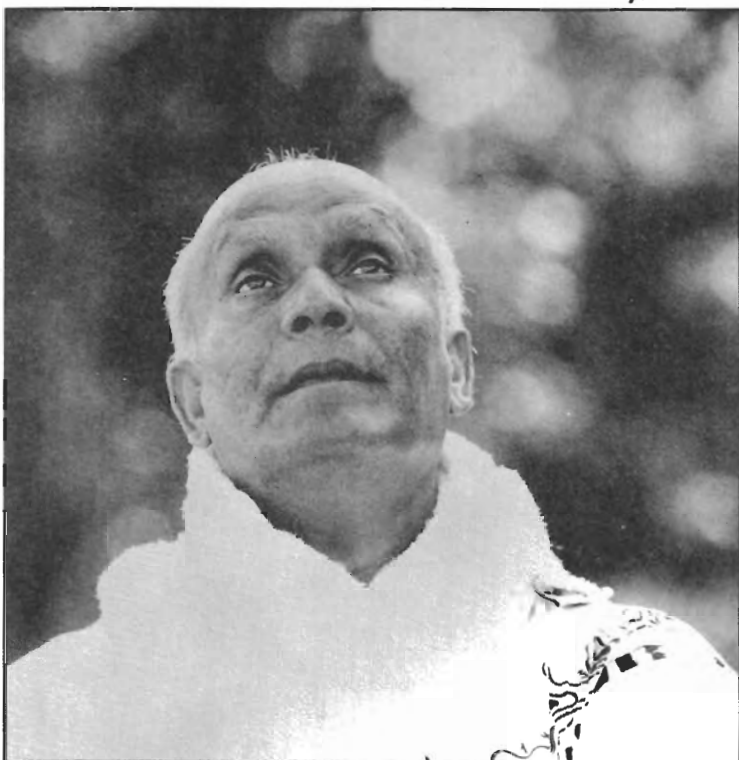
In Bali, a concert was held Jan. 9 in the Hindu Dharma Vidya Bhavan — for the students and teachers of the institute.

On Jan. 24, the front garden of the Dharma Vidya Bhavan was officially renamed the Sri Chinmoy Peace Garden.

A third peace concert, jointly sponsored by the Balinese Red Cross and the Balinese Ministry of Education and Culture, was held Jan. 19 at the Arts Centre in Denpasar.



out in the Persian Gulf. Sri Chinmoy, on a beach in Bali, is meditating for peace.



SPIRITUAL HOLIDAY EVOKES A SHOWER OF CREATIVITY

While on a spiritual holiday in Hawaii and Bali from mid-December to late January, Sri Chinmoy completed 3,200 poems and 368 Bengali and English songs.

During one seven-day period from Jan 3-10, he was averaging 100 poems a day.

The poetry is being published as part of the Master's on-going "Twenty-Seven Thousand Aspiration-Plants" series.

PEACE TREE DEDICATED ON HAWAIIAN PLANTATION

A Sri Chinmoy Peace Tree was dedicated Dec. 22 on the Hawaiian plantation of Hawaii's first U.S. Senator, Hiram Fong.

The dedication ceremony was attended by both Sri Chinmoy and former Senator Fong.

LIFTING CEREMONY HELD IN BALI

Sri Chinmoy lifted a total of 53 people with one arm during a 90-minute period Jan. 21.

The lifting ceremony took place in the ballroom of Bali's Kartika Plaza Hotel.

Among those lifted were many members of the hotel staff and management, including the entire 40-member gamelon orchestra.

The 53 people lifted weighed, altogether, some 8,018 pounds — a record weight for Sri Chinmoy in this amount of time.

The lifts are part of the Master's "Lifting Up the World with a Oneness-Heart" programme.

PEACE MEMENTOS DEDICATED IN BALI

Several mementos were dedicated to peace in Sri Chinmoy's honour during the Master's visit to Bali.

A Sri Chinmoy Peace Tree was dedicated Jan. 15 at Warmadewa University in Denpasar.

A week later the Kartika Plaza Hotel renamed its ocean-facing gates the Sri Chinmoy Peace Gateway.

Other dedications included a Sri Chinmoy Peace Grove at the Mandara Cottages Hotel and a Sri Chinmoy Peace Lotus Garden in Cafe Lotus in Ubud.

In addition, a charter sailboat was dedicated to peace in the Master's honour.



CONCERT SERIES HELD IN BUCHMAN HALL

NEW YORK — A series of seven peace concerts is being held in Buchman Hall.

The schedule calls for a series of Saturday night concerts to be held from Feb. 16 through April 6. No concert was scheduled on March 16 because the Master was to be out of town.

HINDU TEMPLE INAUGURATED

CORONA, NY — Sri Chinmoy went to Vishva Seva Ashram in Queens on Feb. 12 to inaugurate its new temple.

The Master meditated as the temple priest performed the Shivratri rites, then gave a short talk on Shiva. Afterwards, the Bhajan Singers performed.

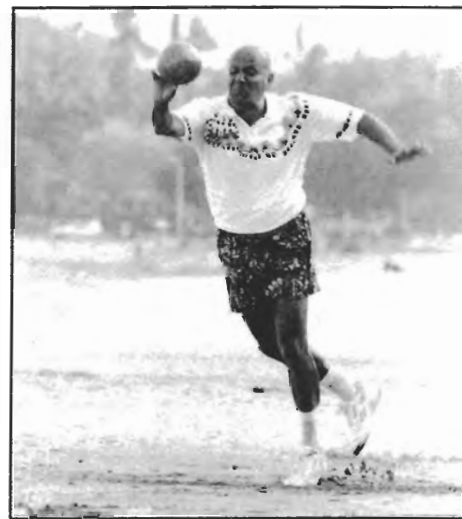
TALK OF PARSONS BOULEVARD

After seeing the *Oriental Circus* in Denpasar on Jan. 2, Guru invited all the performers — young orphans who are taken in and taught circus skills — to a lunch at the Bali Garden Hotel the next day. Afterwards, he lifted all the children and their manager . . . *Anugata, Prabesh, Satyakarma* and *Michael* from Dresden climbed Argentina's Mt. Acongua which, at nearly 23,000 feet, is the highest point in the Southern and Western Hemisphere . . . Guru began doing *classical Indian singing* at home on Feb. 12 in front of a videotape . . . Guru observed his *15th esraj anniversary* by giving a concert at P.S. 86 on Feb. 20; the actual date he began playing the instrument was Feb. 17 . . . *Lavanya* received an award from "Clip Bits," a graphics design magazine published by Dynamic Graphics, for one of her T-shirt designs . . . *Akasha* gave 14 concerts in 16 days in the Soviet Union and Yugoslavia from March 15-31. More than 13,000 people attended.

ASHRITA ROWS WAY TO NEW GUINNESS RECORD

Ashrita set a new Guinness record in Bali by completing 1,500 miles on a land-rowing machine during a 16-day period ending Jan. 21.

The previous record was 1,400 miles. A land-rowing machine is a rowing machine that uses the rowing motion to propel the wheels of a cart.



Sri Chinmoy practices the shot put with a specially-built 50-pound ball on the beach in Bali.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11431

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 20

APRIL - JULY 1991

GLOBAL PEACE RUN LAUNCHED IN NY

NEW YORK — An Olympic-style round-the-world relay, the 1991 Sri Chinmoy Oneness-Home Peace Run, started April 19 at the Dag Hammarskjold Plaza in Manhattan.

The biennial Peace Run, first launched in 1987, is a series of national and international relays spanning six continents. This year's run, covering some 70 countries, was the largest and longest running event in history.

During its first three and a half months, nearly a half million participants — running anything from a few yards to a few miles — passed flaming "peace torches" from hand to hand, creating a symbolic arc of light that circled the globe.

Major cross-country runs were held in the U.S., Mexico and Japan. There were 13 international runs in Western Europe, all converging in Vienna, and several Eastern European runs joining together in Budapest.

One of the highlights of Peace Run '91 was a torch-passing ceremony at the Raffa border crossing between Egypt and Israel.

Other high points:

When the run approached Tula, Mexico, virtually the entire population lined the streets to greet the runners, and some 30,000 townspeople ran alongside the torch as it passed through town.

In the U.S., peace runners carried the torch into Candlestick Park in San Francisco at the start of a Giants game, and into New York's Shea Stadium on July 13 at the start

Continued overleaf



While French President Mitterand looks on, Sri Chinmoy presents Mikhail Gorbachev with a book of poems and aphorisms he wrote about the Soviet President entitled "President Gorbachev: The Master-Key of the Universal Heart." The presentation was made July 17 at London's Ritz Hotel, where the leaders were gathered for the European economic summit.

SRI CHINMOY PEACE TOWN DEDICATED IN MAINE

Officials of South Berwick, Maine, proclaimed their town the world's first "Sri Chinmoy Peace Town" on July 8.

The proclamation signed by Town Council Chairman David McDermott and Town Manager Jim Kotredes cited "the selfless and untiring efforts of Sri Chinmoy, the universal Ambassador of Peace, to create a world where beauty, unity and harmony are the watchwords of

the day...."

While in the area, the Master also dedicated the bridge crossing the Salmon Falls River between South Berwick and Rollinsford, N.H., which had been officially named a "Sri Chinmoy Peace Bridge."

The bridge ceremony coincided with the arrival of torch-carrying runners from the Sri Chinmoy Peace Run, the global relay that passed through 70 countries.

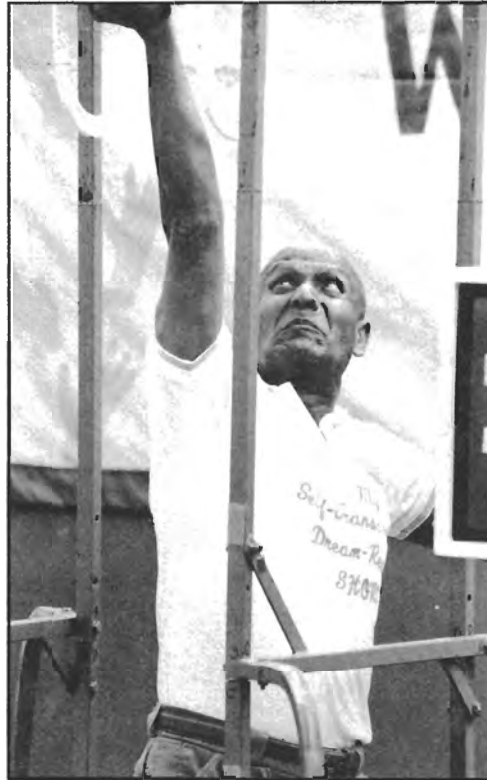


GURU LIFTS BODYWEIGHT 150 TIMES — BREAKING FORMER RECORD

Alternating between his right and left arm, Sri Chinmoy lifted 150 pounds into the air 150 times — in 11 minutes 13 seconds.

The weight was slightly more than his own bodyweight of 148 1/2 pounds — a remarkable feat of strength and endurance.

The one-arm lifts were done at Aspiration-Ground on April 9. The feat, which the Master called "My Self-Transcendence-Dream-Reality-Shore," transcended the record he had achieved on Nov. 19, 1988, when he had lifted his own bodyweight — then 156 pounds — 100 times in 22 minutes 43 seconds.



Sri Chinmoy's 150th lift of his own bodyweight.

STANDING ROOM ONLY AT MONTREAL CONCERT

MONTREAL — More than 8,000 people jammed Montreal's Palais des Congres for a major peace concert on June 22. Another 1,000 were turned away at the door in what was Sri Chinmoy's most successful Canadian concert.

PEACE CONCERTS HELD AROUND U.S.

Sri Chinmoy gave several peace concerts in the past few months.

In April, two concerts were held in New York State — at Hunter College on the 22nd and at the State University of New York at New Paltz on the 28th.

An outdoor concert was held in Seattle's Memorial Stadium on May 25, and a fourth concert took place on June 1 at Georgia Tech in Atlanta.

GLOBAL PEACE RUN *continued from page 1*

of a Mets game, where Sri Chinmoy presented the torch to Mets Manager Buddy Harrelson.

Celebrities participating in the run included world-class runners Grete Waitz, who ran with the torch in Seattle, and Rod Dixon, who ran in Auckland, New Zealand. The torch was also briefly carried by the Prime Ministers of Luxembourg and Sweden in their respective countries.

Messages of support came from many heads of state, including the Presidents of France, Austria, Czechoslovakia, Israel, Uruguay, Yugoslavia, Ireland and Cypress.

Poland's President, Lech Walesa, for example, said: "I like this idea of running shoulder to shoulder....The goal of your Run, in its form and rhythm, is very dear to my heart."

Canadian Prime Minister Brian Mulroney declared: "The Run is an expression of hope and serves as an inspiration to us all."

There was also strong political support in America, with several states and dozens of cities issuing Peace Run proclamations. Sen. George J. Mitchell of Maine declared: "Those who have carried the torch across the nation have truly been the bearers of peace and good will."

On hand to see the runners off at the start of the run in New York were singers Addwitiya Roberta Flack and Eartha Kitt, Manhattan Borough President Ruth Messinger, several U.N. Ambassadors, Grammy Award winner Narada Michael Walden and Peace Run Founder Sri Chinmoy.

The run, sponsored by the Sri Chinmoy Marathon Team, seeks to promote international peace and good will through sports. Peace Run '91 is scheduled to end in early August.



PEACE CONCERT MARKS 27 YEARS

On April 13 Sri Chinmoy commemorated the 27th anniversary of his arrival in America with a peace concert at Siver Cup Studio in New York.

Earlier in the day, there was a function at Aspiration-Ground, which included various disciple games and competitions such as race-walking, backward runs, three-legged races, knee-bending contests and arm wrestling matches.



Austrian President Kurt Waldheim welcomes Sri Chinmoy on June 7 in Vienna. The Master received from President Waldheim a medallion and silver plate commemorating his 70th birthday. "I remember with pleasure the many encounters we had in New York at the United Nations during the years I was Secretary-General . . . and I also know of your enormous efforts for peace and international understanding," President Waldheim told Sri Chinmoy.



Sri Chinmoy meets with Juan Antonio Samaranch, President of the International Olympic Committee, in Lausanne, Switzerland, on June 3. The Master lifted Samaranch into the air as part of his "Lifting Up the World with a Oneness-Heart" series.

PEACE BRIDGES DEDICATED IN EUROPE AND U.S.

Sri Chinmoy was on hand to dedicate three international bridges that authorities had officially named 'Sri Chinmoy Peace Bridges.'

The first ceremony took place on June 3 at the bridge connecting Vaduz, Liechtenstein, and Sevelen, Switzerland. Three days later the Master dedicated the bridge spanning the Lysse River between Belgium and France, near the Belgium town of Werwick.

On June 26 the Master dedicated the bridge between International Falls, Minnesota, and Fort Frances, Ontario, Canada.

In addition, Elmer Braaten, the general manager of the Minnesota, Dakota & Western Railway, named the Boise Cascade locomotive running between the two towns a 'Sri Chinmoy Peace Train' and made Sri Chinmoy an honorary train inspector and engineer. The Master's father had worked as a railway inspector in India.

PIR VILAYAT KHAN GETS U THANT PEACE AWARD

UNITED NATIONS — Pir Vilayat Khan received the U Thant Peace Award here on April 5. Sri Chinmoy made the presentation, honouring the Sufi leader for his sleepless efforts to bring about peace and harmony among all peoples.



Sri Chinmoy hands the peace torch to Enrique Baron Crespo, President of the European Parliament, whom he met June 6 in Brussels.



TALK OF PARSONS BOULEVARD

Guru continues to hold Saturday evening peace concerts, poetry readings or talks for seekers at *Buchman Hall* when in town . . . Guru appeared on "*Westchester Newslite*," a Westchester TV station, on April 8 . . . The *Bhajan Singers* performed at the United Nations on April 11, and three musical pieces composed by *Kalati* were performed at the U.N. on April 12 . . . Guru met with and lifted the Deputy Soviet Ambassador to the U.N., *Aleksandr Razvin*, on April 18 at Annam Brahma . . . Guru's *800th book* "Concentration, Meditation and Contemplation," came out April 20 at Madal Circus . . . Guru performed on *27 different pianos* at P.S. 86 on April 21, afterwards describing the concert as "an experience unforgettable of the human in me for the divine in me, an imperishable realisation of the divine in me for the human in me."

Suprabha came in first among the women in the Sri Chinmoy 7-Day Race held May 6-13 at Flushing Meadow Park, completing

523 miles . . . Guru gave a *piano concert* at the U.N. on April 24 . . . Guru met with the President of the 45th U.N. General Assembly, *Guido de Marco*, on May 1 at Annam Brahma and lifted him . . . On June 11 Guru held a special function at Aspiration-Ground for two old friends: *Richard Pearson*, whom he had known at the Sri Aurobindo Ashram, and *Kailas*, a woman now living at the Ashram, who had helped him get his first U.S. job at the Indian consulate in New York . . . *Shanti*, the Montreal-based vocal and instrumental group, went on an 8-city cross-country tour of Canada in May and June in support of the Peace Run . . . On July 15 Guru attended the official inauguration of a 250-passenger tourist boat on England's Thames River as a "*Sri Chinmoy Peace Boat*" . . . Guru offered a meditation and presented *Sudhahota* with the gold medal for winning the 100 meters July 20 at the New York Games . . .

ASHRITA SETS NEW RECORDS

Ashrita broke three new Guinness world records recently. He set a new hopscotch record at the *Sri Chinmoy Impossibility Games* in Zurich on

ARLO GUTHRIE VISITS GURU LAND

JAMAICA, NY — Singer Arlo Guthrie came to Annam Brahma restaurant on June 14 to meet and meditate with Sri Chinmoy.

"I am a great, sincere, genuine admirer of your father," the Master told him. "He was a supremely genuine seeker and also an unparalleled self-giver through his heart-illuminating and life-fulfilling songs."

During the course of the meeting, the disciple singers sang Woody Guthrie's "This Land is Your Land" and Sri Chinmoy's adaptation, "This Heart is Your Heart," using words their teacher had put to Guthrie's music.

April 6 by completing 307 games in 24 hours.

On May 25 he broke his own 13-mile record by pogo-stick jumping 15 miles around the Olympic rowing lake in Seoul, Korea. And as part of the Halifax Peace Run ceremonies on July 19, he completed 2,693 squats in one hour, besting his own previous record of 2,551.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11431

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 20

AUGUST—EARLY DECEMBER 1991

WORLD LEADERS GREET GURU ON 60TH BIRTHDAY

Heads of state from around the world sent letters and telegrams congratulating Sri Chinmoy on his 60th birthday on Aug. 27.

Letters came in from the Presidents of Austria and Sri Lanka and the Prime Ministers of Canada, Japan, Italy, New Zealand and Iceland.

Congratulations also were sent by South African leader Nelson Mandela and America's Elliott Richardson. Another well-wisher, U.S. Sen. Christopher J. Dodd, wrote: "The number of individuals who have been affected by your commitment to promoting world peace is truly awe-inspiring."

The tributes were read out at the Master's Sept. 11 commemorative birthday dinner.

The spiritual teacher opened the dinner with a silent meditation and an extemporaneous piano performance.

Speakers included U.N. General Assembly President Guido de Marco, who described the spiritual leader as a man who "has become a symbol of the oneness of humanity."

Six-time Olympic gold medalist Carl Lewis said Sri Chinmoy stands for "all the things that we believe in."

Other speakers included the Soviet Union's Deputy U.N. Ambassador, Aleksandr Razvin, as well as



British Prime Minister John Major greets Sri Chinmoy at London's India House on Nov. 14. Dr. L. M. Singhvi, India's High Commissioner to the U.K. (centre), made the introductions.

several other U.N. Ambassadors, and prominent members of the Indian community — including Pravin Panday, President of the Federation of Indian Associations, and Shankar Shetti, President of the Indian Congress of America.

ALBANY BECOMES FIRST SRICHINMOY PEACE CAPITAL

ALBANY — Mayor Thomas M. Whalen 3rd dedicated Albany as the world's first 'Sri Chinmoy Peace Capital' on Oct. 15.

Lighting seven peace torches that had traveled with the 70-nation Sri Chinmoy Peace Run, Whalen urged other American cities to follow Albany's example and "become leaders for peace."

The ceremony took place at the Corning Fitness Trail, where a Sri Chinmoy Peace Mile had been established in 1986.

GURU AND STUDENTS PRAY FOR GORBACHEV

During the attempted coup against President Gorbachev in August, Sri Chinmoy cancelled most of the gala events planned in connection with his upcoming 60th birthday. The reason: so he and his students could focus all their energies on praying for the Soviet leader's safety.

At the height of the crisis, the spiritual teacher and his students meditated on Gorbachev's picture a number of times. They also meditated on Raisa Maximovna, Gorbachev's wife, who had fallen seriously ill.

Sri Chinmoy has twice met with Gorbachev and written a book about the Soviet leader. Sri Chinmoy regards him as a most powerful instrument to bring about a new world of peace.

Some of the birthday events were rescheduled in September after the situation in the Soviet Union had stabilized.



Sri Chinmoy meets Vladimir Petrovsky, First Deputy Foreign Minister of the U.S.S.R., at the Soviet Mission on Oct. 23. The two met again on Nov. 22 when Petrovsky hand-delivered a personal letter to the Master from President Gorbachev.



CONCERT TOUR HELD IN EUROPE

A week-long peace tour in November brought Sri Chinmoy to France, Spain and Great Britain.

It began with a Nov. 9 peace concert in the Parc des Espositions in Montpellier, France. At the concert, Ambassador Guruge of Sri Lanka read out a letter to the spiritual teacher from his country's President, R. Premadasa.

Two days later the Master offered a peace concert in Barcelona's Theatre L'Aliaanca.

In London, the Master was taken on a tour of the House of Lords on Nov. 13 by Baroness Shreea Flather, the first Asian woman to become a British peer. He also met with Keith Vaz, MP, and meditated for peace with him.

The following day the Master offered a peace concert at London's Docklands Arena. Then, on the 15th, the Master attended the dedication of the Severn Bridge — a two-mile-long suspension bridge connecting England and Wales — as a 'Sri Chinmoy Peace Bridge.'

MEETING THE GURU IN FRANKFURT

Hundreds of Sri Chinmoy's Soviet and Eastern European students converged in Frankfurt Oct. 26-29 to see their spiritual teacher — in many cases, for the first time.

Highlights of the gathering included a Sri Chinmoy peace concert in Frankfurt's Festhalle on Oct. 27 and the Oct. 28 dedication of a passenger boat on the Rhine as a 'Sri Chinmoy Peace Boat.' After the dedication, the Master and his students took a ride on the vessel.

(Right) The President of Malta, Dr. Censu Tabone, meets with Sri Chinmoy Nov. 20 at the Waldorf-Astoria in New York.

SPIRITUAL TEACHER MEETS KURT MASUR

NEW YORK — Sri Chinmoy held a warm and cordial meeting with the Conductor of the New York Philharmonic Orchestra, Kurt Masur, at the maestro's private chambers in Lincoln Center on Nov. 19.



If hearts could speak . . .

Deeply moved by the meeting and by the songs Sri Chinmoy had composed in his honour, Masur invited the guru and his 40 accompanying students to be his guests at that evening's orchestral performance.

Afterwards, the conductor, his wife, Sri Chinmoy and his disciples had dinner together at a nearby Chinese restaurant.

PEACE RUN ENDS

NEW YORK — The round-the-world Sri Chinmoy Oneness-Home Peace Run ended Aug. 7 at Dag Hammarskjold Plaza here.

In his remarks at the concluding ceremony, Sri Chinmoy said: "Peace, you are the transcendental Vision-fulfilling Reality of our Absolute Lord Supreme here on earth. It is only because of you that we can love God and please God in his own Way."

Pope Paul held one of the peace torches in Poland in a symbolic gesture of support. Others supporting the Run included Prince Charles of Britain and Canadian Prime Minister Mulroney.

PEACE SHIP DEDICATED IN CANADA

The largest ferry on the Great Lakes, the 600-passenger *M.S. Chi-Cheemaun*, was dedicated as a 'Sri Chinmoy Peace Ship' on Oct. 13.

Capt. Leath Davis, Ontario Northlands' Director of Marine Services, joined athletes from the Sri Chinmoy Peace Run at the ceremony.

The following day, the town of Guelph officially became the first Sri Chinmoy Peace City in Canada.





CARL LEWIS GIVES GURU HIS WORLD-RECORD RUNNING SHOES

As a token of affection and gratitude, Carl Lewis gave Sri Chinmoy the running shoes he had used to set a new 100-metre world record in the 1991 World Championships in Tokyo.

The champion athlete, who received the spiritual name 'Sudhahota' from Sri Chinmoy, also recorded a song the meditation teacher had composed about the World Championships. A tape of the song was played on Japanese TV.

SRI CHINMOY HONOURS AN OLD FRIEND

A special programme was held Sept. 22 at Aspiration-Ground to honour Indian diplomat Lakhan L. Mehrotra, who had been Sri Chinmoy's boss at the Indian Consulate in the mid-60s.

"Goodness is his inner name. Goodness is his outer name. Goodness is his heart. Goodness is his life-breath," the spiritual leader said.

Mehrotra's response: "To come to Sri Chinmoy is to come into a windfall. I come here poor in spirit, poor in mind and poor in body, and I return from here with all the riches in the world."

At the end of the programme, Sri Chinmoy presented Mehrotra with the U Thant Peace Award.

On Sept. 28 Guido de Marco, the President of the 45th Session of the U.N. General Assembly, also was given the U Thant Peace Award.

U.S. PEACE CONCERTS HELD

A number of peace concerts were held throughout the U.S. in recent months.

Some 7,000 people came to Sri Chinmoy's peace concert at the University of Illinois' (UIC) Pavilion in Chicago on Sept. 13. Other peace concerts were held in Manhattan Center Studios in New York on Sept. 7 and at the University of California at Berkeley on Nov. 24.

The Master also gave a special concert at the United Nations on Dec. 6 and held his annual New Year's Meditation on Dec. 9 at Hunter College.

FIRST WOMAN EVER COMPLETES 1,300-MILER

CORONA, NY — Sandy Barwick, a 42-year-old receptionist from New Zealand, became the first woman in history to complete the Sri Chinmoy 1,300-mile race, now in its fifth year.

Barwick completed her 1,300th lap around a one-mile loop in Flushing Meadow Park after 17 days 22 hours and 46 minutes of running. In the course of her super-marathon, she also smashed the woman's 1,000-mile world record by more than two days.

Barwick placed second overall, slightly behind 46-year-old Al Howie, who completed the distance in 16 days 19 1/2 hours.

The two-and-a-half week race ended Oct. 4.

CELEBRATING 60 YEARS BY DOING THINGS IN SETS OF 60

To celebrate his 60th birthday, Sri Chinmoy did a number of athletic, musical and spiritual events 60 times between Aug. 7 and 17.

Some of his items: lifting 60 people into the air . . . lifting a 60-pound dumbbell 60 times (with each hand) . . . performing on 60 different instruments . . . sponta-

neously composing 60 songs . . . answering spiritual questions from his Russian disciples for 60 minutes . . . doing 60 walking meditations along the tennis court.

BHAVAN GIVES GURU ITS HIGHEST HONOUR

Bharatiya Vidya Bhavan, India's foremost cultural organisation, conferred "Honorary Membership" on Sri Chinmoy on Sept. 11 — its highest recognition.

S. Ramakrishnan, director general of the Bhavan in India, said in a written message: "The Bhavan feels honoured that today Sri Chinmoy is joining the select galaxy of world celebrities — saints, statesmen, nation-builders, philosophers, literateurs and artists." These include Indian Prime Minister Nehru, British Prime Minister MacMillan, the Dalai Lama and Prince Charles.

The presentation to Sri Chinmoy was made by Dr. P. Jayaraman, executive director of the Bhavan's U.S. chapter, at a special dinner commemorating the spiritual teacher's 60th birthday.

In accepting the honour, Sri Chinmoy called the Bhavan "not only the unparalleled culture-light of the 20th century India but also the perfect embodiment of the Vedic lore of the hoary past."

The commemorative dinner, held in the ballroom of Manhattan Center Studios, a former opera house, also marked the Bhavan's publication of a book of Sri Chinmoy's poems, with a Hindi translation by Dr. Jayaraman. The book has a scholarly foreword by S. Ramakrishnan and an introduction by the former vice-chancellor of Magadh University, scholar-poet Kunvar Chandra Prakash Singh.



TALK OF PARSONS BOULEVARD

Arunoday celebrated Guru's 60th birthday by whistling for 60 hours in Toronto from Aug. 9-11 . . . *Dr. Modi*, the Indian eye surgeon cited by the Guinness Book of Records for having performed the most free eye operations, visited Guru at Aspiration-Ground on Oct. 10 . . . Guru stood on the reviewing stand at the *India Day Parade* Aug. 18 and meditated at the concluding ceremony . . . New Zealand weightlifter *Precious McKenzie* visited Guru at Aspiration-Ground on Aug. 29 . . . *Hutashan* won the 47-mile race on Aug. 29-30; *Dipali* was No. 1 among the women . . . Guru received a diploma of international recognition from the *World Fellowship of Buddhists* on Aug. 31.

Tennis champion *Monica Seles* visited Guru at Aspiration-Ground Sept. 4 and played him a set, which she compassionately allowed him to win. Sri Chinmoy's comment: "You are not only the world's best tennis player but also the most compassionate" . . . *Ranjana* placed first among the women in the

Sports Day competition Sept. 9 for the 21st consecutive year; *Dur dam* was the men's winner . . . Guru meditated briefly at a *Ganesh Puja* at P.S. 217 in Queens Sept. 15 and at the East Coast Puja Association's *Durga Puja* on Oct. 11 at Flushing Meadow's Theatre in the Park, while the Bhajan Singers performed . . . Members of the *Indian community* honoured Guru at Aspiration-Ground on Sept. 21. Afterwards Guru said it was the first time "I have been lovingly and blessingfully accepted by my Bengali sisters and brothers as part of their culture, philosophy, religion, yoga and oneness-heart" . . . *Jayaraj Acharya*, Nepal's Ambassador to the U.N., and Nepal's Minister of Tourism, *Ram Hari Joshi*, were lifted by Guru at the tent behind Annam Brahma on Sept. 27 . . . Guru met with *Sergei Lavrov*, Director of the Soviet Ministry of Foreign Affairs' International Organisations Directorate, at the U.S.S.R. Mission on Sept. 30.

Antana established a North American women's record for 1,300 miles and *Helen Westreicher* of Zurich broke the Swiss women's record for 1,000 miles in the Sri Chinmoy 1,300-miler . . . Guru met

the General Director of the Tokyo Symphony Orchestra, *Shigeto Kanayama*, and the Orchestra's Principal Concert Master, *Hiroshi Nishida*, on Oct. 21 at Annam Brahma . . . The first issue of Abakash's new sports magazine, "*Self-Transcendence-Fragrance*," came out on Oct. 30 . . . *Govinda* placed second in her age category (women under 20) in the Nov. 3 New York Marathon . . . Guru sang several new *Kali bhajans* at a Kali Puja at Aspiration-Ground Nov. 4, and then the Bhajan Singers performed them. . . Tokyo pianist *Akihito Hayashi* performed a few of his own compositions at P.S. 86 on Nov. 6 . . . *Prince Sigvard Bernadotte* of Sweden and his wife, *Princess Marianne*, were lifted by Guru at Annam Brahma on Nov. 18 . . . While in London Nov. 14 at a function honouring Nehru's 102nd birthday, Guru met with Indian violinist *L. Subramaniam* . . . *Tanima's singing group* had its 20th anniversary on Nov. 20 . . . On Nov. 26 the Meditation Group held a *reception for U.N. ambassadors* at Buchman Hall. Guru meditated and performed on the piano.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11431

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21



On Nov. 14, at London's India House, Sri Chinmoy met with Ben Kingsley, the actor who played the role of Mahatma Gandhi.

anahata nada

"the soundless sound"



VOLUME 21

MID-DECEMBER 1991 — MARCH 1992

SRI CHINMOY PEACE AIRPORT NAMED

Travelers entering or leaving the Canary Islands in Tenerife will see a 60-foot-long sign at the entranceway to the Reina Sofia International Airport: "El Primero en el Mundo Aeropuerto de la Paz Sri Chinmoy."

On Jan. 22 this major Spanish international airport was named the world's first Sri Chinmoy Peace Airport.

"Sri Chinmoy is an extraordinary man whose works for peace are spreading throughout the world," said Airport Director Angel Gallego.

In thanking the airport and Canary Island authorities, Sri Chinmoy said: "Each traveler is a pilgrim, and he carries the message of joy, love, oneness and fulness."

The following day Teide National Park, one of the island's national treasures, was named a Sri Chinmoy Peace Park. The park contains Mount Teide, Spain's highest mountain.

During the Master's visit to Tenerife, Puerto de la Cruz's Loro Park and Biblioteca Publica Municipal-Tomas de Iriarte Library were also dedicated to peace in a similar fashion.

INDIAN GURU CONQUERS MALTA — WITH HIS HEART

During his two-and-a-half week visit to Malta, Sri Chinmoy conquered this island nation in a way that other would-be conquerors over the centuries never could — with his heart.

He offered several peace concerts, wrote a number of songs about the country and its institutions, sponsored a 92-kilometre Peace Run, put on a marathon and dedicated several sites to the cause of world friendship.

Malta, in return, named him its honorary "Ambassador of Peace" and the nation's President, Prime Minister, Foreign Minister and Archbishop all received him with highest honours.



The President of Hungary, Arpad Goncz, meets with Sri Chinmoy at the Hungarian Consulate in New York on March 18.

As soon as he landed on Dec. 12, the spiritual leader was met at the airport by television cameras and ranking government officials, including Constantine Spiteri, Director of Culture in the Ministry of Education.

Spiteri later gave him a special medallion during the University of Malta peace concert for his "efforts in promoting world peace through culture".

The meeting with Archbishop Joseph Mercieca took place Dec. 20 at the Archbishop's Curia in Floriana. Prime Minister Edward Fenech-Adami and Foreign Minister Guido de Marco held meetings with Sri Chinmoy in their offices three days later — following the peace concert at the Presidential Palace, described in the next column.

Other highlights of the visit included the dedication of the world's fastest passenger ferryboat — the *San Frangisk* — as a Sri Chinmoy Peace Ship on Dec. 27, and a short boat ride around the harbour. The ship, which can travel up to 40 knots an hour, normally plies between Malta and Sicily.

There were also dedications of a Sri Chinmoy peace plane, park, playground, promenade and street, in addition to the Fine Arts Museum dedication described elsewhere.

MALTA'S PRESIDENT HONOURED AT PEACE CONCERT

A special peace concert was held for President Censu Tabone of Malta on Dec. 23 at the nation's Presidential Palace.

The concert, attended by the President and a number of foreign ambassadors, followed a private meeting between Tabone and Sri Chinmoy.

The spiritual teacher performed his meditative music in St. George's and St. Michael's Hall of the Palace of the Grandmasters, where the Knights of Malta used to meet.

"You came to us in a pilgrimage of peace at a very appropriate time," Tabone said afterwards.

"Your presence . . . is a call to what is best in us all."

GURU NAMED EMISSARY OF PEACE

VALLETTA, Malta — The Maltese Parliament proclaimed Sri Chinmoy an "International Emissary of Peace and Ambassador of Peace for Malta."

The honorary titles were bestowed upon the Master at a public ceremony here on Dec. 27. Lawrence Gonzi, Speaker of the nation's House of Representatives, read out the proclamation.



HUGE CONCERT HELD IN TOKYO

Some 12,000 Japanese listened in rapt attention as Sri Chinmoy gave a major peace concert March 10 at Tokyo's Nippon Budokan. The concert was dedicated to former Soviet President Gorbachev.

Afterwards, some 3,000 seekers slowly filed past the Master for *darshan*, his silent blessing.

During his visit to Japan, Sri Chinmoy also visited the great Buddha shrine at Kamakura on March 9, meeting and meditating with the head priest and planting a peace tree.

In addition, he gave a lecture at the International Relations Center in Kyoto and dedicated a peace tree at Hana-Haku (Flower Expo) Park in Osaka, both on March 13.

FOOD CONVOYS GO TO RUSSIA

MOSCOW — The third convoy of aid from the German-based Sri Chinmoy Centres reached Moscow Dec. 27.

The four 7.5-ton trucks carrying over 16 tons of food and winter clothes had left Heidelberg for their 2,500-kilometre journey on Christmas Eve.

This was the third aid convoy in 1991. Two previous convoys had gone to Russia in January and August of last year.

ART MUSEUM DEDICATED TO WORLD PEACE

VALLETTA, Malta — Malta's Museum of Fine Arts was dedicated to the cause of international harmony on Dec. 28, becoming a "Sri Chinmoy Peace Museum."

At the dedication ceremony, Dr. Tancred C. Gouder, Director of the nation's Museums Department, said: "Our meeting here today is a sign of the times," referring to the global movement toward world peace.

The dedication ceremony also included a presentation by the Master of two of his paintings to the museum.

The plaque dedicating the museum

PEACE SITES ESTABLISHED IN RUSSIA

Several major sites in the former Soviet Union have been dedicated to peace in recent months in Sri Chinmoy's name.

A large park in Vladimir was named a Sri Chinmoy Peace Park last October, and in November a mile-long promenade and several trees were dedicated to peace in Moscow's Gorky Park.

Since then, peace sites have been established in Belousov Park in Tula; in Minsk Park, Minsk; at Lake Shartash in Ekaterinburg; and at a music school and park in Omsk.

Two farms in the Moscow region have also been dedicated to peace in the Master's honour.

PEACE SITES INAUGURATED IN SICILY

Several peace sites were dedicated in Sicily during the Master's week-long visit to the island.

The Parco Zoo di Sicilia became a Sri Chinmoy Peace Zoo on Jan. 2, and the Ferrovia Circumetnea train, which circles Mt. Etna, was inaugurated as a Sri Chinmoy Peace Train the following day. The Master and his students took a ride on the train.

Later that day, the Leonardo da Vinci Institute in Catania, a co-ed Catholic school, also was dedicated to peace in the Master's honour.

During his visit to Sicily, Sri Chinmoy also offered a peace concert Jan. 2 at the Sheraton Hotel in Catania.

Malta's Prime Minister Edward Fenech-Adami met with Sri Chinmoy at Auberge de Castille, Valetta, on Dec. 23. They spoke together in the same room where the Prime Minister had met with Presidents Gorbachev and Bush during their historic visits to the island.

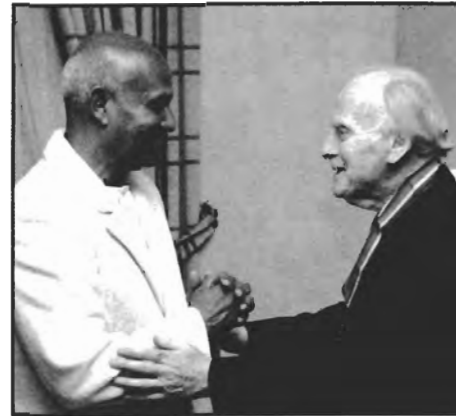
to world peace contains Sri Chinmoy's inscription: "Art is humanity's ascending, awakening aspiration-cry. Art is Divinity's descending, flowering manifestation-smile."

RENDEZVOUS IN WARSAW

WARSAW — Some 500 of Sri Chinmoy's disciples from Russia and the former Soviet republics, plus another 100 from Hungary, Czechoslovakia and Poland, converged on Warsaw in March to see their spiritual teacher — many for the first time.

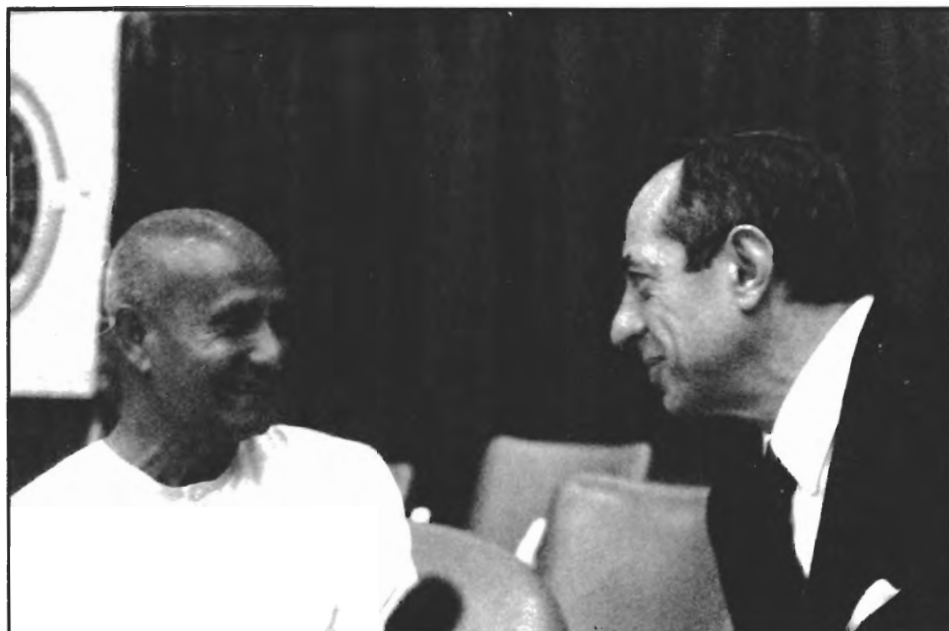
During his three-day visit to the Polish capital, Sri Chinmoy offered a peace concert at the famous Cultural Palace (Palac Kultury) on March 21, inaugurated a peace mile at Szczesliwice Park on the 22nd and met with Mayor Stanislaw Wyganowski on the 23rd.

The visit also included a March 23 peace concert for disciples and musical and other performances by the visiting Russian and East European disciples.



Sri Chinmoy meets with the great violinist Yehudi Menuhin on Feb. 3 at the Righthotel in Manhattan.





New York Governor Mario Cuomo chats with Sri Chinmoy Jan. 29 at an interfaith programme held at the United Nations to celebrate the Columbus quincentenary. Cuomo had invited the Master, who had opened the programme with a meditation, to sit next to him on the dais.

NEW YEAR'S MESSAGE

Sri Chinmoy offered the following Message for the New Year at his Dec. 9 Hunter College concert:

My Sweet Lord Beloved Supreme, You are Your Immortality's Compassion-Height.

You are telling the sincerity-purity-gratitude-flooded inner world that its teeming follies will devotedly surrender to a volley of surprises, illumining and fulfilling, in the New Year 1992.

My Sweet Lord Beloved Supreme, You are Your Divinity's Justice-Light.

You are telling the insincerity-impurity-ingratitude-flooded outer world that its unsearching mind, unaspiring heart and unsundering life will be forced to drown in the ocean of endless sorrows.

My Lord, You are telling the aspiration-heart and the dedication-life of the world that they must accept You, please You and fulfil You in Your own Way and never, never in their own ignorance-volcano way if they dare to dream of reaching the Golden Shore, the Transcendental Vision of Your own Heart-Breath.

My Lord, my Lord, may I be permitted to beg You to grant me a blessingful boon in the New Year? Do give me the capacity to please You in Your own Way sleeplessly and breathlessly.

"My child, my Dream-Flower-child and my Reality-Fragrance-child, your willingness-heart is your capacity. Your willingness-heart is My Smile, My only Smile."

My Sweet Lord Beloved Supreme, today You are our Golden Boat. Tomorrow You will be our Golden Shore.

FOUR PEACE CONCERTS HONOUR GORBACHEV

During his six-week peace tour of the Mediterranean, Sri Chinmoy dedicated four peace concerts to Soviet President Gorbachev.

During this period of political uncertainty in the Soviet Union, the Master and Gorbachev were in frequent contact. Their messages to each other were transmitted through the Soviet Ambassador in Malta and through Sri Chinmoy's high-level contacts in the Soviet Foreign Ministry.

During all the peace concerts, a large photo of the Russian leader was displayed, and the Master offered a brief dedication.

At the first event at the University of Malta in Msida on Dec. 20, Sri Chinmoy hailed Gorbachev as the "20th century's supreme peace-dreamer, supreme peace-lover, supreme peace-sower, supreme peace-grower and supreme peace-giver."

During the next day's concert at St. Aloysius College in Birkikara, Sri Chinmoy presented his book on Gorbachev to Valentina Matvienko, the Soviet Ambassador to Malta.

In Tenerife, peace concerts were held on Jan. 12 at the Riu Bonanza Hotel in Puerto de la Cruz and on Jan. 17 at Teatro Guimera, the prestigious opera house, in Santa Cruz. The Santa Cruz concert was dedicated to the Gorbachev Foundation.

U.N. LEADER FETED

JAMAICA, NY — A special function was held at P.S. 86 for Vladimir Petrovsky, U.N. Under-Secretary-General for Political Affairs, on March 17.

Petrovsky, formerly the First Deputy Foreign Minister of the U.S.S.R., spoke about how the United Nations was becoming increasingly important today "because the world has changed."

It has changed, he said, "due to the contribution of such people as Sri Chinmoy and his followers in many countries of the world."



TALK OF PARSONS BOULEVARD

Guru gave a peace concert and painted seven large *Jharna-Kalas* the evening of Dec. 6 at a programme he named "*Performances Unprecedented and Unhorizoned*" . . . The new Centre meeting hall in Queens, named "*Perfection-Surprise*," was inaugurated Dec. 10 . . . Guru drew 7,000 small *Jharna-Kala birds* between Dec. 29 and Jan. 7 and composed five songs on them entitled, "Seven Thousand Blue-Gold Birds" . . . On Jan. 18 Guru ran 100 metres in 14.13 seconds at an outdoor track in Tenerife, breaking his previous American record of 14.48 set at Puerto Rico's World Masters Games in 1983 . . . On March 12 he broke that record once again at the National Stadium in Tokyo, where the world championships were held last year. This time he ran the 100 in 13.91 . . . Guru and the disciples saw the movie "JFK" on Jan. 26 and, on March 1, "Fried Green Tomatoes," which *Gayatri's* brother, Jon Avnet, had directed and produced . . . Guru gave *peace concerts* at P.S. 86 during each of the five Saturday nights in February. At the fourth concert he celebrated his *esraj anniversary* and at the Feb. 29 concert he commemorated the 20th anniversary of his *first meeting with U Thant* . . . Guru talked for about an hour with *President Gorbachev's daughter, Irina*, at her New York hotel on Feb. 14. They

spent another hour talking together the next day at the airport, where Guru gave her a tape of a song he had composed about her, plus many gifts for all the members of her family . . . Guru met with *Maurice Strong*, Secretary-General of the U.N. Conference on Environment and Development, on Feb. 25 . . . Guru and the disciples went to the Mobil Games at Madison Square Garden Feb. 28 to watch *Sudhakota* do the long jump; the next day the champion athlete came to Annam Brahma to watch videos of Guru's running and give him *coaching advice*.

300TH PEACE CONCERT HELD IN MARCH

Sri Chinmoy held his 300th peace concert March 28 at P.S. 86 in Queens.

The Master first began offering peace concerts in March 1984 with a major event in Cologne, Germany.



Above: Sri Chinmoy takes a 20-minute ride in the newly dedicated Sri Chinmoy Peace Plane Dec. 28 at Malta's domestic airport.

Below: he poses in front of the sign dedicating Tenerife's Reina Sophia Airport Jan. 22 as the world's first Sri Chinmoy Peace Airport (Storu page 1).



Anahata Nada
P.O. Box 32433
Jamaica, NY 11431

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

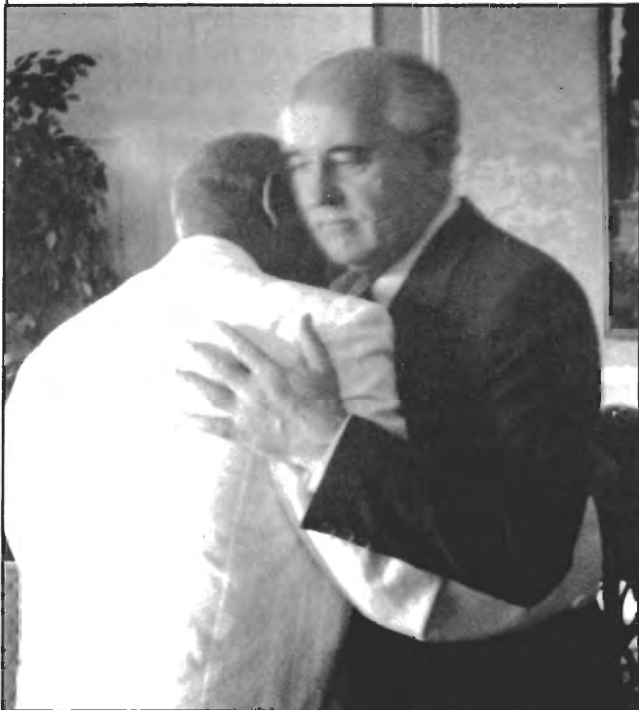
"the soundless sound"



VOLUME 21

APRIL — JULY 1992

GORBACHEV AND THE GURU



Sri Chinmoy met privately with Mikhail Gorbachev, his wife and daughter at the Hotel Pierre on May 12. Afterwards, the former Soviet President presented the Master with an autographed photo taken of him and his family. Left, the two leaders embrace. Above, Sri Chinmoy presents the Gorbachevs with a cake displaying pictures of their faces etched in icing.

NIAGARA FALLS DEDICATED TO WORLD PEACE

NIAGARA FALLS, Ontario, Canada — Canada's Niagara Falls was recently dedicated to the cause of world peace in Sri Chinmoy's honour.

The Canadian falls, considered one of the seven wonders of the world in conjunction with its smaller American counterpart, became a new force for international harmony when the Niagara Falls Parks Commission named it a Sri Chinmoy Peace Falls on April 15.

It joins more than 400 cities, mountains, national parks, airports, schools and other landmarks throughout the U.S., Canada, Mexico, Russia, Indonesia and most of Western Europe which have been dedicated as "Sri Chinmoy Peace-Blossoms" — which is what this programme is called.

The purpose of this programme, say the officials who participate in it, is to inspire a stronger sense of internationalism and brotherhood among peoples everywhere.

The bronze plaque dedicating the falls says: "With its thunderous majesty, Niagara reminds us of the boundless and energizing power of a higher force. Such will one day be the power of peace on earth."

Addressing a crowd of 600 onlookers at the dedication ceremony, the Chairman of the Niagara Falls Park Commission, Mrs. Pamela Walker, declared: "We cannot think only of today or only of ourselves. We need to think at least seven generations ahead."

Dedicating the falls to world peace in Sri Chinmoy's name, she said, will "inspire those who come after us."

Canadian Prime Minister Mulroney, Speaker of the House John Fraser and Ontario Premier Bob Rae sent letters commemorating the occasion. Fraser's letter commended Sri Chinmoy by saying, "The search for peace within ourselves and throughout the world has been inspired by your leadership and guidance."





SWISS MATTERHORN BECOMES NEWEST PEACE MOUNTAIN

Switzerland's famous Matterhorn was dedicated to world peace in Sri Chinmoy's name on July 25.

The previous day, the largest glacier in Europe, Aletsch glacier, was named a Sri Chinmoy Peace-Blossom. And on July 26, the St. Bernard Alpine pass between northern and southern Europe was also dedicated to world peace.

The previous month, on June 28, Switzerland's Mt. Titlis had become a peace mountain. Runners from Switzerland, Germany and Austria commemorated the event by running to the top of the 10,000-foot peak with the Peace Run torch.

GURU REAFFIRMS FAITH IN AMERICA

Sri Chinmoy reaffirmed his faith in America as "the land of hope, the land of promise" in an extemporaneous talk he delivered at Aspiration-Ground on April 13, the 28th anniversary of his arrival in this country.

Although hope and promise may not be found today, he said "the darkness-night of America will definitely be transformed into brightness-day" at God's choice Hour.

"I may not be here on earth. You also may not be here on earth. But there will be countless Americans who will be able to bask in the brightest sunshine of America's divine reality."

He said he was speaking on the "strength of the divine message that I have been carrying in the depths of my soul for centuries and centuries."

"For me," he added, "America means not only the West...but the entire globe."

He urged his students to never give up the struggle to achieve positive things in their lives even though they

AN EVENING FOR LEADERS OF THE VIDYA BHAVAN

NEW YORK — Two of India's cultural giants, the President and the Executive Secretary of Bharatiya Vidya Bhavan, visited Sri Chinmoy's Jharna-Kala Art Gallery on May 5.

After a special programme of spiritual songs and meditation, C. Subramaniam, President of the worldwide Indian cultural organisation and Governor of Maharashtra, declared:

"We have been transported from the world of chaos to the world of

peace and bliss here."

One day, he continued, the world will be a place of peace and joy, and that comes from "divine Grace, (which)... functions through great souls like Sri Chinmoy."

S. Ramakrishnan, Executive Secretary of the Bhavan, declared: "In divinity's presence, the mind stands still... For one hour, the mind stood still. That is proof positive that our revered Sri Chinmoy is a man of God."



Sri Chinmoy greets C. Subramaniam, left, and S. Ramakrishnan, guiding lights of Bharatiya Vidya Bhavan.

are most difficult.

"Each time you accomplish a difficult task and do something positive," he declared, "you are helping God to establish His own kingdom of Heaven on earth."

He added: "You have the capacity and you are the capacity. The Supreme in you is your capacity."

Sri Chinmoy received many cards and letters congratulating him on his 28th anniversary in America.

One, from U.S. Senator John Seymour, said: "Your continuous efforts to spread the message of peace and hope to citizens across this country and around the world are indeed highly commendable and most worthy of our deepest appreciation."

7 PEACE CONCERTS HELD ON EAST COAST

A series of peace concerts entitled "Peace: Divinity's Dream on Earth" was held in late spring in seven East Coast cities.

At the initial concert in the First Unitarian Church of Providence, R.I., on May 2, an aide to the Mayor presented Sri Chinmoy with the key to the city.

Other concerts were held at the First Church in Cambridge, Boston, on May 3; Yale University, New Haven, on May 9; the University of Maryland, College Park, on May 15; the Cathedral Church of the Saviour in Philadelphia on May 16; Martin Luther King High School in Manhattan on May 22; and the Empire Center at the Egg in Albany on June 20.

RAISA MAXIMOVNA VISITS GURU'S ART GALLERY

NEW YORK — While visiting New York, Raisa Maximovna Gorbachev took a respite from her whirlwind schedule on May 12 to visit the art exhibit of her husband's good friend, Sri Chinmoy.

Accompanied by her daughter, Irina, Mrs. Gorbachev was personally escorted around the gallery by Sri Chinmoy. He later offered her the painting of her choice. She chose his 27,000th work.

For the Indian-born artist, it was one of his most spiritually significant paintings, since he was born on the 27th of August. There was a large celebration among his students, in fact, when that painting was completed in 1975.

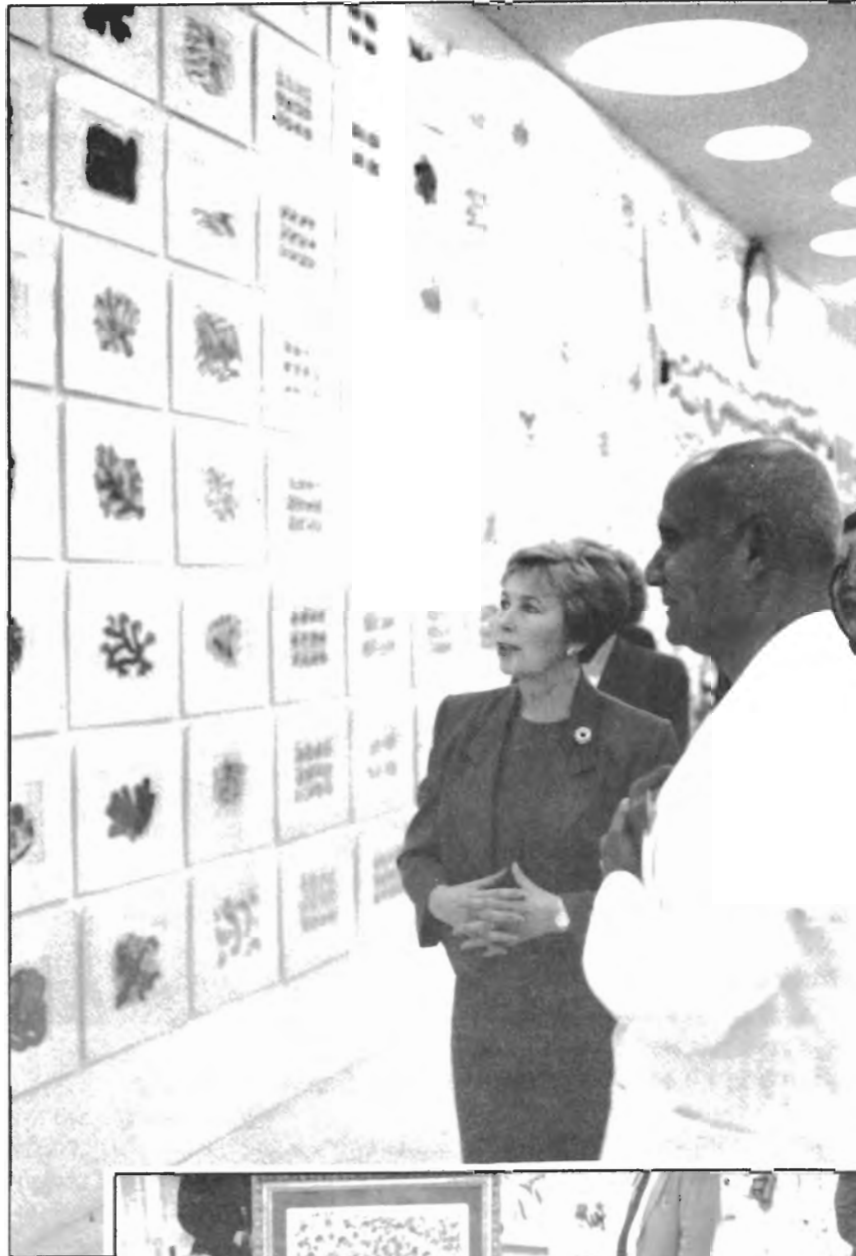
"I see in this painting the colour of life and the colour of hope. The green stands for life and the blue stands for hope," Raisa Maximovna said. "And that's what I treasure in life."

As she was leaving the exhibit, Raisa Maximovna thanked Sri Chinmoy for the warm support and affection he had shown to her family, the Gorbachev cause and the Gorbachev Foundation.

"I was so happy to spend these few precious moments with you, Sri Chinmoy, to see everything with my own eyes," she added.

The art exhibit, which the spiritual teacher had dedicated to Mrs. Gorbachev, ran for three weeks in a mid-Manhattan gallery located near Grand Central Station.

Memories of Raisa Maximovna's visit to Sri Chinmoy's Jharna-Kala Art Gallery. Above and top right, Mrs. Gorbachev admires some of the Master's paintings. Right, Mrs. Gorbachev and her daughter, Irina, listen to one of Sri Chinmoy's songs. They are seated in front of the painting that Sri Chinmoy presented to Mrs. Gorbachev.





TALK OF PARSONS BOULEVARD

Aleksandr Gorelik, Deputy Director of International Organisations of the Russian Foreign Ministry and Director of Non-Governmental Organisations, visited Guru with his wife and daughter April 4. Guru played tennis with him and lifted him...Guru gave *peace concerts* at P.S. 86 on April 4, at Hunter College on April 11 and at the Dag Hammarskjold Auditorium of the United Nations on April 24... At the *classical music concert* on April 19, Guru played 13 short songs or instrumental pieces on his synthesizer, including works by Mozart, Brahms and Beethoven. Guru offered the opening meditation at the *Symposium on Science and Human Values*, sponsored by Bharatiya Vidya Bhavan (U.S.A.) at New York's International Center on May 3...A function for *U.N. Ambassadors* was held May 7 at Guru's Jharna-Kala Gallery in Manhattan...*Suprabha* placed first among the women in the Sri Chinmoy 7-Day Race at Flushing Meadow Park May 3-10...Guru opened the *New York Games* with a peace meditation and handed out the long jump awards on May 24...A new 140-metre *running track* of crushed red slate was installed

at Aspiration-Ground...Guru sang 13 new *Kali songs* and the Bhajan Singers also performed at a *Kali Puja* at Aspiration-Ground on June 27... A nine-day *reading of the Ramayana* at the Jacob Javits Center was opened June 30 with a peace meditation by Guru...Guru gave the opening meditation at the *World Telugu Conference* sponsored by the America Telugu Association in Westchester County Center on July 3 and received a *peace award* from the group.



13,000 BIRDS TAKE WING

Sri Chinmoy completed a series of 13,000 bird drawings entitled God's Dream-Souls this past May.

After each group of 1,000 was completed, a small celebration was held, culminating with a huge outdoor dinner at Aspiration-Ground on May 31. All 13,000 birds were on display.

At this event, the Master performed 13 new "bird songs" — one for each series of 1,000 drawings.

SRI CHINMOY WINS TWO GOLDS

Sri Chinmoy won two gold medals for his age category in the Sri Chinmoy Masters Games held July 11 at Victory Field, Queens.

In the 100 metres, he crossed the finish line in 13.69 seconds, breaking his own U.S. record and winning first place in the 60 to 65-year-old age category. He also came first in the javelin, with a 26.74-metre throw.

The spiritual teacher, who turns 61 in August, placed second in the 200 metres and long jump, and third in the shot put for his age group.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432



Marching to a different beat: The boys from the Smile of the Beyond luncheonette on Parsons Boulevard.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 21

AUGUST - NOVEMBER 1992

OTTAWA DEDICATED AS WORLD'S FIRST NATIONAL PEACE CAPITAL

It stirred the imagination of America's new President, Bill Clinton. It touched the heart of former Soviet President Mikhail Gorbachev. It triggered an outpouring of support from some of the greatest luminaries of our time: the Dalai Lama, Queen Elizabeth II of England, Nobel Prize winner Linus Pauling, Olympic gold medalist Carl Lewis and many more.

Amid great fanfare, the city of Ottawa dedicated itself Nov. 6 as the world's first national Sri Chinmoy Peace Capital — adding the Canadian maple leaf to the garland of Sri Chinmoy Peace Blossoms now circling the globe.

At a ceremony attended by Canadian federal and city officials in Ottawa's World Exchange Plaza, a plaque was unveiled dedicating the city to the cause of peace in honour of "Sri Chinmoy, a tirelessly self-giving ambassador of peace and a brother-friend of humanity."

Congratulatory messages were read out from dozens of world figures.

President-elect Clinton called Ottawa "a most significant addition to the Peace Blossom program."

"As Canada and America cherish friendship," he added, "it is my hope that some day the whole world may join in peaceful harmony."

Former Soviet President Gorbachev wrote Sri Chinmoy: "I was really pleased to learn that Ottawa will be named the Sri Chinmoy Capital of Peace. Your loving heart and profound wisdom are a matter

of my boundless admiration."

From the United Nations, the President of the General Assembly, Stoyan Ganev, told Sri Chinmoy: "Ottawa, the beautiful capital of Canada, is truly an appropriate city in which to dedicate ourselves in your

A SONG FOR PRESIDENT CLINTON



President-elect Bill Clinton shakes hands with Sri Chinmoy and thanks him for presenting him with the song that the Master had composed about him. The previous day, Nov. 14, the Sri Chinmoy singers had serenaded Clinton with the song as the President-elect was leaving the Governor's Mansion for his morning jog. The group had traveled to Little Rock to offer President Clinton the song.

name to the awesome goals of world peace, and I am honoured to send you my warm wishes of congratulation on your auspicious accomplishments."

Prime Minister Keating of Australia commended Ottawa "for leading the world in proclaiming your city as a Sri Chinmoy Peace Capital."

The Speaker of the Canadian House of Commons, John A. Fraser, said, "World peace is often thought of as an ideal. You (Sri Chinmoy) help us realize that it can be a reality by reminding us that, with hope, anything is possible."

The Canadian Leader of the Opposition, Jean Chretien, declared: "Sri Chinmoy is dedicated to the timeless belief that, with tolerance and understanding, the family of nations can achieve unity by accommodating diversity."

Carl Lewis' mother, Evelyn, read out a message from her son calling the Ottawa dedication a "monumental occasion."

The Ottawa City Council had passed a resolution designating Ottawa a Sri Chinmoy Peace Capital on Oct. 6.





PUERTO RICO NAMED PEACE ISLAND

Puerto Rico dedicated itself to the cause of world peace with the unveiling Oct. 23 of a plaque naming it a Sri Chinmoy Peace Island.

"Our island is honoured to join with hundreds of other countries that have designated peace sites for the purpose of promoting the cause of love, brotherhood and harmony among all people," the inscription reads.

"Sri Chinmoy, international ambassador of peace, is our inspiration behind this universal effort," it continues. "When human beings everywhere aspire and strive for peace based on love and the feeling of oneness, the inner power of that peace will transform the fate of humanity."

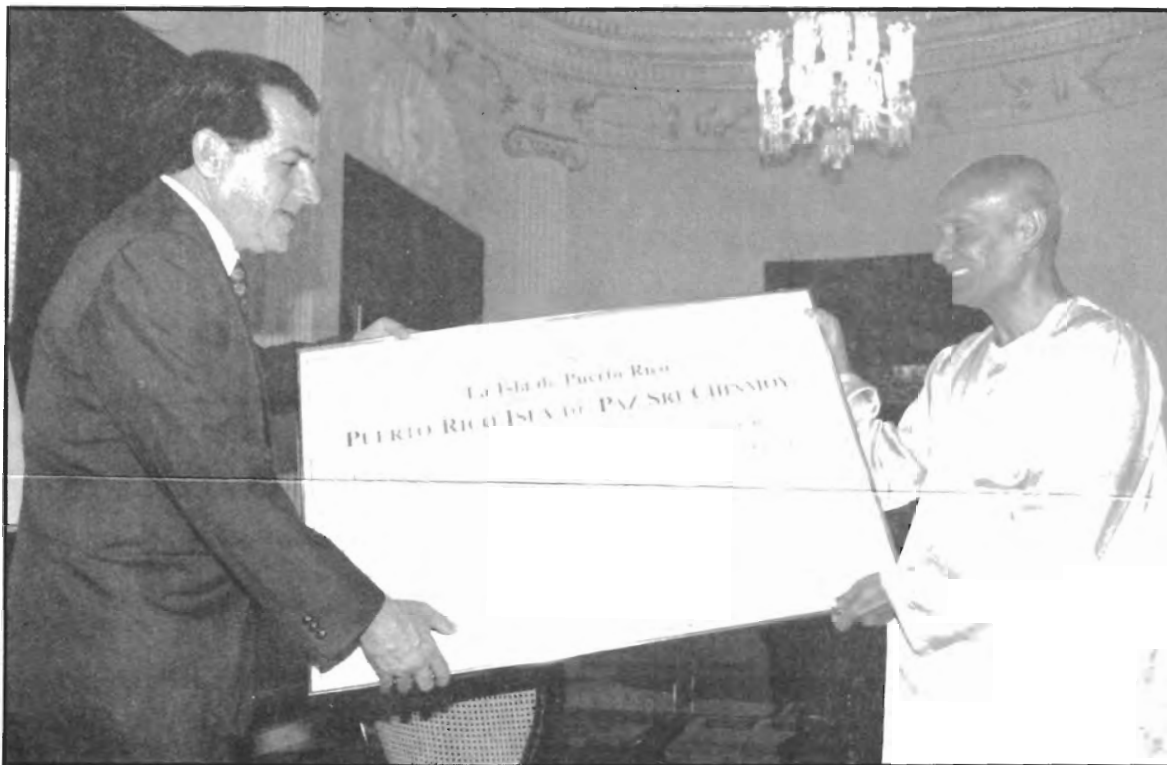
At a ceremony at the peace pavilion of Munoz Rivera Park, Parks Administrator Luis Watlington, speaking for the National Parks Trust, said the people of Puerto Rico would live up to the vision embodied in the plaque and "give our heart and extend our arms to the rest of humankind so all will understand the importance of having peace among all people."

Sri Chinmoy said: "Puerto Rico, yours is the heart that gives and gives to those who are sincerely trying to serve mankind and bring about peace for a better world."

Gov. Hernandez-Colon had issued the proclamation naming Puerto Rico a Sri Chinmoy Peace Island on Aug. 18.

Sri Chinmoy has personally met with all of the island's past five Governors and has received many honours from them over the years. He also inaugurated his first spiritual Centre in Puerto Rico — in 1966.

During this visit to the island, Sri Chinmoy offered a peace concert Oct. 24 at the Theater of Metropolitan University in Cupey. The Concert was dedicated to Gov. Colon.



Sri Chinmoy meets with Puerto Rico Gov. Hernandez-Colon at La Fortaleza on Oct. 22 and poses with the plaque designating Puerto Rico a Peace Island. After a private interview, the Master presented the Governor with a birthday cake and the Sri Chinmoy Singers sang several songs that Sri Chinmoy had composed in his honour.

WORLD'S DEEPEST LAKE BECOMES PEACE BLOSSOM

The world's deepest and most ancient lake, Lake Baikal in south central Siberia, was designated a Sri Chinmoy Peace Blossom on Oct. 31.

More than a mile deep, Lake Baikal contains one fifth of the earth's fresh water — more water than all of America's Great Lakes combined.

STATE OF NEBRASKA DEDICATED TO PEACE

Gov. E. Benjamin Nelson of Nebraska proclaimed his state the first Sri Chinmoy Peace State on Nov. 20.

Nebraska is "a leader not only in natural beauty and human resources," the proclamation declares, "but also in the richness of international peace."

MEETING HELD WITH VIET NAM AMBASSADOR

Sri Chinmoy met with Viet Nam's ambassador to the U.N., Trinh Xuan Lang, on Oct. 15 in the Vietnamese Mission in New York.

Calling Sri Chinmoy a "well-known and tireless man of peace," the Ambassador highly commended the Master's upcoming peace tour of Viet Nam, saying it coincides entirely with "the aspirations of the Vietnamese people."

Sri Chinmoy and a group of his students are planning a two-week peace tour in Viet Nam during December.

Afterwards they will be visiting the Philippines.

"The suffering heart of Viet Nam will now be illumined by the Compassion of the Lord Supreme," Sri Chinmoy said, adding that he deeply appreciates and admires "the mind of Viet Nam and the purity of Viet Nam."



Sudhahota Carl Lewis and Sri Chinmoy run the 100 metres together on the University of Houston's Robertson Stadium Track, which was designated a Sri Chinmoy Peace Blossom on Oct. 17. Lewis and his world-famous Santa Monica Track Club do their training here.

At the dedication ceremony, Lewis said: "These peace blossoms remind us of the noble goals, cherished dreams and fond hopes that we all share, and they bring forth the universal longing for peace from deep within our hearts." Others attending the ceremony included track-and-field champions Michael Marsh, Floyd Heard, Leroy Burrell and Michelle Finn, as well as Lewis' mother and his sister, Carol.



MAJOR PEACE CONCERTS HELD IN BERLIN AND HOUSTON

Almost 9,000 people filled Berlin's Deutschland Halle Oct. 10 for a major Sri Chinmoy Peace Concert.

The concert was dedicated to former Soviet President Gorbachev, whom the Master described as "absolutely the highest peace-dreamer, the greatest peace-lover and the best peace-giver to the world-at-large."

Because of Gorbachev's "heart's oneness-magnanimity," he declared, Berlin and Germany are no longer divided.

A week later, on Oct. 17, more than 7,000 people came to the University of Houston's Hofheinz Pavilion for 1992's major American peace concert.

Other peace concerts were held recently at the University of Ottawa's Tabaret Hall on Nov. 6, at The Walters Art Gallery in Baltimore on Nov. 21 and at the Dag Hammarskjold Auditorium of the United Nations on Nov. 24.

FIVE GOVERNORS NAME GURU HONORARY CITIZEN

Five Governors have recently made Sri Chinmoy an honorary citizen of their state, or the equivalent.

The states are Iowa, Connecticut, Alaska, Mississippi and Idaho.

The Master is now an honorary citizen of 31 U.S. states.

Sri Chinmoy meets with the President of the United Nations General Assembly, Stoyan Ganev, on Oct. 5 in the U.N. leader's office. Here the U.N. President holds the Peace Torch.



TALK OF PARSONS BOULEVARD

Guru meditated at the beginning of the cultural programme that followed the *India Day Parade* on Aug. 16...*Ranjana* placed first among the women in the discipline Sports Day Competition Aug. 21 for the 22nd consecutive year; *Durdam* was the men's winner for the second year...Guru gave a *peace concert* at New York's Town Hall on Aug. 22...*Fred Lebow*, President of the New York Road Runners Club, stopped by Julia Richmond High School Aug. 27 to wish Guru a happy birthday. A few months later, when he noticed Guru standing on the side of the street while running the New York Marathon, he broke away from his police escort and came over to shake Guru's hand...A young girls' choir from the *Sri Chinmoy Peace School in Omsk, Siberia*, came to New York in August for Guru's birthday, spending several weeks here...While looking at a map with the 61 *Sri Chinmoy Centres* from the former Soviet Union, Guru said: "O immortal life of the immortal Soviet Union...some unrevealed and

unmanifested dreams of our Lord Beloved Supreme you are going to reveal and manifest here on earth at God's choice Hour, and that choice Hour is not a far cry"...Guru attended the ceremony inau-

gurating the *Queens Botanical Gardens* as a peace blossom on Sept. 5... *Suprabha* was overall winner of the Sri Chinmoy 1,300-mile race, which ended Oct. 2...Guru had a private meeting with

Jonathon Moore, U.S. Representative on the Economic and Social Council of the United Nations, and his wife, on Sept. 15...*Jason McManus*, editor-in-chief of *Time*, Inc., played tennis with Guru at Aspiration-Ground on Sept. 28 and was lifted by Guru...*Peter Neuber's* (Nurnberg) version of the song, "My Indian Father," was selected by Guru — from among 35 musical tapes — to be performed when Guru visited Germany Oct. 10...In connection with Guru's Houston concert, a city-wide *Peace Run* — which included special ceremonies at more than 30 local schools — was held in Houston from Oct. 11-14...*Honey Fitz*, the presidential yacht used by five American Presidents, was dedicated as a Sri Chinmoy Peace Yacht on Oct. 25.



In August Sri Chinmoy visited the building where he used to live when he first came to America in 1964 — 43 Greenwich Ave. in New York's Greenwich Village.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21



SRI CHINMOY AWARDED HONORARY DEGREE

CEBU CITY, the Philippines — The University of Southern Philippines awarded an honorary degree Jan. 18 to global peace ambassador Sri Chinmoy.

Sri Chinmoy is the fifth person ever to receive this university's highest honour. He joins an elite circle that includes General Douglas MacArthur, a former Philippines President, a top United Nations official and a university president.

In bestowing a Doctorate of Humanities on the 61-year-old poet, author, artist, composer and spiritual teacher, university president Ronald Duterte said Sri Chinmoy "has devoted his life to helping others look into their inner selves that they may find their moral compass."

Wearing a gold cap and blue-gold hood, Sri Chinmoy told a crowd of university officials, professors and other distinguished guests that there are two types of world peace makers. "The human peace maker happily feels and proudly declares how much he has already done for the world. The divine peace maker sincerely and soulfully feels how much he has yet to do for the world...."

Meetings and compromises of the mind, he continued, may never lead to world peace. "It is the heart-summit-oneness meetings that will...fulfil the all-illuminating Heaven-sent message for peace throughout the length and breadth of the world."

Another speaker, Dr. Ruperta Martinez, the university's Vice President for Academic Affairs, praised the spiritual teacher as "truly a harbinger of peace."

In conveying "the message of the growth of the individual and global harmony in a beleaguered world," she continued, Sri Chinmoy not only is the medium of the message. "He is the message."



Sri Chinmoy, wearing his honorary degree robes, addresses dignitaries at the University of Southern Philippines.

MEKONG DELTA BECOMES PEACE SHRINE

The Mekong Delta, site of some of the fiercest fighting in the Viet Nam war, has become a shrine for peace.

Vietnamese authorities named the 3,800-square-mile agricultural region a "Sri Chinmoy Peace-Blossom" Dec. 28 in honour of the international ambassador of peace who was visiting their nation.

At the dedication ceremony, held in the city of Tanan, Long An Province, Sri Chinmoy praised former Vietnamese leader Ho Chi Minh as his nation's liberator and highest dreamer.

"When we live in the mind, we

quarrel and fight. But when we live in the heart, we only love," Sri Chinmoy said. "If we can live in our hearts, there will be peace within us and harmony in the world."

Peace, he continued, is an inner quality. "It is not something that we can see; it is only something that we can feel and grow into. It is like what an American general, in a different context, once said about your soldiers: their presence was always felt, but they were not to be found. Peace is like that too."

Saying that the nation that has suffered most is the right nation to offer joy to mankind, he called Viet Nam "the chosen country to offer joy and happiness to the world."

A few days earlier, Sri Chinmoy had spoken privately of Viet Nam's tremen-

dous spiritual receptivity. "People criticise the politics of Viet Nam; they say that the Vietnamese are still favouring Communism. I don't know what Communism is, but I do know what God is. And I can say that God's Light is definitely working most powerfully and most successfully here in the soil of Viet Nam."

900TH BOOK PUBLISHED

Sri Chinmoy has completed his 900th book, a volume of aphorism-poems entitled "Love, Compassion, Forgiveness."

The book, dedicated to former Soviet President Mikhail Gorbachev, was published in Davao, the Philippines.



GURU COMPLETES PEACE MISSION TO THE PHILIPPINES

Sri Chinmoy embarked on an extensive peace mission to the Philippines in January, touching the hearts of the Filipino people and receiving several honours from local and government officials.

During his 30-day visit to the country, the spiritual teacher offered peace concerts in four cities...launched peace runs through two provinces...and composed several songs dedicated to the nation and its people.

He also conferred with national, provincial and local leaders and opened an exhibit of his paintings for peace (*described in separate stories*).

The Philippines, in turn, showered him with honours, awarding him an honorary degree and dedicating two of its provinces, three of its airports, a major art museum and the nation's tallest mountain, Mt. Apo, as Sri Chinmoy Peace-Blossoms.

Sri Chinmoy offered two peace concerts in Manila — one on Jan. 2 at the Manila Cathedral and one on Jan. 26 at the Philippines Cultural Center.

Others were held at St. Theresa's College, Cebu City, on Jan. 6; at Almendras Gymnasium, Davao City Recreational Center, Davao, on Jan. 15; and at Luce Auditorium, Silliman University, Dumaguete, on Jan. 21.

The Peace Runs were held in Cebu Province on Jan. 8-9 and in Negros Oriental on Jan. 20. In connection with these events, the Governors of both Provinces named their regions Sri Chinmoy Peace-Blossoms — Cebu Gov. Vicente L. de la Serna, on Jan. 6; and Negros Oriental Gov. Emilio C. Marcias II, on Jan. 24.

Mt. Apo became a Sri Chinmoy Peace Mountain on Jan. 15 in a ceremony presided over by Mayor Duterte of Davao.

The dedications at the Mactan-Cebu international airport, Davao international airport and Dumaguete airport took place, respectively, on Jan. 7, 13 and 24.



Philippine President Fidel Ramos poses with Sri Chinmoy at their Jan. 4 meeting.

SRI CHINMOY MEETS WITH TOP LEADERS OF THE PHILIPPINES

During his month-long peace tour of the Philippines, Sri Chinmoy met with the country's top political and religious leaders.

In Manila, he discussed politics and spirituality with President Fidel Ramos on Jan. 4 at Malacanang Palace and the two exchanged gifts. "We need the support of leaders like you for the peace process," the President said. "I hope you can help in the Philippines."

The spiritual teacher also spent time with the country's key religious figure, Jaime Cardinal Sin, meeting him on Jan. 1 at Manila's EDSA Shrine.

During a return trip to the city on Jan. 27, the spiritual teacher paid a courtesy call on former Philippines President

Corazon Aquino. Mrs. Aquino told him "If I have succeeded...in restoring democracy and also strengthening that democracy, it was because of prayer."

There were also meetings with Mrs. Beth Romulo, wife of the late General Romulo, foreign minister of the Philippines, on Jan. 1 in Manila...with Mayor Rodrigo Duterte of Davao, who attended the Jan. 15 peace concert in his city...with Mayor Ernest Weigel, Jr., of Lapulapu, who greeted and garlanded the spiritual leader when he arrived at the Mactan-Cebu international airport on Jan. 4...and with the Governor of Negros Oriental, Emilio C. Marcias II, who visited the Master at his hotel in Dumaguete on Jan. 24.

ASHRITA SETS TWO RECORDS

Ashrita, who has broken more Guinness world records than anyone alive, has done it again.

On Jan. 22 he completed 3,913 deep knee bends in an hour — in Dumaguete, the Philippines.

Then on Feb. 17 he set a new record by juggling three lead-filled one-pound balls for 65 minutes while immersed underwater in a Manhattan swimming pool, wearing scuba equipment.



Sri Chinmoy presents a plaque to former Philippines President Corazon Aquino on Jan. 27 during a meeting in her office in Manila



1993 CALLED A SPIRITUAL TURNING POINT

At his annual New Year's concert on Dec. 9 at Lincoln Center's Alice Tully Hall, Sri Chinmoy offered this message for 1993:

God is dreaming,
Newness singing,
Oneness blossoming,
Fulness dancing.

Hope no more gropes.
Life without slopes.
Splendid depths and heights
Transform bondage-nights.

Later in the month, he elaborated on the message, saying "God has taken many, many years to create...this particular year."

For centuries, he said, the mind-power has dominated, "but now the mind-power is surrendering to the heart-power" and "brightness and luminosity have already started blossoming."

From now on, he continued, "we will only see the song and dance of the divine forces. The undivine forces are exhausted. They have already started surrendering to the divine forces and they are ready to abide by the will of the divine forces."



After attending Sri Chinmoy's March 12 meditation at the United Nations, former U.N. Assistant Secretary-General Robert Muller embraced the Master and said, "It is so moving to see you again. You have done so much for me." He called Sri Chinmoy one of the three people in his life — along with U.N. Secretaries-General Dag Hammarskjöld and U Thant — responsible for his transformation and spiritual elevation. In the photo, Sri Chinmoy is offering the U.N. leader a rose.

AUSTRALIAN CAPITAL NAMED PEACE SHRINE

CANBERRA, Australia — The continent of Australia has declared its capital a Sri Chinmoy Peace Capital.

Canberra is the second national capital to be dedicated to the cause of peace in Sri Chinmoy's name. Ottawa was named a peace capital last year.

At the Canberra dedication March 16, Ros Kelly, Federal Minister of Arts, Sport and Environment, read out the official proclamation hailing Sri Chinmoy as "an international Ambassador of Peace"... (whose) "life and deeds have inspired millions with a commitment to inner growth as the foundation for global change."

Canberra started as a dream of visionaries, she continued, and peace also started as a dream. "As the vision of Canberra has become reality, so too humanity's long-cherished dream of world peace will gloriously blossom."

The Canberra dedication coincided with the arrival in that city of runners from the 1993 Sri Chinmoy Oneness-Home Peace Run. The Australian portion of that relay run, covering 2,000 miles, goes from Melbourne to Brisbane.

Two other major Australian cities — Sydney and Melbourne — were also declared Sri Chinmoy peace cities on March 21. In the U.S., Philadelphia and Charlottesville, Virginia, were recently dedicated to peace in Sri Chinmoy's name.

PEACE CONCERTS GIVEN IN THAILAND AND VIET NAM

During his visits to Thailand and Viet Nam during the last three weeks of 1992, Sri Chinmoy offered peace concerts at the Pan Faa Branch of the Bangkok Bank Building Auditorium in Bangkok on Dec. 15 and at the French Cultural Exchange Institute in Ho Chi Minh City on Dec. 25.

There was also a Peace Run ceremony in Ho Chi Minh City's Thong Nhat Stadium on Dec. 27. Thirty local Vietnamese runners joined members of the Sri Chinmoy Peace Torch runners in two laps around the stadium just before the start of a major soccer match.



TALK OF PARSONS BOULEVARD

Guru played *107 instruments* during a more than nine-hour concert Dec. 5 at P.S. 86 in Jamaica...Viet Nam's top female sprinter, *Mai Ling*, met with Guru on Dec. 23...The following day Guru met privately with the Indian Consul General to Ho Chi Minh City, *R. Dayakar*, at the Rex Hotel...The Metro-Cebu Theosophical Foundation and the Lapulapu Foundation conferred on Guru the title "*Millennium Man of the 21st Century*" at a ceremony held Jan. 5...Guru met with the sister of Philippines President Ramos, *Senator Letitia Ramos Shahani*, on Jan. 27...That same day he also met with India's ambassador to the Philippines, *Shyamala Cowsik*...

Guru lifted *Robert Zmelik*, the Czech gold medal winner of the decathlon in the '92 Olympics, at Annam Brahma on Feb. 4...The 17th anniversary of Guru's esraj, which he called his "dearest and fondest instrument," was celebrated Feb. 17 with an *esraj concert* at P.S. 86...Guru celebrated his *6th piano anniversary* with a piano concert Feb. 24 at P.S. 86...Guru met with *Prince Sigvard and Princess Marianne* of

Sweden at a U.N. programme March 2; Guru and the Prince, both of whom are artists, presented one another with paintings during the event...Guru began the first of what he said would be *weekly reading and study sessions* at P.S. 86 on March 4...Guru began offering a series of *Saturday night peace concerts* in Queens on Feb. 4. Concerts were held at the Queens Ramada Inn, P.S. 101, the Flushing Jewish Center, Our Lady Queen of Martyrs School and P.S. 220. The March 13 concert was cancelled because of a blizzard, but the series resumed March 20 at Queens College and continued the following week at Louis Pasteur Junior High School 67, ending April 3 at P.S. 69...*The U.N. Society of Writers* invited Guru to read and speak about his poetry March 30 and its president, Hans Janitschek, gave Guru a literary award. Previous recipients included Mikhail Gorbachev, Arthur Miller and Vanessa Redgrave.

After being lifted March 11, Katie Roblin, deeply moved, kisses Sri Chinmoy's hand, saying, "I've waited 104 years for something like this to happen. It felt like I was going to heaven." A few weeks shy of 104 years old, she is the oldest person the Master has lifted into the air under his "Lifting up the World with a Oneness-Heart" programme.

PAINTINGS EXHIBITED AT CEBU CITY MUSEUM

CEBU CITY, the Philippines — An exhibit of Sri Chinmoy's original Jharna-Kala paintings was held during January in the Cebu City Museum.

At a ceremony Jan. 8, the museum was officially dedicated as a Sri Chinmoy Peace Museum, and the Master presented the museum with two of his works.

During his seven weeks in Asia, the Master completed 10,000 new bird drawings. A selection of 3,700 of these was put on exhibit at the University of Southern Philippines in connection with the ceremony awarding him an honorary degree.



Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 23

APRIL - JULY 1993

CONGRESSMEN SAVOR MOMENT OF PEACE

WASHINGTON — Congressmen battling one another over Bosnia and budgets got a short respite June 23 at the peace meditation held in the Capitol by inspirational leader Sri Chinmoy.

"It was a unique experience," said Congressman Gary Ackerman (D-NY). "I have heard many speak loudly and forcefully over the years, but never have I felt such eloquence in the very powerful silence of Sri Chinmoy."

Congressman Benjamin A. Gilman (R-NY) declared: "It is a blessing to hear talk of peace in our Foreign Affairs Hearing Room." He later presented Sri Chinmoy with a Congressional special recognition certificate for his service to world harmony.

Expressing support for the Peace Run, both Congressmen held up a replica of the Peace Torch that was being passed from hand to hand by the runners criss-crossing America.

A group of House staff members familiar with Sri Chinmoy's work had invited the peace ambassador to the Rayburn House Office Building to bring a touch of peace to the tumultuous halls of Congress.



MASSACHUSETTS BECOMES PEACE STATE

BOSTON — Massachusetts was inaugurated as a Sri Chinmoy Peace State June 7 at the Boston State House.

"The worldwide family of Peace-Blossoms offers an ongoing reminder that as human beings we have far more in common to unite us than we have differences to divide us," said Massachusetts Governor William F. Weld in a proclamation.

Letters of congratulations from Mikhail Gorbachev, Mother Teresa, Linus Pauling, several U.S. Governors and Congressmen and others were also read.

"We are all children of peace," declared

Sri Chinmoy. "There is no human being who does not have peace in ample measure in the inmost recesses of his heart. This peace he is going to bring to the fore at God's choice Hour...(which is) a fast-approaching, God-ordained reality."

Other Sri Chinmoy Peace States include Alabama, Connecticut, Delaware, Florida, Missouri, North Carolina, Nebraska, New Jersey, Rhode Island, South Dakota and West Virginia.

More than 100 new U.S. cities have also recently dedicated themselves to the cause of world peace in Sri Chinmoy's

GORBACHEV GETS A NICE SURPRISE

PHILADELPHIA — Mikhail Gorbachev got a surprise April 15 at a private meeting with his long-time friend, Sri Chinmoy.

The spiritual leader presented the former Soviet President and his wife with his 914th book. Entitled "Matter and Spirit," it was dedicated to Mrs. Gorbachev.

Gorbachev opened the half-hour meeting at the Four Seasons Hotel by giving Sri Chinmoy a Russian bear hug. During the meeting, Mrs. Gorbachev presented Sri Chinmoy with two hand-crafted Russian gifts she had personally selected.

Later, the Gorbachevs viewed one of the Master's large paintings in a nearby private ballroom and listened to Sri Chinmoy's students perform a song he had composed in their honor.

"Most of us talk about peace, but Gorbachev is the embodiment of peace," Sri Chinmoy said afterwards. This was his fourth meeting with the Russian leader.

name. Among them are Dallas, Seattle, Minneapolis-St. Paul and Des Moines.

Overseas, the capital of Iceland — Reykjavik — has become the latest national Sri Chinmoy Peace Capital, joining Ottawa, Canada, and Canberra, Australia.



AMERICAN PEACE RUN PROMOTES URBAN HARMONY

NEW YORK — A 50-state relay run aimed at reducing racial and ethnic tensions in America is ending Aug. 13 after nearly four months on the road.

To dramatize the message of urban harmony, the runners are passing a flaming "Peace Torch" from hand to hand as they travel through hundreds of cities — including some of the nation's most troubled urban areas.

The 11,000-mile relay across the country is part of the round-the-world Sri Chinmoy Oneness-Home Peace Run — the longest running event in history.

Tens of thousands of people have been greeting the runners along the route — many of them reaching out to hold the Torch or running with it for a short distance before passing it along to a



"There's a power, an electricity, in the Torch," said Salil Wilson. "It does something to you when you run with it. Then afterwards, you go back to your community and use that feeling to do good things in the future."

In Virginia, Richmond Mayor Walter T. Kenney ran from City Hall to the State Capitol, passing the Torch to Governor L. Douglas Wilder. And three Virginia cities were dedicated as Sri Chinmoy peace cities.

Several states and dozens of other cities also became Peace-Blossoms in conjunction with the Run.

In Florida, the Dade County Commission sponsored a statewide peace run to join up with the national Run in Atlanta as a way of thanking America for its support in the aftermath of Hurricane Andrew.



neighbor — spreading the peace in the community.

"I just thank God that He left me here to witness this day that white people, black people and all people can come together for one accord — racial harmony," said Mayor Kelly Mobely of Allerton, Illinois.

In Kansas City, Missouri, 72 public schools spent a week preparing their classes for the arrival of the Peace Run. Thousands of inner city children, sporting 'I'm a Peace Runner' T-shirts, greeted the runners with paper torches, poems and art work for peace.

In Arlee, Montana, members of the Kooteni tribe were waiting at every mile as the Run passed through their reservation. With tensions running high here, it was a gesture of unity when native and non-native Americans ran side by side with the Peace Torch for a common goal.

"The Peace Run isn't out to raise money or promote any political cause," declared Shambhu Vineberg, its organizer. "All we want to do is spread peace and good will among people. It's a purely idealistic goal inspired by Sri Chinmoy's vision, and mainstream America has opened its heart to us."

The Run was launched April 17 as hundreds of young people running through New York's five boroughs converged on Dag Hammarskjold Plaza for the big send-off.

New York Mayor David Dinkins called the Run "a unique and timeless event ...conceived in the true spirit of altruism." Albany Mayor Thomas Whalen, III, chairman of the international Mayor's Council for the Peace Run, was also on hand for the event, as was Sri Chinmoy, who offered a brief prayer.

The Peace Run is sponsored by the non-profit Sri Chinmoy Marathon Team.

PEACE RUN OVERSEAS EMPHASIZES GLOBAL ONENESS

The international segment of the Sri Chinmoy Oneness-Home Peace Run — highlighted by a multi-nation European relay and a special run from Jordan and Egypt to Israel — emphasized a global theme of world peace and brotherhood.

From Zimbabwe to Russia, from Japan to Argentina, from Croatia to Iceland, the Peace Run included simultaneous running events in dozens of countries around the world.

In Hungary it was supported by President Goncz and sponsored by the Army.

The German Run passed through 40 towns and ended in Berlin, where runners from several nations converged for a grand European finale.

Runners in Greece carried the Peace Torch from the Temple of Apollo in Delphi to the Temple of Athena at the Acropolis.

The Australian leg of the Run skirted the eastern seaboard between Melbourne and Brisbane, with Prime Minister Paul Keating serving as official Patron.

Showing their support for the Run, the Pope held the Torch in India, the Dalai Lama in Scotland and the Presidents of Portugal and Iceland in Iceland.



Dalai Lama



PEACE CONCERTS DEDICATED TO VIVEKANANDA

Sri Chinmoy has begun a series of 39 peace concerts dedicated to Swami Vivekananda, who electrified the World Parliament of Religions in Chicago 100 years ago with his message of universal brotherhood.

The first concert was held May 19 at P.S. 86 in Queens. By the end of July, 26 concerts had been held in Queens, the Bronx, Brooklyn and Manhattan.

At the concerts, Sri Chinmoy performs his music of peace, and his students sing a few songs their teacher has composed about Vivekananda or to his words. Sometimes there is a short play about the great spiritual emissary as well.

32,000 BIRDS NEST AT JFK AIRPORT

NEW YORK — Some 32,000 small birds found a temporary home at the International Arrivals Buildings of John F. Kennedy Airport this past spring.

The exhibit of bird drawings by Sri Chinmoy sought to promote "the cause of international friendship and harmony through art," said a spokesman for the Port Authority of New York and New Jersey, which sponsored the exhibit.

The birds, symbolizing the human soul, are carrying the message of freedom and peace, declared Sri Chinmoy.

"Each bird is a prayer of my heart that I am offering to the highest absolute Lord Supreme to bless us with His Infinity's Freedom and Immortality's Peace," he added.

The small drawings, no more than a couple of inches high, spanned the upstairs corridor connecting the East and West wings of the air terminal. The exhibit, which opened on April 13, ran for several weeks.





TALK OF PARSONS BOULEVARD

Guru gave *peace concerts* at local schools or colleges in Queens on April 3 and 8 and in the Bronx on May 8 and 15...Guru gave the opening meditation at a programme sponsored by the U.N. Society of Writers commemorating the 25th anniversary of the assassination of *Martin Luther King* on April 4...Guru honored retiring *Police Officer Frank Cuva*, head of Community Affairs for the 107th Precinct, on April 13...*Dipali* placed first among the women and *Trishul* was No. 1 among the men in the Sri Chinmoy Seven Day Race May 2-9 ...Guru and the disciples saw the *Big Apple Circus* in Cunningham Park on May 13 and the *Cirque du Soleil* at Battery Park on June 3...Guru opened the *New York Games* at Columbia University's Wien Stadium on May 22 with a short meditation...and participated in the Metropolitan Athletic Congress Games at St. John's University on June 5, winning a *silver medal* in the 100 and 200 meters Master's competitions ...*Ashrita* carried a 9-pound brick pinched between his thumb and fingers, palm down, for 64 miles without rest on

June 13, setting a new Guinness record; it took him more than 18 hours...During his June 25 peace concert performance, for the first time Guru used his *cello as a drum*, beating it with both hands like an Indian drummer playing the tabla.

MEMORIAL SERVICE HELD FOR PREMADASA

JAMAICA, NY — A special memorial programme was held for President Premadasa of Sri Lanka at P.S. 86 on May 5.

"Peace-lovers and oneness-dreamers of the entire world will miss you in streaming tears," said Sri Chinmoy, who had been a good friend of the slain leader.

The Master also dedicated the peace concert celebrating the 23rd anniversary of his Peace Meditation at the United Nations to Premadasa. That event was held May 11 at the U.N.'s Dag Hammarskjold Auditorium.

70,000 BIRDS TAKE WING

Spiritual artist Sri Chinmoy completed his 70,000th bird drawing on July 18...and is still going strong.

Earlier in the month, on July 3, he

exhibited 62,000 bird drawings on the grounds of his tennis park in Queens.

"My Lord Beloved Supreme, my life is fast approaching its 62nd birthday," the Master said on that occasion. "Today I am offering 62,000 soul-birds from the depths of my gratitude-heart to You."

He opened the event by releasing 62 white pigeons into the air and ended it by slowly walking through the exhibit, meditating on the drawings.



Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 23

AUGUST-MID-DECEMBER 1993



Sri Chinmoy meets with Kiro Gligorov, President of Macedonia, at the U.N. Ambassador Hotel in Manhattan on Sept. 28. Gligorov had been a strong supporter of the Sri Chinmoy Oneness-Home Peace Run.

SRI CHINMOY RECEIVES WARM WELCOME IN SLOVAKIA

BRATISLAVA, Slovakia — Two peace concerts and a meeting with the country's new President highlighted Sri Chinmoy's recent visit to Slovakia.

President Michal Kovac invited the Master to his castle on Nov. 24 for an official visit and a private meeting with him and his wife.

Calling Sri Chinmoy "Brother," the President said he hoped many young Slovaks would learn spirituality on the Indian teacher's path.

During the meeting Sri Chinmoy meditated with the President and played the cello.

Several thousand Slovaks also had the opportunity to meditate with the Master at the peace concerts he gave Nov. 22 at Sporthall Pasienky and Nov. 24 at the cultural center, PKO.

GURU SETS ECUMENICAL TONE AT RELIGION PARLIAMENT

CHICAGO — Nothing better symbolized the ecumenical spirit of the Parliament of the World's Religions than the silent meditation that spiritual leader Sri Chinmoy offered at the opening of the main plenary session Aug. 28.

His message of prayerful silence transcended religious dogma and became a unifying element for the nine-day conference that brought together leaders of every major religion in the world. The conference, held at Chicago's Palmer House, was the first such interfaith gathering in 100 years.

The Indian spiritual leader came to Chicago in the spirit of his predecessor, Swami Vivekananda, who had also carried the message of universal oneness and brotherhood to the Chicago religious parliament in 1893.

On the first day of the Parliament, Sri Chinmoy led a five-minute silent meditation before several thousand Christians, Jews, Hindus, Buddhists, Muslims and others.

The following morning, Aug. 29, he offered a sunrise peace concert at the main meeting hall.

Afterwards, Ananda Guruge, Ambassador of Sri Lanka to the U.S. and President for Sri Lanka of the World Fellowship of Buddhists, came to the podium and presented Sri Chinmoy with a book.

He then read out his dedication to the Master: "You are one of the rarest gifts that humankind of the 21st century has. May I wish that your services would continue forever."



Vaclav Havel, President of the Czech Republic, met with Sri Chinmoy Nov. 25 at Prague Castle. They spoke of world peace, and the Master performed on the esraj. Here Havel is holding the Peace Torch.



India's new ambassador to the U.S., Siddhartha Shankar Ray, and his wife visited Sri Chinmoy Aug. 8 in Queens. During a special cultural program held in his honor, the Master presented him with the U Thant Peace Award.

CHICAGO CONCERT ENDS 'VIVEKANANDA' SERIES

CHICAGO — A major performance at Chicago's Rosemont Horizon on Sept. 28 ended the series of 39 peace concerts Sri Chinmoy had been dedicating to Swami Vivekananda.

The 19th century Indian teacher, who died at the age of 39, had electrified the World Parliament of Religions in Chicago 100 years ago with his message of universal brotherhood.



Krishna Prasad Bhattarai, president of the ruling Nepali Congress Party and former Prime Minister of Nepal, greets Sri Chinmoy at Annam Brahma Restaurant in Queens on Oct. 18.

PEACE-BORDER JOINS RUSSIA AND NORWAY

A stretch along the border between Russia and Norway in the Arctic Circle has been dedicated to the cause of peace in Sri Chinmoy's name.

The area between the Norwegian town of Kirkenes and the Russian town of Nikel was named a Sri Chinmoy Peace-Border by authorities in both countries.

BHAVAN PRESIDENT GETS U THANT AWARD

JAMAICA, N.Y. — C. Subramaniam, President of Bharatiya Vidya Bhavan, the worldwide Indian cultural association, received the U Thant Peace Award Sept. 12 from Sri Chinmoy.

Dignitaries attending the awards luncheon at Annam Brahma Restaurant included S. Ramakrishnan, Executive Secretary of the Bhavan, and the noted Indian jurist and author, Nani A. Palkhivala.

PIR VILAYAT KHAN VISITS GURU AT U.N.

Pir Vilayat Khan, head of the Sufi movement in the West, came to Sri Chinmoy's meditation at the United Nations on Aug. 6 to offer the Master his birthday wishes.

As part of the meditation, the Sufi leader played on the cello and sang one of his father's songs. At the end, Pir Vilayat and Sri Chinmoy both offered prasad (food given as a blessing) to those attending the meditation.

Sri Chinmoy called Pir Vilayat "the embodiment of simplicity, serenity and purity."

PEACE RUN ENDS

NEW YORK — The Sri Chinmoy Oneness-Home Peace Run ended Aug. 16 at Manhattan's Dag Hammarskjold Plaza. During its four months on the road, the global relay passed through dozens of countries and all 50 U.S. states, carrying the message of peace through sports.

Afterwards Sri Chinmoy told the participants, "Your hearts' ceaselessly flaming peace torch has increased man's deepest and highest yearning for world peace." Your real name, he said, is "God's Peace-Manifestation-Success-Progress Smile."



100,000 PEACE-BIRDS FLY OFF TO OTTAWA

OTTAWA — An exhibit of 100,000 of Sri Chinmoy's small bird drawings opened Nov. 7 in Ottawa.

The exhibit was dedicated to Raisa Maximovna Gorbachev, who is a deep admirer of Sri Chinmoy's art work. On Oct. 29 the wife of the former Soviet President had written Sri Chinmoy that "a meeting with Your paintings is a Meeting with the Nobility of the Human Soul."

The exhibition coincided with the 19th anniversary of the Master's artistic activities in the West.

Sri Chinmoy visited the gallery Nov. 17 for a special reception that drew dignitaries from Ottawa's cultural and political life, including several foreign ambassadors.

The spiritual artist calls his 100,000 drawings Dream-Freedom Peace-Birds. "Each bird is a God-messenger on earth. Each bird is a God-Dream on earth," he said, explaining that God's Dream offers mankind the message of freedom and peace.

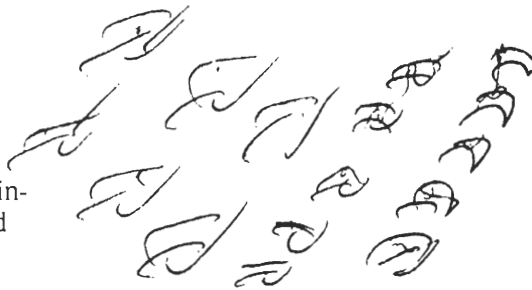
A MILLION BIRDS ARE ON THE WAY

Sri Chinmoy has announced plans to draw at least a million birds before ending this phase of his art career.

Until recently, most of his art work had been abstract acrylics. He began the pen-and-ink bird drawings in Malta on Dec. 29, 1991 and completed the first series of 100,000 this past September — nearly two years later.

He completed his second group of 100,000 birds on Nov. 13 and by early December had reached more than 400,000.

This includes over 21,000 birds completed in a single day on Dec. 4.



Sri Chinmoy running the 100 meters in the World Masters' Games in Japan.

GURU VISITS JAPAN FOR MEDITATION AND MASTERS' GAMES

MIYAZAKI, Japan — Sri Chinmoy came to Japan in October to participate in the 10th World Masters' Games and offer four peace concerts.

He ran the 100 meters on Oct. 13 and gave peace concerts on four consecutive evenings Oct. 12-15.

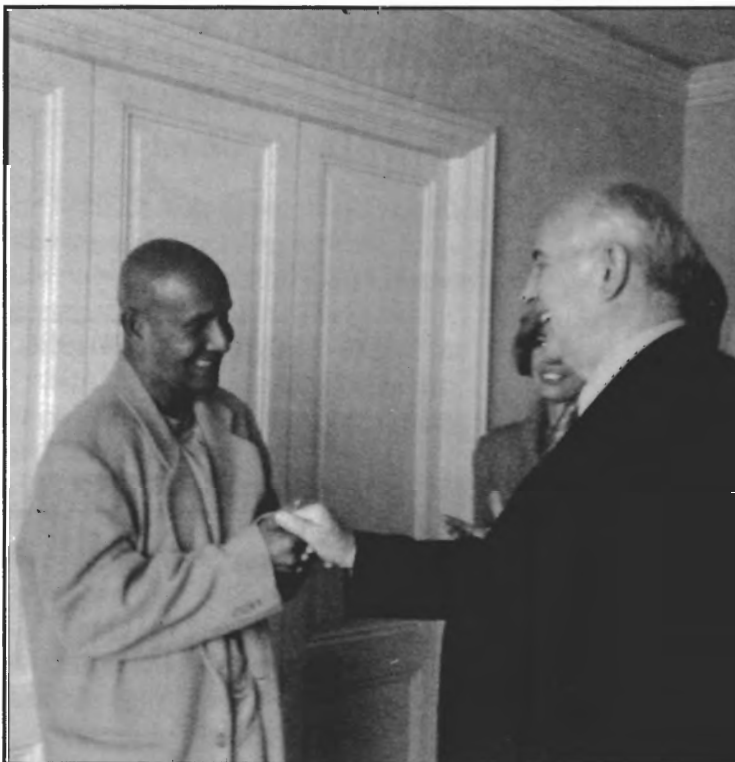
Several of the Master's students also entered the Games. Sakhshat, running with the U.S. team, won a silver medal in the 4 x 400 relay, and Ranjana reached the 100- and 200-meter semifinals and placed sixth in the 400-meter finals.

PEACE TRACK ANNIVERSARY CELEBRATED IN HOUSTON

HOUSTON — Sri Chinmoy flew to Houston recently to celebrate the first anniversary of the dedication of the University of Houston's Robertson Stadium Track as a Peace-Blossom.

The Master visited and blessed Sudhahota Carl Lewis' new house on Nov. 12 and then the two ran the 100 meters side by side twice on the track, which is where Lewis' Santa Monica Track Club trains.

The track was dedicated as a Sri Chinmoy Peace-Blossom last Oct. 17.



Former Soviet President Mikhail Gorbachev and his daughter, Irina, held a private meeting with Sri Chinmoy Nov. 10 at the Ritz Carlton Hotel in Virginia during their trip to the nation's capital.



TALK OF PARSONS BOULEVARD

A month-long exhibit of Guru's first 70,000 bird drawings opened at a Soho gallery in lower Manhattan Aug. 1...*Ranjana* placed first among the women at the Sports Day competition Aug. 25 for the 23rd consecutive year; and *Durdam* was top male participant for the third year...Guru wrote "Oneness-Dream-Boat-Shore," a song about the former Soviet Union, on Sept. 4 and said this is how he would refer to that country from now on...Guru meditated at the inauguration of the new Manhattan headquarters for the U.S. branch of *Bharatiya Vidya Bhavan* on Sept. 11...The following day he gave the opening meditation at an *interfaith NGO prayer service* held at New York's Islamic Cultural Center to mark the opening of the U.N. General Assembly...Guru celebrated his completion of 100,000 bird drawings by painting 13 large *Jharna-Kalas* at Aspiration-Ground on Sept. 26; there was also a large meal, during which Guru walked up and down the rows of seated disciples *handing out samosas*.

In the multi-day Sri Chinmoy Race that ended Oct. 4, *Antana* won the 1,300-miler, *Dipali* won the 1,000-miler and *Monika* of Vienna won the 700-miler; *Sasha* from Moldova won the 1,000-miler in the men's division...Guru began a series of *drawings of human faces* in Japan on Oct. 7, completing 3,433...The Sri Chinmoy Marathon Team was in charge of the Central Park cleanup for the mile-long stretch from the finish line to the family-reunion area at the *New York Marathon* Nov. 14; the Team also provided aid stations organized by *Lavanya* at the 13- and 19-mile marks...On November 21 Guru met with John C. Hammock, executive director of the hunger relief organization, *Oxfam America*, at the tennis court, and jazz singer *Angela Bofill* performed for Guru a song *Narada* had written for an Oxfam benefit. *Shambhu* joined Narada and Bofill on the guitar in the benefit performance that evening...Guru met with *Robert Zmelik*, decathlon gold medalist at the Barcelona Olympic Games, on Nov. 25 in Prague...Guru offered his year-end *U.N. peace concert* at the Dag Hammarskjold Auditorium on Dec. 6 and his *New Year's meditation* in Manhattan on Dec. 9.



Sri Chinmoy put on traditional Samarkand robes Aug. 10 during an interview with Uzbekistan television. The Master's great grandfather and great great grandfather came from that city in the former Soviet Union.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21



GURU COMPLETES ONE MILLION BIRDS

SUVA, Fiji — In one of the most astonishing spiritual achievements of our time, Sri Chinmoy on Jan. 5 completed the last in a series of one million "soul-birds" — artistic renditions of the human soul in the form of birds.

"Each of these birds is a prayer of my heart," he declared. "These prayers I am offering to the highest Absolute Lord Supreme."

The drawings, ranging in size from a quarter-inch to three or four feet high, "remind us of our own soul-bird flying in the Sky of God's infinite Freedom and infinite Peace."

He completed more than a half million of the bird drawings during his visit to the South Pacific.

His millionth bird drawing, which is composed of thousands of smaller birds, was done on Raisa Maximovna Gorbachev's birthday. Sri Chinmoy had wanted to finish his bird project that day to honor the former Soviet First Lady.

"She is a most talented and inspiring soul," Sri Chinmoy said. "I am celebrating her birthday in my own prayerful way from the enchanting island of Fiji."

The last few hundred thousand birds came in a striking array of sizes, shapes and colors — including a single sheet containing 96,588 tiny birds. The birds were drawn mainly with pen-and-ink, though some were made with crayon, magic marker and acrylic paint.

"These birds are a new creation—the creation that will sing the song of Immortality in the life of mortality," he declared.

"Each bird is a God-messenger on earth. Each bird is a God-Dream on earth. Each bird is helping to carry humanity to the Golden Shore."

The completion of the million birds brought congratulatory messages from luminaries around the world, including Mrs. Gorbachev, who hailed them as "a dream blazing the future."



Sri Chinmoy passes the Peace Torch to Sir Geoffrey Henry, Prime Minister of the Cook Islands.

SRI CHINMOY OPENS COOK ISLANDS PARLIAMENT WITH PRAYER FOR PEACE

Sri Chinmoy opened the Cook Islands Parliament Jan. 14 with a silent meditation and prayer for peace.

"O my Absolute Lord Supreme, I pray to You to bless the wakeful body, the dynamic vital, the searching mind and the aspiring heart of this enchanting island with Your infinite Peace and immortal Bliss," he said.

The Speaker of the House, Raututi Taringa, told the Peace Ambassador: "This is the first time someone like yourself from so far away has offered a prayer at Parliament. It is a great honor."

Afterwards, the Speaker publicly

thanked "the Ambassador for Peace, Sri Chinmoy, for his wonderful message to us, words of prayer and encouragement."

As Sri Chinmoy was leaving, he was also warmly greeted by the nation's Prime Minister, Sir Geoffrey Henry, whom he had met two days earlier.

SUVA NAMED PEACE CAPITAL

SUVA, Fiji — The capital of Fiji was dedicated as a Sri Chinmoy Peace Capital, joining the capitals of Australia, New Zealand, Canada, Iceland and Scotland.

In his Jan. 6 proclamation, Lord Mayor Dobui said he wanted Suva to be "a beacon of inspiration to others."

At the dedication ceremony held two days later at Sukuna Park, Sri Chinmoy said, "Suva is known as the city of surprises." A few centuries ago, he explained, Fiji was a warlike nation. "Now here on the soil of Suva and in the heart of Fiji the dance of peace and universal oneness is reigning supreme."

SECOND MILLION NOW DRAWN

About a week after completing his first million "soul-birds," Sri Chinmoy on Jan. 13 began his second series.

By the first week of March he had finished another 500,000, and by April 1 he had reached two million. Elapsed time: about 11 weeks.



Sri Chinmoy meets with the Head of State of Western Samoa, H.H. Malietoa Tanumafili II.

TWO HEARTS TOUCH WHEN GURU MEETS WESTERN SAMOAN LEADER

APIA, Western Samoa — When Sri Chinmoy visited the Head of State of Western Samoa, it was a meeting of two hearts.

"Over the years I have met with many, many Prime Ministers and Presidents from many countries," Sri Chinmoy told His Highness Malietoa Tanumafili II, "but none has been as simple, as kind, as pure and as self-giving as you are."

He added: "Your heart has deeply impressed me, and I shall never forget you."

When he presented the Head of

State with his "Lifting up the World with a Oneness-Heart Award," the leader placed the medallion upon his head, saying, "This is our Samoan custom when one receives very sacred gifts."

The Western Samoan leader went on to say, "Please never forget Samoa. Please keep us in your prayers."

Sri Chinmoy responded: "When you love a person or a country, how can you forget? Love is oneness. We shall carry our oneness with you and your beautiful country everywhere."

The meeting took place Dec. 21 at the Head of State's official residence.

RAROTONGA BECOMES PEACE ISLAND

The Prime Minister of the Cook Islands, Sir Geoffrey Henry, proclaimed Rarotonga a Sri Chinmoy Peace Island on Jan. 14.

In his proclamation, he said: "We applaud Sri Chinmoy's initiative and his exemplary dedication to the world community through tireless promotion of world peace.

"If our island and our lives in any way help to inspire the spirit of peace elsewhere, we would count ourselves honored."

Sri Chinmoy had met with the Prime Minister two days earlier, on Jan. 12, to discuss issues relating to world peace.

FIVE PEACE CONCERTS GIVEN IN SOUTH PACIFIC

Sri Chinmoy offered a series of peace concerts in Western Samoa, Fiji, Rarotonga and Tahiti during his recent visit to the South Pacific.

In Apia, Western Samoa, concerts were held in the John Williams Building on Dec. 22 and 28.

In Fiji, a concert was given Jan. 5 at the Civic Center in Suva. Then, nine days later, on Jan. 14, on the island of Rarotonga in the Cook Islands a concert was held at the National Auditorium in Avarua.

The final concert of the series was held Jan. 20 at the Assemblée Territoriale auditorium in Papeete, Tahiti.

SPORTS EVENTS ENERGIZE PEACE MISSION TO SOUTH PACIFIC

Several Masters' track meets and local Peace Runs were held during Sri Chinmoy's six-week peace tour of the Pacific.

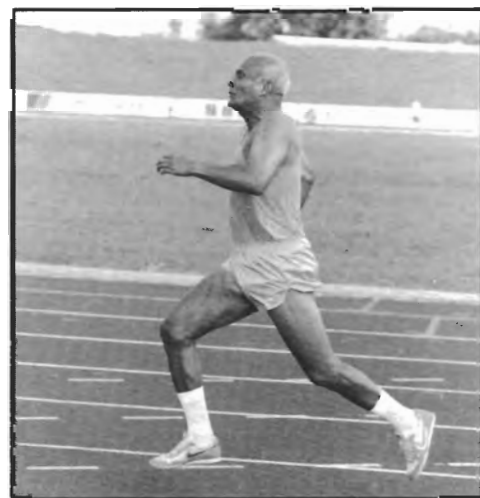
The Sri Chinmoy Marathon Team sponsored track meets for men and women over 50 at the University of Hawaii on Dec. 18, in Apia Park in Western Samoa on Dec. 28, at the National Stadium in Suva, Fiji, on Jan. 8, at Rarotonga's Tereora National Stadium in the Cook Islands on Jan. 15 and at Papeete's Stade Pater in Tahiti on Jan. 21.

Sri Chinmoy participated in all the meets, each time winning first or second prize in his age category.

The Minister of Culture and Sports was on hand to present the awards in Western Samoa. Speaking to Sri Chinmoy and the participants, he called the event "one of the historical events in my life."

He told the Sri Chinmoy Marathon Team members that the next time they visited Western Samoa, they should look upon him as part of their own family. Then he, along with several Samoans, saluted the group with a special song.

In Fiji and Rarotonga, day-long Peace Runs were held in conjunction with the Masters' Games. In both countries, local residents joined international Sri Chinmoy Marathon Team members in carrying the Peace Torch and ran alongside them as the Torch was brought into the national stadiums just before the start of the track meets.





MEETING HELD WITH WESTERN SAMOA'S PRIME MINISTER

APIA, Western Samoa — Sri Chinmoy paid a courtesy call on the Prime Minister of Western Samoa, Tofilau Eti Alesana, on Dec. 29.

"You have given your life to peace," the Prime Minister told Sri Chinmoy.

The Master replied, "The good will that you are sending is covering the entire length and breadth of the world."

Afterwards, the Prime Minister sent Sri Chinmoy a message stating: "Your visit to us was one of the most significant events in the life of our young nation. To us, you embody serenity, peace, sincerity and trust, sublime qualities of which our world is sorely in need."

Sri Chinmoy meets with the Prime Minister of Western Samoa, left, and the President of the French Polynesian Parliament, below.



LEADER OF FRENCH POLYNESIA SALUTES GURU

PAPEETE, Tahiti — Jean Juventin, the President of the Assemblée Territoriale, the French Polynesian Parliament, visited Sri Chinmoy at his hotel on Jan. 20.

Deeply moved by his encounter, he wrote Sri Chinmoy a letter the following day, saying: "In this world threatened by the darkness of ignorance, you are one of the sparks of light which will allow Man to awaken and understand from where he has come and who he truly is."

"On this earth how many, like you, have received a divine mission to make humanity receive more Love, and thus more peace, more happiness, more beauty and more harmony in their lives?"

INTERNATIONAL AIRPORT DEDICATED TO PEACE

APIA, Western Samoa — The Faleolo International Airport was dedicated to the cause of world peace Jan. 22 in honor of visiting good will ambassador Sri Chinmoy.

"The Ambassador of Peace brings to Samoa a project and a peace message which is already enshrined in our culture," said Airport Manager Etuale Sefo, representing the Western Samoa Airport Authority. "The most fitting reminder of this message is our dedication today as a Sri Chinmoy Peace Airport."

Sri Chinmoy, who was passing through Apia enroute to New York, said: "We are not strangers. You have accepted us as your true brothers and sisters. That is why you are so affectionate, compassionate and loving to us in every way."

"We now find ourselves in a boat, which is known as the Peace-Boat, and we see around us thousands and thousands of peace-dreamers and peace-lovers. We are

FORMER U.N. LEADER PRAISES SRI CHINMOY

Former Under-Secretary-General of the United Nations C. V. Narasimhan had high words of praise for Sri Chinmoy when he spoke at the Master's U.N. peace concert Dec. 6.

Sri Chinmoy had asked Narasimhan to come up and say a few words about U Thant, under whom he had served as Chef de Cabinet. Instead, the former U.N. leader spoke about Sri Chinmoy, who has been offering twice-weekly meditations at the U.N. since 1970.

Narasimhan said Sri Chinmoy "is one of the most remarkable human beings I have ever met, and I have met many remarkable human beings."

sailing together toward the destined Goal that is inundated with peace."

Western Samoa's airport joins nearly a thousand other sites around the world that have been dedicated to peace in Sri Chinmoy's name.

ONE MILLION BIRDS EXHIBITED IN OTTAWA

OTTAWA — Sri Chinmoy's exhibition of "One Million Dream-Freedom Peace-Birds" opened March 23 at a gallery in Ottawa. It was to remain open for three weeks.

Dozens of Members of Parliament, Senators, Ambassadors and other dignitaries attended a private reception that evening to meet the artist and view the exhibit that occupied all four stories of a renovated Heritage building in downtown Ottawa.

Commenting on Sri Chinmoy's achievement, the Prime Minister of Canada, Jean Chretien, offered a written statement that said, in part: "These soul-birds, symbols of freedom, joy and love, will undoubtedly inspire countless individuals and remain as a lasting tribute to peace and harmony."

The artist dedicated the million-bird exhibit to his mother, whose birth centennial is being celebrated in April.

**EDITOR'S MESSAGE**

With this issue, Anahata Nada celebrates its 20th anniversary.

The first issue of Anahata Chronicle, as it was originally called, appeared on Jan. 1, 1974.

Major stories included Guru's appearance at the Human Sovereignty Symposium at Georgetown College in Kentucky, his early-morning prayer broadcasts on WNEW-TV and the New Year's Meditation at Hunter College.

Much has happened in Guru's Mission over the last two decades, and we've tried to bring you the highlights. We'll continue doing so.

I want to also take this opportunity to say thanks to our subscribers. Your encouragement and support make it worthwhile.

Chidananda

**PEACE INSTITUTE SPONSORS
UNIVERSITY LECTURE**

The Matsunaga Institute for Peace invited Sri Chinmoy to deliver a peace lecture at the University of Hawaii's Manoa Campus on Dec. 16.

After the lecture, which also included a short musical performance, the Director of the Institute, Lou Ann Guanson, presented the Master with a peace award.

The following evening Sri Chinmoy offered a peace concert at the University.

Sri Chinmoy joins his disciples for a swim during a day-long boat trip off the island of Moorea in French Polynesia.

TALK OF PARSONS BOULEVARD

Guru and the disciples saw "Mrs. Doubtfire" at the Green Acres Theatre Dec. 5; Robin Williams, the star, is one of Guru's favorite actors . . . Guru held a special meditation Dec. 23 to commemorate the anniversary of Kanu's death; it was held on the back lawn of the Kitano Tusitala Hotel in Western Samoa — amid a torrential downpour.

Guru completed 21,466 bird drawings in a single day on Dec. 26 . . . Guru did a series of special bird drawings on Jan. 1 capturing the consciousness of his mother, father and brothers and sisters in Nandi, Fiji.

Ashrita set a new Guinness record Jan. 7 by bouncing a basketball over a distance of 83 miles in 24 hours; he also broke a previous record March 27 by completing 4,495 deep knee bends in one hour . . . Guru and the disciples attended a performance of "Crime and Punishment" in Manhattan March 13; the play was directed by Tarun and produced by Harit.



Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



VOLUME 24

AUGUST–MID-NOVEMBER 1994



MEETING WITH MOTHER TERESA

Sri Chinmoy met with Mother Teresa Oct. 1 at her Missionaries of Charity House adjoining San Gregorio Church in Rome. The two spiritual figures spoke together for several minutes in private, and then Sri Chinmoy presented her with the U Thant Peace Award on behalf of the meditation group he leads at the United Nations.



CORETTA SCOTT KING AND SRI CHINMOY RECEIVE GANDHI AWARD

NEW YORK — Spiritual leader Sri Chinmoy and Coretta Scott King, wife of the slain civil rights leader, received the Mahatma Gandhi Award on Oct. 28.

The award was presented by Bharatiya Vidya Bhavan, India's foremost cultural organization, at a banquet commemorating the 125th anniversary of Gandhi's birth.

The banquet, held at the New York Hilton, brought together leaders of India's political, cultural and business communities—including India's Ambassador to the U.S., Cabinet Ministers, India's former President, R. Venkataraman, and leaders of the Bhavan.

Coretta Scott King and Sri Chinmoy share an intimate moment at the Gandhi banquet Oct. 28. In accepting the Gandhi award, Mrs. King told the Bhavan that she was "humbled that you have chosen me along with such an esteemed spiritual leader as Sri Chinmoy."



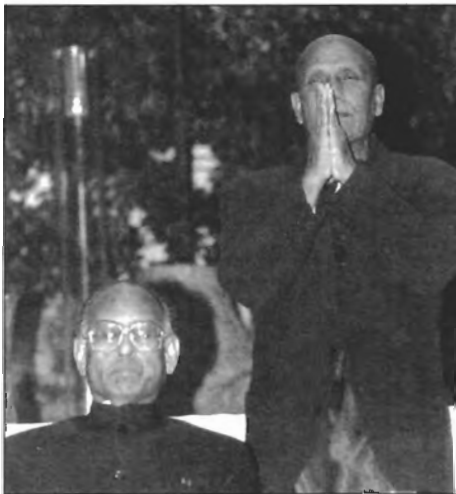
CONCERT DEDICATED TO MARTIN LUTHER KING

NEW YORK — Hundreds of New Yorkers jammed the auditorium of Riverside Church Oct. 22 for Sri Chinmoy's peace concert dedicated to Dr. Martin Luther King.

In his dedication, Sri Chinmoy called the slain civil rights leader "the immortal of immortals."

He went on to say, "Dr. King was at once the bravest child of Divinity and the dearest brother of humanity."

"He was at once the embodiment and revelation of a dream that sleeplessly and breathlessly cried for the manifestation of a oneness-heart here in America. He was indeed a hero-supreme of this earth planet."



Sri Chinmoy meditates at the opening of a Bharatiya Vidya Bhavan symposium Oct. 29 at New York's St. Peter's Church. The symposium was part of a three-day Gandhi program that included the opening at Bhavan headquarters on Oct. 30 of an exhibit of drawings from the Master's third million bird series.

Sitting to Sri Chinmoy's right is Dr. L.M. Singhvi, India's High Commissioner to Great Britain. The previous day Dr. Singhvi had visited Sri Chinmoy at Annam Brahma, where he was lifted into the air as part of the Master's "Lifting Up the World with a Oneness-Heart" program.

UNICEF LEADER GIVEN U THANT PEACE AWARD

NEW YORK — James P. Grant, executive director of UNICEF, received the U Thant Peace Award Sept. 20 at an interfaith prayer breakfast at UNICEF House.

The award, presented by Sri Chinmoy: The Peace Meditation at the United Nations, cited Grant's lifetime of exceptional world service, calling him an "inspirational example" of "compassion, concern and tireless energy in service to the world family."

When Sri Chinmoy, leader of the Meditation Group, made the presentation, Grant said it was a privilege to receive the award "from such treasured hands and from such a treasured group."

The prayer breakfast, organized by The Peace Meditation at the U.N., included brief prayers and remarks by members of six religions. Sri Chinmoy opened the event with a silent meditation.

The breakfast is held annually in conjunction with an early morning "Peace Walk" through the streets of Manhattan by U.N. delegates and staff carrying their national flags. The Peace Walk is one of more than 70 similar events held worldwide, coordinated by the Meditation Group, to commemorate the opening of the U.N. General Assembly.



James P. Grant, executive director of UNICEF, greets Sri Chinmoy at the prayer breakfast at UNICEF House Sept. 20.

GURU AWARDED TWO HONORARY DEGREES

Two universities in the former Soviet Union have awarded Sri Chinmoy honorary degrees.

St. Petersburg State University of Education awarded the Master an honorary degree of Doctor of Philosophy in International Relations "in recognition of the outstanding contributions he has made in the promulgation of social justice among all

peoples throughout the world."

Donetsk University in the Ukraine awarded him an honorary degree of Doctor of Philosophy and Culture for his "contributions in guiding the human spirit for the goodness and well-being of humanity."

Both degrees were awarded in August in connection with Sri Chinmoy's 63rd birthday.

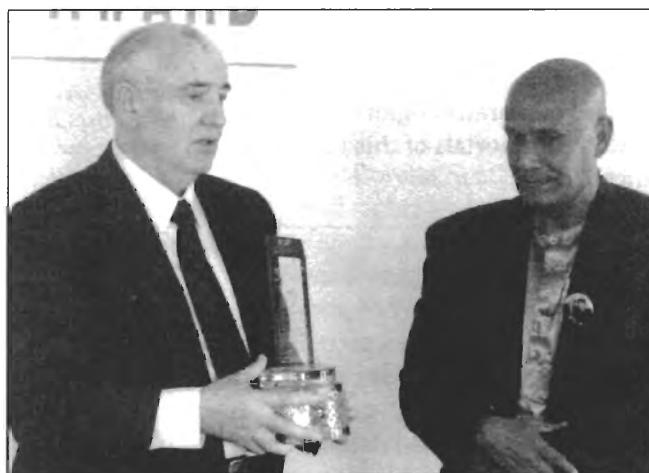


The President of the Republic of Moldova, Mircea Snegur, receives the Peace Torch from Sri Chinmoy during a private meeting in New York on Sept. 28.



A MEETING OF HEARTS

During his latest meeting with Mikhail Sergeyevich Gorbachev, and his wife Raisa Maximovna, at New York's Palace Hotel Oct. 16, Sri Chinmoy presented the former Soviet President with the U Thant Peace Award and offered the Gorbachevs the Peace Torch.





MEMORIAL SERVICE HELD FOR FRED LEBOW

A special memorial service for Fred Lebow, father of the New York City Marathon, was held at the Dag Hammarskjold Auditorium of the United Nations Oct. 18.

The program, organized by the Meditation Group Sri Chinmoy leads at the U.N., drew members of Lebow's family, several world-class runners and officials from the New York Road Runners Club, which Lebow used to head.

In his tribute to Lebow, Sri Chinmoy declared: "Heaven blessed you with a oneness-heart to be a choice Brother of humanity. Earth blessed you with an inspiration-life to be a genuine Friend of humanity.

"On earth you were the flower-beauty-thrill of 26 miles. In Heaven you are now the flower-fragrance-delight of endless miles.

"Many were, many are and many will be founders, directors and sponsors of marathons throughout the length and breadth of the world. But the New York Marathon and Fred Lebow will perpetually shine in the vanguard of marathon-glories and marathon-immortals of this earth-planet."

TALK OF PARSONS BOULEVARD

Guru gave an *outdoor peace concert* at Snug Harbor Cultural Center on Staten Island on Aug. 20... Guru held a series of *four-hour meditations* on the 7th, 13th and 27th of September, October and November. Concerts included special songs by Guru based on the words of Sri Chaitanya, Sri Ramakrishna and Sri Aurobindo... To celebrate his 40th birthday, *Ashrita* set a new Guinness world record Sept. 16 by riding 53 miles on a unicycle — backwards — at Victory Field in Queens. It took him 12 hours 20 minutes... *Antana* won the Sri Chinmoy 1,300-miler held Sept. 12– Oct. 1... More than 3,700 runners in 31 nations competed in the *Sri Chinmoy International Peace Race*

Nepal's U.N. Ambassador, Jayaraj Acharya, and his wife, Usha, meditate as Sri Chinmoy sings. They had asked the Master to come and bless their new Manhattan apartment. U.N. ambassadors from several other countries and their wives also came to the Nov. 10 reception, which also featured a performance by the Sri Chinmoy Bhajan Singers under Ranjana's kind leadership.



in October, a two-mile run honoring the U.N.'s birthday. A man and woman from Kiev, Ukraine, had the two fastest times.

As a service to the running community, the Sri Chinmoy Marathon Team set up *three huge aid stations* at the New York City Marathon Nov. 6. *Lavanya* headed the herculean effort providing 200 dozen bagels, two tons of bananas, and endless quantities of juice, chocolate and other food items. *Marathon Team members* also were responsible for cleaning up the finish line and family reunion area... Guru is giving his year-end *peace concert* at the U.N.'s Dag Hammarskjold Auditorium on Nov. 22 and his *New Year's meditation* on Dec. 1 at St. Paul the Apostle Church in Manhattan... Guru celebrated his *20th Jharna Kala* anniversary on Nov. 19.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

12/94- 12/95

anahata nada

"the soundless sound"



VOLUME 24

DECEMBER 1994-MARCH 1995



The King of Nepal greets Sri Chinmoy.

KING OF NEPAL HOLDS TWO MEETINGS WITH SRI CHINMOY

KATHMANDU — The King of Nepal, His Majesty King Birendra Bir Bikram Shah Dev, held a private meeting with Sri Chinmoy on Dec. 22 at the Royal Palace. They conferred for 45 minutes.

The following day the King invited Sri Chinmoy back to the Palace, along with his students, to hear a song the spiritual teacher had composed in his honor.

The song describes the King as a "worshipper of devotion" within and "the beckoning hand of force divine" without.

"O King of Nepal, powerfully and safely you pilot your Nepalese Boat on the limitless world-ocean," it says.

The group also sang seven songs that Sri Chinmoy had composed to the King's words.

'CHAIRMAN MONK' GREET'S PEACE LEADER

YANGON — Myanmar's top Buddhist leader met with Sri Chinmoy and his students on Dec. 29 at the monk's Kaba Aye Pagoda compound.

The Ven. Sayadaw Baddanta Thawbita, Chairman of the Central Executive Committee of the State Sangha Mahanayaka Committee of Myanmar, told the visiting peace group: "Buddhists believe in previous lives. In a previous life all of you and I were relatives. Now we meet each other again. All my relatives, be

healthy, be happy!"

The Chairman Monk, as he is called, also exchanged gifts with Sri Chinmoy.

During the meeting, Sri Chinmoy sang a song he had composed about the Buddha, and his students sang two other Buddha songs he had written.

When questioned by a news reporter a few days later, Sri Chinmoy said the Chairman Monk "is a very ancient soul in terms of inner awaken- ing and inner illumination."

HIMALAYAN PEAK NAMED SRI CHINMOY PEACE MOUNTAIN

Sri Chinmoy medi- tates at dedication of Sri Chinmoy Peace Mountain, pictured right.



NAGARKOT, NEPAL — The Kingdom of Nepal dedicated a 20,000-foot-high (6,571 meters) Himalayan peak as "Sri Chinmoy Peace Mountain" on Dec. 21 in honor of the good will ambassador visiting the country.

Langtang II in the Langtang range of the Himalayas in northern Nepal becomes the world's 12th mountain dedicated to the cause of peace in Sri Chinmoy's name.

"Nepal proudly joins dozens of nations around the world that have dedicated significant landmarks to peace as part of the international Sri Chinmoy Peace-Blossoms family," said Nepal's Minister of Education, Culture and Social Welfare, Mod Nath Prashrit, in the plaque installed at the dedication ceremony.

The dedication was held at Club Himalaya, a well-known mountain viewing spot.

Other Sri Chinmoy peace mountains include such noted peaks as Mt. McKinley, North America's tallest mountain, and Switzerland's famous Matterhorn.



Myanmar's Chairman Monk receives the Peace Torch from Sri Chinmoy.



MEETING HELD WITH NEPAL'S PRIME MINISTER

KATHMANDU — Visiting peace ambassador Sri Chinmoy paid a courtesy call on Prime Minister Manmohan Adhikari of Nepal Dec. 13 at the government office building, Singha Darbar.

The Indian-born ambassador of peace, who had met with former Prime Minister Krishna Prasad Bhattarai the previous day, was visiting Nepal as part of a good will tour of Southeast Asia.

"We want to make our land a land of peace where every group practices its religion in harmony with other religions and appreciates other religions," Prime Minister Adhikari told Sri Chinmoy.

Said Sri Chinmoy: "We play different roles, but we know in the depths of our hearts that we are all members of



the same world family and that there is only one truth and reality."

During the meeting, Sri Chinmoy's students sang a song their teacher had written about the Prime Minister, describing him as "Nepal's sleepless progress-perfection-voice."

Sri Chinmoy's meeting with Krishna Prasad Bhattarai on the previous day also included a song performed by the Sri Chinmoy choir. In this song,



Left: Nepal Prime Minister Manmohan Adhikari receives Peace Torch from Sri Chinmoy. Above: Former Nepali Prime Minister Krishna Prasad Bhattarai with Sri Chinmoy.

Sri Chinmoy hailed the former Prime Minister, who is now President of the opposition Congress Party, as a "renunciation-hero" who is "inviting all to come and visit your compassion-flooded heart-garden."

The former Prime Minister and the Master met again for a private dinner at Sri Chinmoy's hotel on Dec. 16.

GURU COMPOSES OVER 700 SONGS

During his seven-week trip to Southeast Asia and Hawaii over the Christmas holidays, Sri Chinmoy composed 783 Bengali and English songs.

Included in these were several songs he wrote about the countries he visited and their leaders, and four about the spiritual Master Gorakshanath, who had lived in Nepal

several hundred years ago.

This brings the total number of spiritual songs he has composed since coming to the West to more than 11,000.

On the trip he also drew 41,964 peace-birds. About half of these were exhibited in Yangon Jan. 7 during a concert by the Bhajan Singers.

PEACE CONCERT DRAWS NEPAL GOVERNMENT LEADERS

KATHMANDU — A private peace concert Sri Chinmoy offered here on Dec. 17 drew a number of government officials, Members of Parliament and members of the diplomatic community.

Among the approximately 120 guests attending the concert at the Blue Star Hotel were the Speaker of Nepal's House of Representatives, R. C. Poudel; the Speaker of the Upper

House, B. B. Karki; former Prime Minister Krishna Prasad Bhattarai; Kathmandu Mayor P. L. Singh; and India's Ambassador to Nepal, Professor Bimal Prasad, and his wife.

The by-invitation-only event was dedicated to His Majesty, the King of Nepal.

A concert open to the general public was held on Dec. 22 at the Royal Nepal Academy.

HOTEL STAFF DEEPLY MOVED BY VISITING GURU

The staff at Kathmandu's Blue Star Hotel and Yangon's Mya Yeik Nyo Hotel had never seen anything like it.

Many at first were fascinated but, in the end, deeply moved by the spiritual teacher who had briefly settled in their midst.

During their breaks, staff members would often slip into the meeting room where Sri Chinmoy was composing and singing spiritual songs, meditating or chatting with his students. They would sit in the back and watch.

When he offered a small food item as prasad, many of them would join his students in coming up for the Master's blessings.

And, at the end of the visit, when they approached the Master for a farewell photo or last prasad, they knew they were getting something that would not soon be forgotten.

PEACE AMBASSADOR CREATES A STIR IN BUDDHIST MYANMAR

Visiting peace ambassador Sri Chinmoy left a deep impression on Myanmar during his two-week visit to this Buddhist country.

He met with many of the country's leading figures — including the top Buddhist, called the 'Chairman Monk,' and the Minister of Religious Affairs, Lt. Gen. Myo Nyunt. He was also interviewed by national television and the major Yangon newspaper.

Sri Chinmoy's philosophy of strict spiritual discipline and his deep reverence for the world's great spiritual teachers, including the Buddha, was very well received.

The Buddha is "not only the Light of Asia but also the Light of the world," he told a TV interviewer.

Religious leaders were impressed by the fact that he and the 170 students accompanying him — primarily Westerners — meditated regularly...followed a vegetarian diet...and did not smoke, drink alcohol or chew betal nut (apparently a local vice).

The Indian-born spiritual teacher was also deeply touched by Myanmar (formerly Burma), especially by the spiritual aspiration he observed there.

"Lord Buddha showers his most special Blessings upon the heart-life of Myanmar," he declared. "Here people live in the heart and for the heart. Their love of simplicity and their love of a pure life have deeply impressed me. The self-giving qualities of the Burmese is natural and spontaneous."

Shortly before their departure, Sri Chinmoy's students sponsored a Peace Run around Yangon's Lake Inya and a Masters track meet at Aung San Stadium.

The Peace Run drew hundreds of local runners, who joined with runners from 15 nations in a celebration of peace.

Among the songs Sri Chinmoy composed was one about Myanmar, entitled "Myanmar: The Smile of Lord Buddha's Compassion-Eye." The song, written in his native Bengali, praises the nation's "purity-flooded eyes and spirituality-heart-cries" and says: "From your heart's liberation-sky the sun of Truth Transcendental beckons the entire humanity."



In deep communion with Lord Buddha during a meditation in Myanmar.

LEADING BUDDHIST IS GUEST OF HONOR AT PEACE CONCERT

YANGON — The President of the World Buddhist Meditation Institute was guest of honor at a peace concert Sri Chinmoy offered on Jan. 5 at the Mya Yeik Nyo Hotel.

Ven. Kaba-Aye Sayadaw U Panna Dipa presented Sri Chinmoy with a small golden statue of the Buddha. Sri Chinmoy put the statue on a small table that the hotel owner had given him, then placed the table upon his

head to receive the Buddha's blessings.

Also attending the peace concert was retired General Tint Swe, who was formerly one of the country's major military leaders.

The Jan. 5 concert was the first of several concerts the Master is offering this year in honor of the 50th anniversary of the United Nations and the 25th anniversary of his U.N. Peace Meditation group.



Above: The President of the World Buddhist Meditation Institute presents Sri Chinmoy with a small Buddha statue after the Myanmar peace concert. Below: Sri Chinmoy puts the statue on a small table, which he then places on his head to receive the Buddha's blessings.

GURU HONORED AT CULTURAL PROGRAM

YANGON — Sri Chinmoy was guest of honor at a luncheon and cultural program sponsored by the Ministry of Religious Affairs and a Buddhist cultural group, the Tipitaka Nykarya Upahsaka Sasana Organization, on Jan. 9.

After the Buddhist group sang several spiritual songs, Sri Chinmoy's students sang a few songs that their teacher had composed about the Buddha, and the Master meditated before a Buddha statue.

Afterwards, Sri Chinmoy offered a

prayer to Lord Buddha, concluding with these words: "The Silence of the absolute supreme and ever-unknowable Reality blessed you and claimed you as its own to liberate humanity from the sufferings of ignorance. Lord Buddha, to the human in you we bow. To the Divine in you we bow. To the ever-transcending Reality in you we bow and bow and bow."

Later that day, Sri Chinmoy met with the country's Minister of Religious Affairs, Lt. Gen. Myo Nyunt.





GURU RECEIVES ATHLETIC AWARD

NEW YORK — The Metropolitan Athletic Congress presented Sri Chinmoy with its 1994 President's Award on Feb. 25 for his contribution to running in the New York area and for his own personal athletic achievements.

Tracy Sundlun, MAC President, told guests at the awards dinner that there would be no ultrarunning in the area without Sri Chinmoy.

The Sri Chinmoy Marathon Team each year sponsors locally a 700-mile race in the spring and a 1,300-miler in the fall, as well as marathons and shorter-distance races.



TALK OF PARSONS BOULEVARD

Guru held his annual *New Year's Meditation* Dec. 1 at St. Paul the Apostle Church in Manhattan...After a 5 a.m. meditation on Dec. 20 at Kathmandu's Blue Star Hotel, Guru offered the disciples a *special mantra*, which he asked them to repeat prayerfully and soulfully once a day for the rest of their lives... A *Nepal Peace Run* was held on Dec. 23...*Kathmandu Mayor P. L. Singh* came to the Blue Star Hotel on Christmas Eve to present Sri Chinmoy with two gifts at a farewell banquet the hotel was holding in the Master's honor...Earlier that day there was a *Masters Track Meet* at the city's National Stadium...On Dec. 28 Guru meditated at *U Thant's grave* in Yangon...Guru opened a concert in Maui by *new age singers Bruce BecVar and Oman Ken* with a short meditation on Jan. 20...Guru's *second 1995 peace concert* dedicated to the U.N. was held at the Maui Lu Hotel in Hawaii on Jan. 22 ...Guru began offering regular *Friday evening meditations* at P.S. 86 in Queens for seekers on Feb. 3... Guru held a *special meditation for Annam Brahma customers* on March 16 in conjunction with the restaurant's recent 21st anniversary.

2,800 PARTICIPATE IN SRI CHINMOY TRIATHLON

CANBERRA, Australia — The Sri Chinmoy Peace Triathlon and expo held here the weekend of Feb. 25-26 was the largest ever held in the Southern Hemisphere.

The annual event, dedicated this year to the 50th anniversary of the United Nations, consisted of a 2.2k swim, 80k cycling event and 20k run. There was also a mini-triathlon for the families of the main entrants.

Some 2,800 people participated in the two events.



Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

“the soundless sound”



VOLUME 25

APRIL-JULY 1995

ARTIST COMPLETES FOUR MILLION BIRDS

Sri Chinmoy completed four million peace-bird drawings on June 13.

The project, entitled “Four Million Dream-Freedom-Peace Birds,” was begun nearly three and a half years ago — on Dec. 29, 1991.

The birds, artistic depictions of the human soul, are symbols of freedom and peace.

The four millionth bird is a drawing that actually consists of 7,714 smaller birds in various colors and shapes.

Sri Chinmoy's peace birds have been exhibited at the Mall Galleries in London, UNESCO headquarters in Paris and JFK International Airport in New York.

The most recent showing was held in June in the Senate foyer of Parliament House in Canberra, Australia. After viewing the exhibit, Senator Sid Spindler declared: “This exhibition is not a statement about peace. It is an experience of peace.”

... AND 13,000 SONGS

In a staggering achievement, Sri Chinmoy completed the words and music to 13,000 spiritual songs on July 26.

His 13,000th song, in Bengali, entitled “Victory's Heart-Song,” marked the completion of an odyssey that spanned more than three decades.

“Each of these songs is a gratitude-flower from my heart to my Beloved Lord Supreme,” he declared. Of all his creative achievements, he added, this was the most difficult because of the necessity of following strict Bengali meter and rhyme.

About 5,000 of the songs are in English and 8,000 are in Bengali.

Among these are his longest song — a 194-line poem which he wrote as a youth in India on August 24, 1945 — which he set music to on July 8.

PEACE RUN BRINGS MESSAGE OF HOPE

The Sri Chinmoy Oneness-Home Peace Run, held every other year since 1987, is ending its fifth global relay this August.

The Olympic-style event, in which participants pass a Peace Torch from hand to hand as they run along the route, actually consists of several loosely-linked national and international runs involving more than 70 countries.

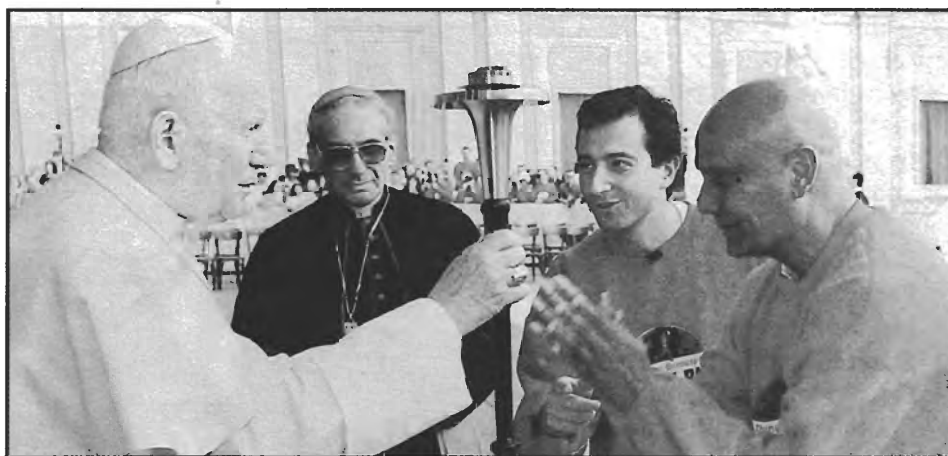
Here are some highlights:

- The cross-country U.S. portion of the Run included a special peace ceremony at the site of the terrorist bombing attack in Oklahoma City...a huge welcome by the Mormon Tabernacle Choir in Salt Lake City...and a greeting to children runners from 12 local schools in Topsham, Maine, from the Governor.
- In Croatia, Cardinal F. Kuharic blessed the Peace Torch in the Cathedral of Zagreb.
- Runners in Italy were briefly joined by participants in the Rome City Marathon and by runners in Milan's



Stramolana Race, the largest race in the world (50,000 runners).

- In the Mideast, the Peace Torch passed through Egypt, Jordan and Gaza. German Chancellor Helmut Kohl held the Peace Torch during his visit to the area, as did Yasir Arafat.
- The King and Queen of Portugal received the Peace Torch on their wedding day, and Archbishop Don Serafin lit the Torch in the famous chapel of the Virgin Mary in Fatima.
- In Russia, runners from St. Petersburg, Siberia and the Black Sea region all converged in Moscow, and then jointly ran to Kaliningrad, where the Torch was passed over the Polish border and carried to Prague, where the European segment of the Peace Run concluded.



Sri Chinmoy offered the Peace Torch to Pope John Paul II on May 31 in the Vatican. The Pope blessed the Torch, making the sign of the cross with it, as tens of thousands watched from St. Peter's Square. “I salute the runners of the Peace Run, who are carrying a torch as a testimony to peace through the streets of the world,” the Pontiff said.



QUEEN ELIZABETH RECEIVES PEACE TORCH

LONDON — Runners from England, Ireland, Scotland and Wales — each carrying a flaming Peace Torch — converged on London's Hyde Park on May 8 for Britain's V.E. celebration.

As some 200,000 spectators watched, the four Peace Torches were used to light a fifth Torch, which Sir Winston Churchill's great granddaughter handed to Queen Elizabeth II. The Queen, in turn, used it to light a 40-foot-high beacon commemorating the 50th anniversary of the end of World War II.

MAJOR CONCERTS HELD IN U.S. AND EUROPE

Sri Chinmoy has offered several major peace concerts dedicated to the United Nations in recent months throughout the U.S. and Europe.

In addition to those mentioned in separate articles, concerts were held at:

- New York's Julia Richmond High School on April 8.
- Paris' Cirque d'Hiver on May 12.
- London's Wembley Conference Stadium on May 13.
- San Francisco's First Unitarian Church on June 24.

Sri Chinmoy plays the harmonium at his May 23 U.N. concert honoring the world organization's 50th anniversary.

SINGHVI RECEIVES U THANT PEACE AWARD

LONDON — India's High Commissioner to the United Kingdom, L. M. Singhvi, received the U Thant Peace Award on May 13.

The award is presented to individuals or organizations reflecting the late Secretary-General's lofty spiritual ideals. Other recipients have included Mikhail Gorbachev and Mother Teresa.

Sri Chinmoy presented the award to the High Commissioner on behalf of The Peace Meditation at the United Nations.

Before making the presentation, Sri Chinmoy participated in a ceremony at the High Commissioner's residence, observing the anniversary of the Buddha's enlightenment. The Master spoke briefly and his students sang a few songs he had written about the Buddha.

UNESCO GIVES GURU NEHRU MEDALLION

PARIS — UNESCO awarded Sri Chinmoy its Nehru Medallion on May 16 in recognition of his contributions toward world peace.

Other recipients of the award include Indian Prime Minister Rao.

The award was given in connection with the planting of a peace tree at UNESCO in honor of the Peace Run.

U OF CINCINNATI BECOMES PEACE UNIVERSITY

CINCINNATI — The University of Cincinnati became a Sri Chinmoy Peace University — the world's first — on May 23.

The same day, Mayor Roxanne Qualls dedicated the city of Cincinnati as a Sri Chinmoy Peace City.

The university and city join more than 700 other landmarks and places around the world, which have been dedicated to the cause of world peace in the spiritual leader's name. They are referred to as Sri Chinmoy Peace-Blossoms.

SPECIAL CONCERT HELD AT U.N.

UNITED NATIONS — Sri Chinmoy held a special concert in the U.N. General Assembly Hall lobby on May 23.

At the concert, he performed on 50 different instruments from around the world in honor of the United Nations' 50th anniversary.

The event, co-sponsored by the ambassadors or permanent United Nations representatives from nine countries, attracted a large crowd from the international diplomatic community.





THREE PEACE CONCERTS HELD IN AUSTRALIA

CANBERRA, Australia — At the encouragement of Prime Minister Paul Keating, Sri Chinmoy offered three peace concerts in Australia — all dedicated to the 50th anniversary of the United Nations.

Keating had encouraged the Master to come, writing him: "Your activities in inspiring a vision of peace are recognized around the world as is your special contribution to the U.N."

"It would be a privilege to have one of your peace concerts performed in Australia."

It was a sentiment echoed by MP Garrie Gibson who, in a speech before Parliament, called the spiritual teacher "one of the world's most remarkable peace-lovers and peace-servers."

Sri Chinmoy's first concert was held in the Great Hall of Parliament House in Canberra on June 26, the exact date the United Nations Charter had been signed in San Francisco 50 years earlier.

Two other peace concerts were held in Melbourne the evening of June 28 at the Victorian Arts Centre.

At the close of the first concert, the General Manager of the Arts Centre, Sue Natrass, came on stage and presented the Master with a plaque declaring the Arts Centre a Sri Chinmoy Peace-Blossom.

Sri Chinmoy said: "They call me an artist. I pray to my Lord Beloved Supreme every day to teach me only one art: the art of self-giving, which has neither a beginning nor an end."

A letter from acting Premier Andrew Refshange of New South Wales dedicating the state of New South Wales as a Sri Chinmoy Peace State was also read out at the Melbourne concert.

AUCKLAND MAYOR OPENS PEACE CONCERT

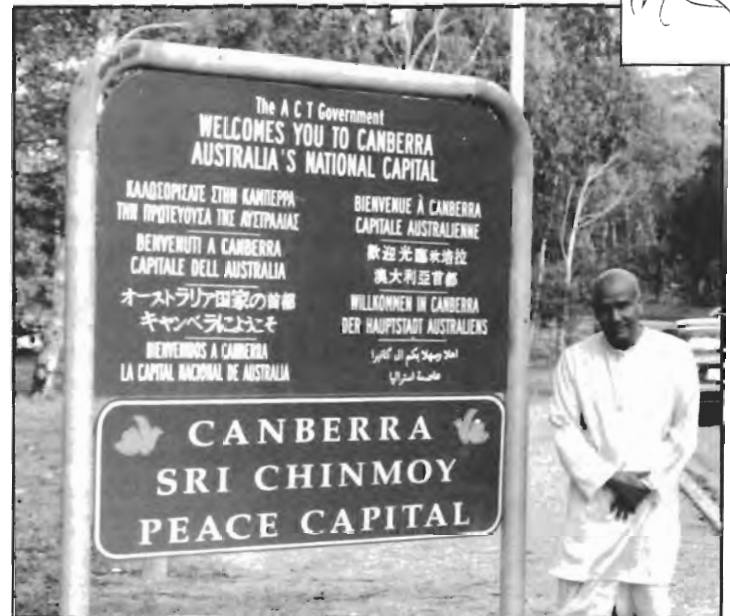
AUCKLAND, New Zealand — Mayor Les Mills opened Sri Chinmoy's Auckland peace concert at Aotea Centre on June 30.

Speaking to a crowd of 2,500, he hailed the spiritual teacher as a man who has dedicated his life "to moving the people of the world from darkness into light."

Sri Chinmoy, he said, "is here to help us understand our unique worth and to inspire us to respect and understand that worth in others."

The Auckland concert, like most of Sri Chinmoy's other peace concerts this year, was dedicated to the 50th anniversary of the United Nations.

While he was in town the following day, the Auckland Zoo was officially dedicated as a Sri Chinmoy Peace-Blossom. The city of Auckland previously had been named a Sri Chinmoy Peace Capital.



Sri Chinmoy stands by a sign proclaiming Canberra a Sri Chinmoy Peace Capital. Similar signs have been erected at four other major highways leading into Canberra.

SRI CHINMOY RECEIVES TWO SPORTS AWARDS

Sri Chinmoy received two prestigious awards for his contribution to sports.

The Australian Sports Commission gave him an award on June 27 at the Canberra Sri Chinmoy Masters Games, in which he ran the 100 meters.

Then, on July 1 in Auckland, the New Zealand Athletics Association gave him The Sports Award, its highest honor, at another Sri Chinmoy Masters track meet, in which he also ran. The award was presented by champion marathon runner Allison Roe.



New Zealand Prime Minister Jim Bolger meets with Sri Chinmoy on June 30 in Auckland.



TALK OF PARSONS BOULEVARD

Victory-Banner Productions, directed by *Ketan*, gave an off-Broadway performance of Guru's play, "Siddhartha Becomes the Buddha" in April, then took the play on the road, visiting Chicago, Seattle, Vancouver and Europe...Guru received an *Honorary Degree* in Religious Studies this spring from St. Marks Major Seminary and College in Minnesota...Guru meditated with runners at the start of the *Seven-Day Race* on May 7... *Australian pop singer Helen Reddy* met with Guru at the tennis court on May 8...During his visit to England, Guru went to *Dover* on May 14 for a ceremony dedicating the city as a Sri Chinmoy Peace-Blossom...Guru opened the *New York Games* at Columbia University's Wien Stadium with a short meditation on May 21; afterwards, he met at Annam Brahma with several of the runners, including *Sudhahota Carl Lewis*, *Leroy Burrell* and *Sam Jefferson*, and writer *Jeffrey Marks*...Guru held his first *four-hour meditation* of the year at P.S. 86 on May 27...

Ashrita has broken two more Guinness world records – completing

390 games of *hopscotch* in 24 hours on April 2-3 and *carrying a brick* with one hand in a downward grip for 71 miles on June 3-4...Guru entered his first track meet in 11 months on June 10, *running the 100 meters* at the *MAC Track Meet* at St. John's University...He also ran the 100 meters in the *USATF meet* at Matawan High School, New Jersey, on June 17, and in the *Shore Athletic Club International Meet* at Holmdel, N.J. on June 21. At the end of the Holmdel race, the race organizers invited him to deliver a message to the crowd...A special *Father's Day Meditation* was held at the tennis court on June 18...A *peace concert* was held at Aspiration-Ground on July 5...Guru came to a *Joy Day* July 9 at the Rocherolle house in Connecticut, held in honor of *Gayatri's* upcoming birthday...A group of *Bengali child musicians* performed for Guru at the tennis court on July 11...*Bhashwar*, 51, won a gold medal in the 4 x 400 relay, completing the distance in 53.81 seconds on July 23 at the XI World Veterans' Athletic Championships held in Buffalo, N.Y.

MEDITATION HELD IN LIBRARY OF CONGRESS

WASHINGTON, D.C. — Sri Chinmoy held a special meditation on July 21 in the Mumford Room of the Library of Congress.

During the event he also performed on the flute and answered a few spiritual questions.

Later in the day, he offered a short peace concert and meditation at the Jefferson Memorial.



Running the 100 meters at Matawan, N.J.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

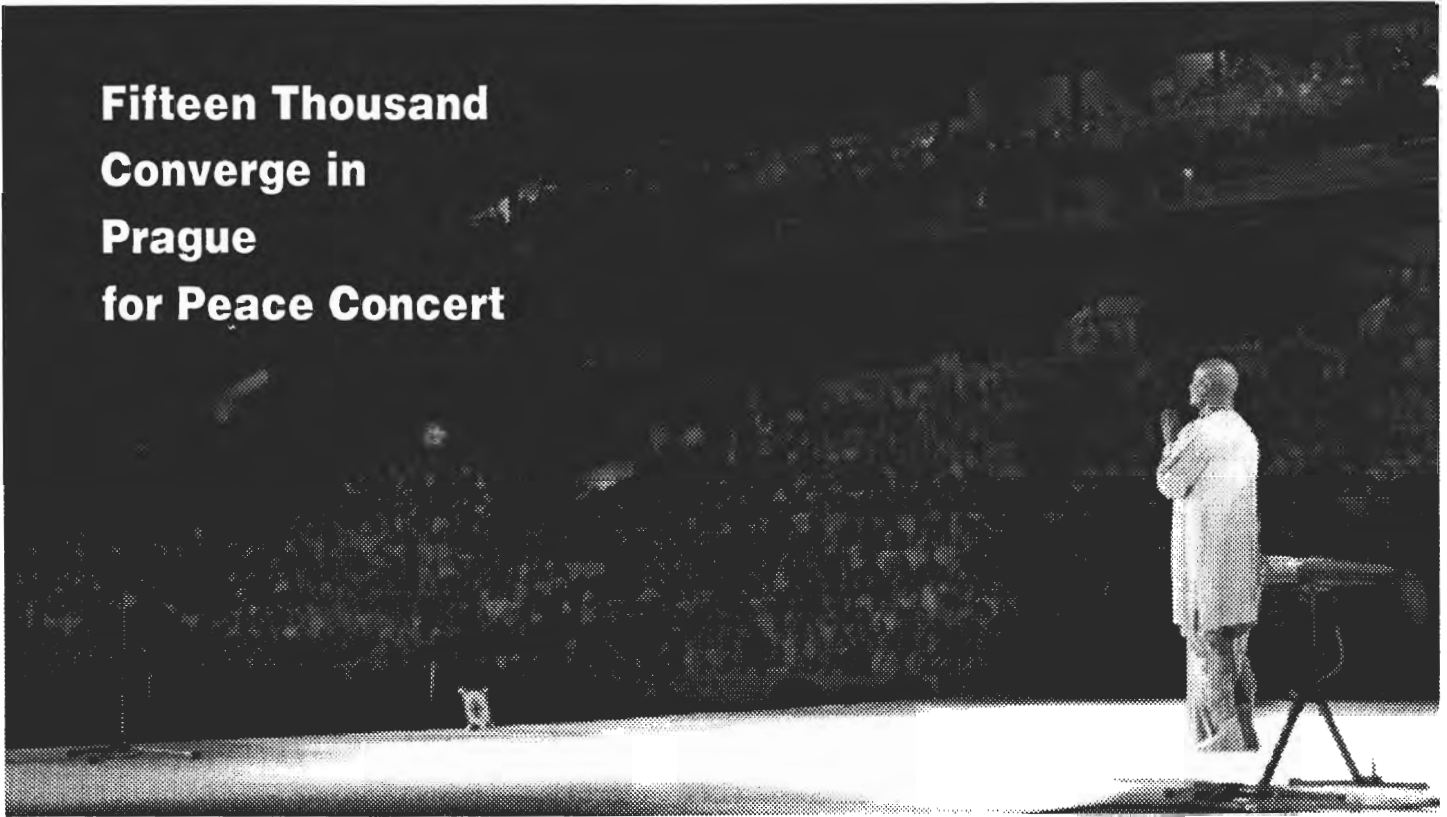
"the soundless sound"



Volume 25

August–Mid-December 1995

Fifteen Thousand Converge in Prague for Peace Concert



PRAGUE — They came from as far away as Siberia, travelling for days on end by bus and train.

They came from Hungary and Poland...from the Ukraine, Latvia and Moldova...from across Western Europe and North America. They came to see one man, who was holding a free peace concert in Prague.

A crowd of more than 15,000 jammed the Sportovni Hala Oct. 8 for Sri Chinmoy's largest peace concert ever. Like his other concerts this year, it was dedicated to the U.N.'s 50th anniversary.

As the Master walked onto the stage, the entire audience rose to its feet in respectful silence. Then, for the next three hours, with hardly a sound or a stir, they listened to Sri Chinmoy's unique performance, feeling a kind of peace that perhaps they had never experienced before.

Thousands more heard the concert as it was broadcast live

over Czech national radio.

Just before leaving the Czech Republic the following day, the Master attended a brief ceremony dedicating Prague Airport as a Sri Chinmoy Peace Airport.

Sri Chinmoy's five-day visit to Europe also included peace concerts at Geneva's Centre Sportif Bout du Monde on Oct. 5 and at Vienna's Palais Ferstel on Oct. 6.

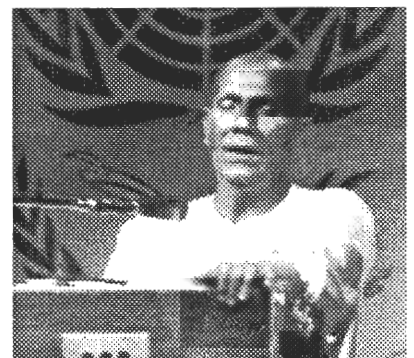
In Switzerland he met with Vladimir Petrovsky, Director-General of the U.N. in Geneva, at his official residence. Petrovsky spoke out against today's "suicidal policy of nationalism," telling Sri Chinmoy, "Your work for world-oneness is very close to my heart."

In Vienna, the Master met with former Austrian President and U.N. Secretary-General Kurt Waldheim, who declared, "We have come to realize that only prayer can solve the world's problems."

MONTREAL CONCERT GETS OVERFLOW CROWD

MONTREAL—An overflow crowd of more than 13,000 filled this city's Palais des Congress Oct. 14 for Sri Chinmoy's Canadian peace concert dedicated to the U.N.

Prime Minister Jean Chretien sent Sri Chinmoy a message for the event, which was read out during the concert.



Playing the harmonium at the Montreal Peace Concert.



HERNANDEZ-COLON GETS U THANT AWARD

PONCE, Puerto Rico — Rafael Hernandez-Colon received the UThant Peace Award Sept. 8 "for his visionary, courageous and spiritually enlightened leadership of the Island of Puerto Rico during his glowing years as Governor and throughout his distinguished career."

In presenting the award, Sri Chinmoy declared: "Your most significant utterance was... 'primero es Puerto Rico, segundo es Puerto Rico, siempre es Puerto Rico.' Over the years I have met with quite a few world figures... But in all sincerity I wish to tell you that you shall always remain first, second and always in my heart of sleepless love and breathless gratitude."

Colon, who had met with Sri Chinmoy on several occasions over the past quarter century, said that world politics has changed dramatically during this time. "But the strategy that you have always followed, which is connected with the soul and spirit, remains the same, and that is the source of real peace."

MEDITATION KICKS OFF SAN JUAN GAMES

SAN JUAN, Puerto Rico — Sri Chinmoy started the San Juan International Masters' Games Sept. 9 with a short message to the athletes and a brief meditation. He also ran the 100 metres, completing the time in 15.57 — his best time of the year.

The following month, on Oct. 29, he threw the javelin, discus and shot in the Sri Chinmoy Masters' Games in Long Beach, California.

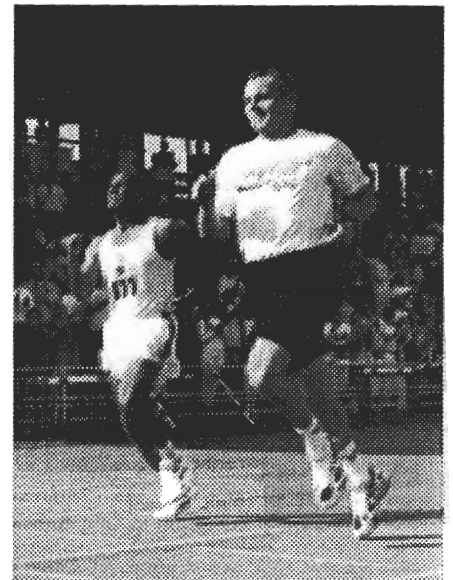
ZMELIK ORGANIZES SRI CHINMOY CUP



PRAGUE—More than 350 athletes, many from the former Soviet Union, competed in the Sri Chinmoy Cup Oct. 8 at Slavia Praha Sports Stadium. The Masters' event was organized by Olympic decathlon champion Robert Zmelik.

Sri Chinmoy opened the competitions with a short meditation and talk to the athletes, and later sprinted with Zmelik in a 100-metre exhibition race, for which former Olympic superstar Emil Zatopek was the starter.

Sri Chinmoy and Olympic gold medalist Robert Zmelik run an exhibition race at the Sri Chinmoy Cup in Prague.



GURU OPENS WORLD MUSIC FESTIVAL

NEW YORK — Sri Chinmoy opened the World Music Festival, a concert dedicated to global harmony, with a short meditation and musical performance.

The Aug. 25 concert, held at Madison Square Garden's Paramount Theater, brought together some of the greatest musicians of East and West — including American vocalist Patti Austin, Latin American ballad singer Danny Rivera and Indian violinist L. Subramaniam.

The festival was sponsored by the Indian cultural association Bharatiya Vidya Bhavan (USA).

...AND U.N. CONCERT

Sri Chinmoy also meditated and performed Sept. 19 at the start of a chamber music concert by members of the New York Philharmonic at the United Nations' Dag Hammarskjöld Auditorium.

The concert, which drew more than 200 diplomats, U.N. personnel and members of New York's musical elite, was part of "The World-Harmony Pilgrim-Dream" series founded by Karoly Reisinger (Sujatri). The project seeks to build bridges between people of all cultures — through music.

MAJOR PEACE CONCERT HELD IN NATION'S CAPITAL

WASHINGTON, D.C. — Sri Chinmoy's major American peace concert took place Nov. 17 in Washington's D.C. Armory. India's Ambassador to the U.S., Siddhartha Shankar Ray, introduced the event, saying "Sri Chinmoy's name...has become synonymous with universal harmony, global understanding and world peace."

The audience, numbering more than 9,000, included many foreign dignitaries and government officials. Sri Chinmoy met with them afterwards at a special reception, offering them signed copies of his new book of U.N. lectures, "The Garland of Nation-Souls."

The following day he attended a book-signing event at Borders Books & Music in Arlington, Va., where he autographed copies of his U.N. book.



On the morning of his peace concert, Sri Chinmoy gave a short flute performance in the rotunda of the Russell Senate Office Building, where an exhibit of his bird drawings was being held. The week-long exhibit was sponsored by Senators Clairborne Pell of Rhode Island and Daniel Patrick Moynihan of New York.

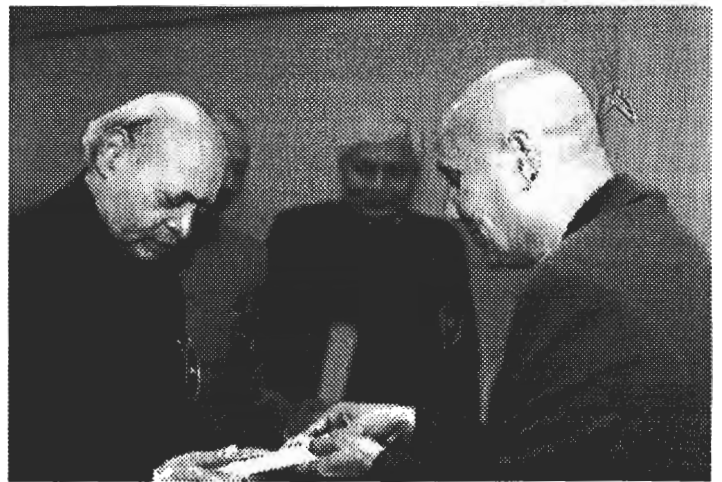
SEATTLE LEADERS WELCOME GURU

SEATTLE — With a warm welcome from the Mayor and the President of the city's largest university, Sri Chinmoy arrived in Seattle Nov. 4 for his peace concert at University Temple Methodist Church.

"By offering countless individuals of many nations the opportunity to discover the wellspring of peace that lies within themselves, you are creating the foundation for a lasting peace," Mayor Norman B. Rice said in a letter read out at the concert. "Your example is an inspiration to us all."

There was also a letter from University of Washington President Richard L. McCormick, who offered Sri Chinmoy his "personal thanks for your inspirational message of hope and goodness."

During the concert, the Master was also presented with the University's World Peace Literature Award by Professor Charles Johnson, who declared: "Like Gandhi, like Mother Teresa, like Martin Luther King, Jr., Sri Chinmoy's presence and work among us has enriched all our lives."



Sri Chinmoy meets with Prime Minister Narasimha Rao of India at the Bharatiya Vidya Bhavan on Oct. 23.

SRI CHINMOY HOSTS AMBASSADORS' DINNER

JAMAICA, NY — Sri Chinmoy hosted an Ambassadors' Dinner Nov. 10 in honor of the 25th anniversary of his peace meditations at the United Nations.

About two dozen ambassadors, ministers and other government officials from 11 African, Asian and European countries — many joined by their spouses — came to Annam Brahma restaurant for this gala event.

GURU GIVES CONCERT OF 150 INSTRUMENTS

JAMAICA, NY — Sri Chinmoy performed on 150 different instruments Nov. 25 at his longest concert ever.

The event, dedicated to the 50th anniversary of the U.N., lasted 14 hours.

50th CONCERT TO END '95 SERIES

NEW YORK — A special peace concert will be held Dec. 8 at Lincoln Center's Kaplan Penthouse.

This is the last in a series of 50 musical performances Sri Chinmoy is offering this year in honor of the 50th anniversary of the founding of the United Nations.

AYURVEDIC COLLEGE STARTING UP

SEATTLE — The Sri Chinmoy College of Ayurvedic Sciences is being formed to teach the ancient science of Ayurvedic medicine.

Dr. Virender Sodhi, head of Seattle's Ayurvedic Naturopathic Medical Clinic and one of America's foremost practitioners of Ayurveda, established the new college Nov. 5.

It will begin offering courses in January 1996, which will eventually develop into a five-year program in Ayurvedic medicine, Dr. Sodhi said.

Sri Chinmoy was on hand for the inauguration.

NEW RECORD SET AT 1,300-MILE RACE

A 52-year-old Latvian named Georgs Jermolaevs set a new world record in the Sri Chinmoy 1,300-miler, completing the race in 16 days 14 hours — three hours faster than the previous record.

The 1,000-mile race was won by Dhvaja, a Canadian woman living in California. Sasha of Yugoslavia won the men's 700-miler and Dipali won the women's.

The two shorter races were sandwiched inside the 1,300-miler. Sri Chinmoy handed out the prizes on Sept. 29 at Ward's Island, where all three races were held.

6,500 RUNNERS JOIN PEACE RACE

Nearly 6,500 runners from 38 countries competed in the eighth annual Sri Chinmoy Peace Race for the United Nations.

The two-mile race, held in honor of the U.N., took place this fall in 118 different cities.

Overall men's winner was a Russian athlete from Novosibirsk, with a time of 8:50. A Ukrainian from Uzgorod, running a 10:10, set a new race record for women.

TALK OF PARSONS BOULEVARD

Guru gave a series of 11 *peace concerts* for the U.N. from Aug. 7-17 at the tennis court. Several other U.N. concerts were held over the past few months at P.S. 86 and at Guru's new house by the tennis court... *Misha* of Yugoslavia rode his bicycle around Flushing Meadow Park for 64 hours from Aug. 11-13 in honor of Guru's 64th birthday; he completed around 625 miles... Guru held his 25th *peace concert* of the year dedicated to the 50th anniversary of the U.N. at Julia Richman High School on Aug. 19... *Ranjana* placed first among the women in the Sports Day competitions Aug. 23 — for the 25th straight year. *Durdam* took top men's honors for the seventh year... Singer *Patti Austin* attended a function with Guru at P.S. 86 on Aug. 26...

Guru met with India's departing Consul-General to New York, *Gajanan Wakankar*, at his residence on Sept. 28 and the Bhajan singers performed a song Guru had written for him... At the request of the sculptor, on Oct. 13 Guru *blessed the foundation* in the North Garden of the U.N. where a life-sized bronze statue of a Kenyan bull elephant will be placed... Guru gave the

opening meditation at an *interfaith celebration* held Oct. 21 in honor of the U.N.'s 50th anniversary at Manhattan's Cathedral of St. John the Divine... Guru held a *peace concert* in *Los Angeles* on Oct. 28 at the Airport Marina Hotel... While on the West Coast, Guru went to Tiburon, California, on Oct. 30 and visited *Narada's* house, called "Sacred Rock," where he meditated with more than a hundred of Narada's God-seeker-friends and answered some spiritual questions... *Ashrita* somersaulted a mile in 26 minutes in Washington, D.C., on Nov. 2... Guru gave peace concerts at *UNICEF House* on Nov. 20, at the *University of Cincinnati* on Nov. 27, at *Bharatiya Vidya Bhavan* on Dec. 1 and at Manhattan's *St. Paul the Apostle Church* (his annual New Year's concert) on Dec. 7... The *New York launching* of Guru's U.N. book took place at a function held Nov. 30 in the U.N.'s Dag Hammarskjöld Auditorium.



Ranjana at Sports Day.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432



Sri Chinmoy holds the Peace Torch at the end of the Peace Run Aug. 14 in Manhattan. "Peace is at once as old as God's Life and as new as God's Heart," he declared.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 25

Mid-December 1995–March 1996



Archbishop Tutu receives U Thant Peace Award.

ARCHBISHOP TUTU RECEIVES U THANT PEACE AWARD

CAPE TOWN, South Africa — Archbishop Desmond Tutu, South Africa's great freedom-fighter, was presented with the U Thant Peace Award during a ceremony at his private residence on Dec. 20.

Offering the award on behalf of The Peace Meditation at the United Nations, Sri Chinmoy praised the Archbishop for his "justice-light, compassion-height and forgiveness-delight."

Archbishop Tutu deeply appreciated the spiritual teacher for "taking the time to come out here and spread your message of love and harmony and peace."

Referring to his recent appointment to chair the Truth and Reconciliation Commission, the Archbishop added, "We hope you will uphold us in your prayers as we set out on this momentous journey in our country."

CAPE TOWN NAMED SRI CHINMOY PEACE CITY

CAPE TOWN, South Africa — Cape Town became Africa's first Sri Chinmoy Peace City.

"Sri Chinmoy's message is of our time and for our time," Mayor William Bantom declared during a ceremony at the start of the spiritual leader's Dec. 23 public peace concert at City Hall. The Mayor opened the concert and introduced Sri Chinmoy to the audience.

The previous day, Cape Town's International Airport was also dedicated to peace in Sri Chinmoy's name by Airports Co. Ltd., the airport governing authority.

IN THIS ISSUE...

*Meeting with President Mandela
Archbishop Tutu gets U Thant Award
Victoria Falls dedicated to peace*

PILGRIMAGE MADE TO MANDELA'S PRISON CELL

CAPE TOWN, South Africa — Visiting peace advocate Sri Chinmoy made a pilgrimage to Robben Island Dec. 26 to pray and meditate in the prison cell where President Mandela had been incarcerated for 18 years.

With folded hands, the spiritual leader prayed in silence for several minutes and then offered this message: "Our beloved President Mandela, O Supreme Pilot of South Africa, it is here in this tinier than the tiniest room that you embodied your country's streaming tears and bleeding heart.

"There was a time when this cave-room played the role of punishment. Now this room plays the role of humanity's sacred, illumining and fulfilling shrine."

Colonel Elsa Jones, the Commander of Robben Island, who escorted Sri Chinmoy on his tour of the correctional facility, afterwards declared: "I have been to the cell many, many times but this is the first time that I felt it was sacred — like Sri Chinmoy said, a holy shrine."



Meditating in Nelson Mandela's prison cell.

EASTERN CAPE PREMIER OPENS PEACE CONCERT

PORT ELIZABETH, South Africa — Premier Raymond Mhlaba opened Sri Chinmoy's Jan. 13 peace concert here, dedicating his Province to the cause of peace in the **spiritual** leader's name.

Saying he was "deeply moved by Sri Chinmoy's concern for all our citizens here in South Africa," Mhlaba named the Eastern Cape a "Sri Chinmoy Peace Province."

"May your prayers and your rainbow-offering for peace inspire us all to join together in our common victory for peace in South Africa and in the entire world," the Premier declared.

Deeply moved by the Premier's declaration, Sri Chinmoy told the Eastern Cape leader: "Your life's dynamism, your heart's oneness with humanity and your mind's indomitable will have touched the very depths of my aspiring heart and devoted life."

The peace concert, held at the Port Elizabeth Technikon, was Sri Chinmoy's second in the city. Two days earlier he had offered a concert in the Port Elizabeth City Hall, where an exhibit of his peace-bird drawings was also being held.

MESSAGE OF PEACE COMES TO SOCCER MATCH

PORT ELIZABETH, South Africa — An American runner named Lunthita Duthely brought the message of brotherhood to the Africa Cup of Nations soccer competition Jan. 14 when she carried a flaming Peace Torch around Boet Erasmus Stadium at the start of the Ghana vs. Ivory Coast game.

She then presented the Peace Torch to Sri Chinmoy, who passed it to Nosimo Balindelela, Eastern Cape Minister of Education and Culture.

The runner was representing the Sri Chinmoy Oneness-Home Peace Run, a 70-nation relay run in which participants pass a Peace Torch from hand to hand and symbolically spread the "light of peace" around the globe.



Meeting with Zimbabwe President Mugabe.

PEACE ADVOCATE MEETS PRESIDENT OF ZIMBABWE

HARARE, Zimbabwe — Zimbabwe President Robert Mugabe met with Sri Chinmoy on New Year's Day at the State House, the President's private residence.

Sri Chinmoy told the former school-teacher: "You have taught many subjects to your students, but to us and to your country you have provided the most significant, the most meaningful and the most powerful lesson: the lesson of unity."

During the meeting, Sri Chinmoy presented the African leader with the

U Thant Peace Award on behalf of The Peace Meditation at the United Nations for his "life-long commitment to the independence of his country and to its attainment of lasting justice and peace."

After meditating with the spiritual teacher, President Mugabe declared: "I am very greatly touched by this spiritual, generous and extremely charitable act which, as it goes deep down into my heart, evokes thoughts of the need the world feels for...peace and stability."

TWO PEACE CONCERTS HELD IN ZIMBABWE

HARARE, Zimbabwe — Sri Chinmoy offered two peace concerts here during his seven-day visit to Zimbabwe.

A concert for members of the diplomatic community was held at the Meikles Hotel on Dec. 29. Guests included the Ambassadors of China and Slovakia, the High Commissioners of India, South Africa and Nigeria, and representatives from the embassies of the U.S., the Holy See, the Czech Republic, Bulgaria and Germany.

A second concert for the general public, which was dedicated to President Mugabe, was held on Jan. 1 in one of the townships in Warren Park.

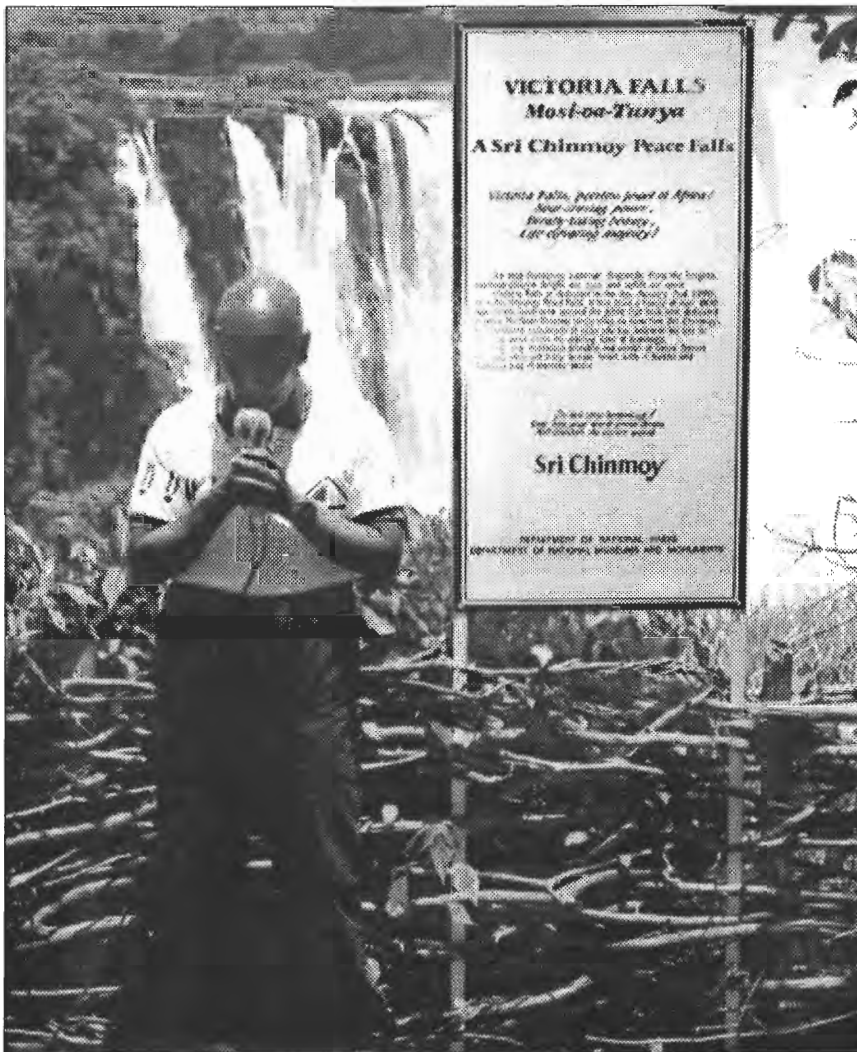
VICTORIA FALLS BECOMES "SRI CHINMOY PEACE FALLS"

Inspired by Sri Chinmoy's message of oneness, the Zimbabwe government named Victoria Falls, one of the great natural wonders of the world, a "Sri Chinmoy Peace Falls."

During the Jan. 2 dedication ceremony, Sri Chinmoy meditated on the falls and his students sang a song he had composed about it.

Later that same day, Zimbabwe's Department of Civil Aviation unveiled a plaque at the entrance to the international airlines terminal proclaiming the Harare International Airport a "Sri Chinmoy Peace Airport."

Later in the month, the City Council declared Harare a "Sri Chinmoy Peace Capital."



Sri Chinmoy at the Victoria Falls peace dedication.

ZULU KING WELCOMES SRI CHINMOY

DURBAN, South Africa — The King of the Zulu Nation, His Majesty King Goodwill Zwelithini Zulu, flew in from his palace in Nongoma Jan. 23 to deliver the welcoming address at Sri Chinmoy's Durban peace concert.

"The visit of Sri Chinmoy and his peace group is a fountain of inspiration for us," the King declared.

At a reception following the concert, he told the peace leader: "Brother, Brother, you cannot imagine what you have done for me and for our country! Only a few — not many — men of peace like you we need to bring peace to our country."

The concert, held at City Hall, was sponsored by the Hindu Maha Sabha, the cultural and quasi-political organization representing the Indian community in South Africa.

As part of the event, the chairperson of the Executive Council of the Durban Metropolitan Area, Obed Mlaba, announced that the Durban region had joined the family of Sri Chinmoy Peace-Blossoms.

He told Sri Chinmoy: "For us, you represent the power of the heart and the spirit of God within each human being as we strive to bring goodness and peace into our lives."

PEACE DEDICATION SHOWS PROGRESS IN CIVIL RIGHTS

PIETERMARITZBURG, South Africa — The city where India's Gandhi was forcibly thrown out of a train for riding in the first class section has now been dedicated to the cause of peace in the name of another Indian leader.

A little more than a century after white authorities manhandled Gandhi at the train station here, Pietermaritzburg's Mayor and City Council named their historic city a "Sri Chinmoy Peace City."

Mayor Omar Latiff unveiled a commemorative plaque, which will be permanently placed in the entrance to City Hall, at a dedication ceremony attended by Sri Chinmoy and his students on Jan. 27.

Later that evening the spiritual leader offered a peace concert at City Hall, which he dedicated to Mahatma Gandhi.



Meeting with the King of the Zulu Nation.



NELSON MANDELA RECEIVES PEACE LEADER

JOHANNESBURG — South African President Nelson Mandela received Sri Chinmoy at the African National Congress headquarters on Jan. 29.

"Your life of unconditional sacrifice and your beloved country's miracle-transformation are inseparable," Sri Chinmoy said. "Sleeplessly your life-boat is plying between Africa's bleeding heart-shore and Africa's smiling soul-shore."

He then presented the African visionary with the U Thant Peace Award on behalf of The Peace Meditation at the United Nations.

"To be appreciated by an organization like yours is a real shot in the arm, and I'm very grateful to you," President Mandela said.

"This award from you is one that I am going to respect a great deal and which encourages me in the difficult work that we are doing."

Just before Sri Chinmoy and his students departed, the 76-year-old Nobel Peace Laureate offered his kind appreciation: "I cannot express in words my joy....What you are doing is in the interest of the entire humanity and the world."

GOODWILL TOUR BRINGS MESSAGE OF ONENESS TO SOUTHERN AFRICA

Sri Chinmoy's seven-week goodwill tour of southern Africa this past December and January brought the message of peace and oneness to a particularly troubled part of the world.

"I have come here to be of devoted service to the heart and the life of Africa," Sri Chinmoy said at a press conference.

"Through my prayers, my meditations and my prayerful and soulful music, I am trying to offer the message of peace, love and oneness to my brothers and sisters in the aspiring humanity."

When he performs on various instruments at a peace concert, he explained, it is his heart that is speaking through the music.

"Right now I am speaking in English, but it is my heart that is really talking to you — my heart of love, my heart of concern, the heart that makes me feel at every moment that we all belong to one world-family. The language of the heart is the only language that I know."

"People come to my peace concerts with their hearts' inner cry, which we call aspiration. When their aspiration and my aspiration join together, we feel our oneness with one another. And oneness is the foundation of peace."

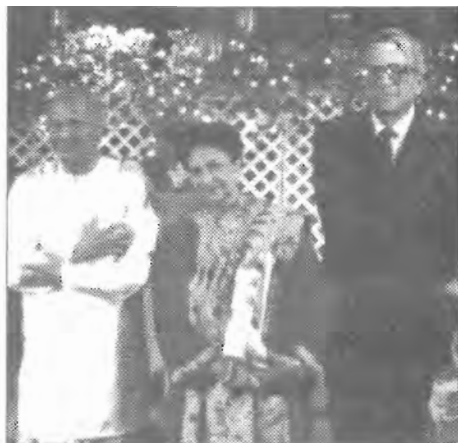
"At the present time," he continued, "there is no peace in the world because we live in the mind rather than in the heart."

"The mind is always separating us from one another and making us feel our differences. And when I feel divided from you, then naturally I want to be one step ahead of you. So the mind offers the message of supremacy, which is ultimately the message of destruction."

"But the heart does not want to destroy others for it has already established its oneness with each and every human being."

"The heart embodies the message of oneness, which is the message of real peace."

FAREWELL PARTY HELD FOR INDIAN AMBASSADOR RAY



Sri Chinmoy with Ambassador and Mrs. Ray

NEW YORK — India's departing Ambassador to the U.S., Siddhartha Shankar Ray, and his wife, Maya Devi, received a moving farewell Feb. 13 shortly before returning home.

Tributes from ambassadors and luminaries around the world were read out in a special function hosted by Sri Chinmoy.

"Physically tall, patriotically and culturally taller, politically infinitely taller, self-givingly taller than the tallest: This is our beloved Ambassador Siddhartha Shankar Ray." This was part of Sri Chinmoy's soulful appreciation of him.

The event included a performance by Sri Chinmoy's students of several

Bengali songs, including special ones the spiritual leader had composed about Ambassador Ray and his wife.

"You have given us so much of your love," Maya Devi remarked. "I am always very happy when I am amongst you."

When she and the Ambassador return to India, she said, "I would not like to feel that spiritually we are not as close to you as we are today."

For Ambassador Ray, "It was a tremendously moving, a tremendously emotional evening."

"Every time I visit you," he said, "it is a new kind of joy that comes into me. Maya and I leave refreshed, with new spiritual vigor...."

The Ambassador ended his remarks by teaching his mostly American audience the Bengali way of saying farewell — using a term that affectionately and charmingly expresses the feeling of arriving rather than departing.

"I am not saying goodbye," he said. "I will tell you Ashi, which means 'I am coming,' and you will respond, Esho, which means, 'Yes, come!'"

That wintry February night, in a small hall in New York's Hunter College, America cried out to India's beloved elder statesman: "Esho, esho!"

SYDNEY OPERA HOUSE BECOMES PEACE-BLOSSOM

SYDNEY, Australia — The Sydney Opera House was named a Sri Chinmoy Peace-Blossom on March 6.

The prestigious music hall was dedicated to the cause of peace in the spiritual leader's name in conjunction with a two-week exhibit of his bird drawings there.

ROME MARATHON GIVES PEACE RUN FOUNDER FRED LEBOW PRIZE

ROME — The Rome Marathon honored Sri Chinmoy, founder of the Peace Run, with its Fred Lebow Prize.

The prize was presented to him by Allan Steinfeld, President of the New York Road Runners Club, at the Rome Marathon Expo on March 23.

In his acceptance speech, Sri Chinmoy spoke movingly of Fred Lebow, founder and former president of the New York Road Runners Club: "Now you are in the soul's world, but you have left your heart with us and you have left your life for us."

Sri Chinmoy also praised Steinfeld, saying his "light is seen, felt and cherished not only by those thousands and thousands who run the New York City Marathon but also by marathon lovers everywhere."

ROME MARATHON RUNNERS OFFERED MOMENT OF SILENCE

ROME — Sri Chinmoy took part in the official opening ceremonies of the Rome Marathon on March 24.

Standing on a platform high above the starting line near the Coliseum, he offered a moment of silence before thousands of runners.

Runners from the Sri Chinmoy Oneness-Home Peace Run also participated in the opening ceremonies. Starting out at the Vatican, a mosque, a Jewish temple, FAO headquarters and Rome's historic Campidoglio, they passed flaming Peace Torches from hand to hand in five relays that converged at the Rome Marathon starting line.



After Sri Chinmoy receives the Fred Lebow Prize, he holds the Peace Torch with officials at the Rome Marathon Expo. From left: Mico Lastra, a representative of New York City; Allan Steinfeld, and Umberto Silvestri, President of the Rome Marathon.

TALK OF PARSONS BOULEVARD

Sri Chinmoy held a private meeting with the Deputy Speaker of the National Assembly of South Africa's Parliament, *Dr. Bhadra Ranchod*, on Dec. 14...The Swiss Embassy organized a one-man exhibit of *Nikunja's paintings* at Liza's Gallery in Harare from Dec. 8-Jan. 22...During his visit to South Africa, Sri Chinmoy had private meetings with *Mahatma Gandhi's great granddaughter*, Uma, in Cape Town on Dec. 23 and with *Gandhi's two granddaughters*, Ela and Sita, in Durban on Jan. 20...

The spiritual teacher and his students took a *boat ride on Zimbabwe's Zambezi River* on Jan. 2...South Africa's *Addo Elephant National Park* was dedicated as a Sri Chinmoy Peace-Blossom on Jan. 16, and *Drakensburg Natal Park*, which includes the 1,000-mile-long Drakensburg Mountain Range, became a Sri Chinmoy Peace Park on Jan. 29...

Mayor S. S. Ngwenya came to the airport to greet Sri Chinmoy when he and his students arrived in Durban

on Jan. 18...Sri Chinmoy meditated briefly at a *reception by the Hindu Maha Sabha* at Durban's Gandhi Hall on Jan. 19 and also at a *Bhajan musical performance* at Durban's Ramakrishna Temple — both events on Jan. 20.

Ashrita broke a new Guinness record in Durban Jan. 21 when he completed 2,574 step-ups onto a 15-inch exercise bench in one hour...On his return from his meeting with President Mandela in Johannesburg, Sri Chinmoy held a *special peace concert* at the Durban Holiday Inn on Jan. 29 for the hotel manager and his staff...

In keeping with his philosophy of physical fitness, Sri Chinmoy ran the 100 and 200 metre races and the two-mile race in the *Sri Chinmoy Masters Track Meets* held Dec. 23 at Cape Town's Greenpoint Stadium and Jan. 14 at the University of Port Elizabeth Athletic Stadium...He also joined his students in six other *two-mile races* during the trip to southern Africa. His best two-mile time: 20:25.

The spiritual teacher celebrated his *20th esraj anniversary* on Feb. 17 with an esraj concert and his *ninth piano anniversary* on Feb. 25 with a piano recital; his *20th year of playing the flute* was celebrated March 9...The *Sri Chinmoy Triathlons and Expo* held the weekend of Feb. 17-18 in Canberra, Australia, drew some 2,700 participants...*Four-hour meditations* were held at P.S. 86 in Queens on Feb. 28, March 13 and March 27...

Sri Chinmoy performed his Czechoslovakia song March 11 at the opening of a concert at Lincoln Center sponsored by the *World-Harmony Pilgrim-Dream Foundation* promoting friendship between the Czech and Slovak Republics...Sri Chinmoy gave the semi-annual interfaith lecture March 18 at *The College of Saint Rose* in Albany, N.Y. ...The Sri Chinmoy Marathon Team received a *special prize* from the officials of the Rome Marathon for being the running team with the most participants — 340.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 25

April-July 1996

MESSAGE OF GRATITUDE OFFERED FOR 32 YEARS IN AMERICA

ASPIRATION-GROUND – Sri Chinmoy commemorated his 32nd anniversary in America April 13 with a meditation at Aspiration-Ground, his spiritual park.

He then offered a message to his students, who had gathered from around the world to celebrate the occasion.

“Thirty-two years ago I came to America. When I try to remember the incidents or experiences, I see only a sea of joyful tears.

“Today I am planting 32 gratitude-plants with my soul’s blessings, my heart’s love and my life’s gratitude inside each and every member of our spiritual family....

“My hope and my promise is to manifest God’s infinite Light inside your hearts’ aspiration-cries and your lives’ dedication-smiles....

“When I am in my heart, I see that my heart is of you; and when I am in my life, I see that my life is for you, only for you.”

131 CONCERTS GIVEN FOR POPE’S BIRTHDAY

In honor of the Pope’s 76th birthday May 18, Sri Chinmoy requested his students to perform songs he has written about the Christ and the Pontiff in Catholic churches worldwide.

Over a several-week period, Sri Chinmoy musical groups gave 130 concerts in 26 countries throughout North America, Europe and Australia.

The Master commemorated the Holy Father’s birthday by offering a peace concert May 13 at the United Nations’ Dag Hammarskjöld Auditorium. Various U.N. ambassadors and staff members attended.



Environmentalist Maurice Strong receives the U Thant Peace Award.

MAURICE STRONG GETS U THANT PEACE AWARD

NEW YORK – Environmentalist Maurice Strong received the U Thant Peace Award May 2 for his “lifelong commitment to the soaring ideals of the United Nations” and his “reverence for our beautiful and bountiful Planet Earth.”

Presenting the award on behalf of The Peace Meditation at the United Nations, Sri Chinmoy told the Canadian leader: “You convincingly manifest the powerful truth that to unite humanity in the cause of preserving our Mother Earth is not only good, kind and necessary but also practical, profitable and fruitful.”

Strong, who was Secretary-General of the 1992 U.N. Conference on Environment and Development, known as The Earth Summit, said: “I am overwhelmed to receive the honor that bears the name of U Thant, and to receive it from the hands of Sri

Chinmoy, who has been for so many years the custodian and guardian of the spiritual roots of the United Nations.

“That combination makes this the greatest honor I could possibly imagine.”

The presentation was made at the U.N. Church Center at a ceremony attended by about a hundred diplomats and U.N. staff members.

TWO MORE RECORDS FOR GUINNESS...

Ashrita Furman has set two more Guinness records.

On May 18 he balanced 57 glasses on his chin for 11 seconds in his backyard in Queens, N.Y. The glasses weighed about 50 pounds.

The event was televised on MBC Korean Television.

Then, on July 2 in Cleveland, Ohio, he somersaulted one mile in 19 minutes 38 seconds.

GURU CHALLENGES THE PRIDE OF AGE

When most people turn 65, they're ready for retirement. But Sri Chinmoy is celebrating his upcoming 65th birthday by turning back the clock and becoming like a child again.

He has set for himself 65 "Rainbow-Dream-Goals" he wants to achieve this year. Twenty-five he has already achieved or gone beyond; others still beckon.

"I am trying to challenge the pride of age," Sri Chinmoy says. "Age is in the mind, not the body. So our philosophy is to remain children as long as possible by having a childlike heart. If we can remain inside our heart-garden, we will continue to bring forth fresh, beautiful flowers that at every moment will give joy and inspiration."

Sri Chinmoy's rainbow-dreams include various feats of mental and physical prowess such as jumping into the air from a standing position (35 inches), volleyball and softball throws, basketball shooting (so far,

77 baskets out of 100), juggling and memorizing the birth dates of a hundred historical figures — to name just a few.

"Many spiritual figures **do not care** for the manifestation of light in and through the physical because it is so unreceptive. But I do not see **eye to eye** with them.

"I feel it is **impossible to put** each and every human being on our shoulder and help him **climb** up to the highest height through **meditation**.

"Therefore, God **wants us** to bring down the highest Light from above and manifest it here in the physical, where even ordinary **human beings** can see and feel it. And **for this**, the main instrument is the **body**.

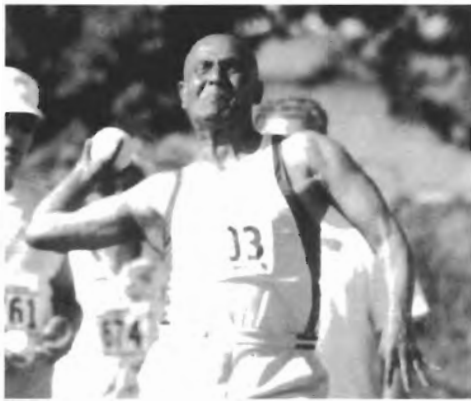
"So we are trying to extend and expand the capacity of the body; we are trying to keep the **life-energy**, which is the body's solid and tangible wealth, from going away."

Inspired by his activities, South African President **Nelson Mandela**

sent this message: "It does not **surprise** me to learn that Sri Chinmoy **has** enthusiastically entered into a remarkable fitness program which **would have** defeated many others of similar or even younger age. In disciplining the body, we also **discipline the mind**, and I found Sri Chinmoy deeply disciplined and at peace with himself and the world."

Australian runner Robert De Castella, former world marathon champion, said: "Sri Chinmoy is a great inspiration to a lot of people. If **he can** instill just a fraction of the **passion** which he has for his different activities into other people, the world will be a **better place**."





Doing the softball throw at the Senior Games.

MEDITATION OPENS CALIFORNIA GAMES

SACRAMENTO – Sri Chinmoy officially opened the 1996 California State Championships of the Senior Games with a moment of silent meditation on May 31.

A choral group of 40 of his students also performed a special song their teacher had written for these games.

Sri Chinmoy participated in five events over that weekend – basketball free throw, softball throw, ergometer, 50 meters and 100 meters.

During his visit to Sacramento, he was awarded a medal for his service to world peace by the organizer of the California Senior Games, Pam Rhodes.

A MOST UNUSUAL FATHER'S DAY

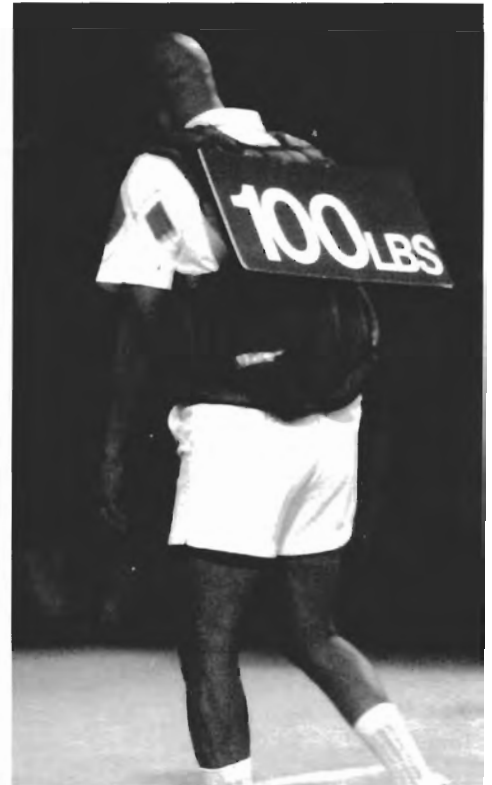
ASPIRATION-GROUND – Sri Chinmoy celebrated Father's Day June 16 by completing several challenging feats of strength and endurance.

He began by performing 7,000 abdominal crunches – in just under 80 minutes. He then lay on the ground with 302 pounds of weight – twice his own body weight – on his stomach, and used his abdominal muscles to raise the weight 130 times.

Next came a walking meditation, while wearing a 100-pound vest. Then, using a standard calf-raise machine, he lifted a 1,500-pound weight stack. He concluded his three-hour Father's Day extravaganza with a variety of leg extensions and leg curls with weights ranging from 110 to 200 pounds.



Sri Chinmoy meets with Nobel Peace Laureate Mother Teresa at her Missionaries of Charity House in the Bronx on June 4.



Sri Chinmoy does a walking meditation wearing a 100-pound vest (above and above right) and 7,000 abdominal crunches (right) during the Father's Day celebration at Aspiration-Ground.

ARTIST COMPLETES FIVE MILLION BIRDS

Sri Chinmoy completed another million soul-bird drawings on July 19, bringing his total to five million.

He began drawing these little birds four and a half years ago while on a trip to Malta. They represent images of the human soul in its various spiritual moods.

In the artist's words: "These birds are a new creation, the creation that will sing the song of Immortality in the life of mortality. To me they represent new hope, new promise, new peace, new bliss and new perfection on earth."

Upon hearing of the five million birds, Mother Teresa declared: "These five million birds are all God's Work! God is doing all of this."

Mikhail Gorbachev said, "With all my heart I congratulate you...May your birds, into which you put your soul, make the world more...beautiful."

An exhibition of three million of these birds opened in a midtown Manhattan gallery in August.

LATVIAN RUNNER WINS 2,700-MILE RACE

JAMAICA, NY — A 53-year-old ultra-distance champion from Riga, Latvia, took first place in the newly inaugurated Sri Chinmoy 2,700-mile race.

Georgs Jermolajeva ran 5,200 times around a half-mile course on the streets of Jamaica, Queens, in 40 days 11 hours 49 minutes. That's the equivalent of completing two-and-a-half marathons a day.

First place among the women was Suprabha, a student of Sri Chinmoy's from Washington, D. C. Her time was just slightly over 43 days.

The 2,700-mile race — the longest certified race in history — was the inspiration of Sri Chinmoy, who wanted to give ultra-distance runners new challenges in keeping with his philosophy of continual self-transcendence. Next year the distance will be upped to 3,100 miles.

All told, five runners finished the 2,700-miler, which extended from June 13 to July 30.

TALK OF PARSONS BOULEVARD

Sri Chinmoy gave a *peace concert* April 10 at Manhattan's High School of Fashion Industries... During a *circus* his students put on April 16 as part of the two-week celebration of their teacher's arrival in America 32 years ago, the spiritual Master *juggled, shot basketballs and shot marbles*...Sri Chinmoy visited the Forest Hills Barnes & Noble on April 20 to *sign copies of his book*, "The Garland of Nation-Tears" and "Garden of the Soul"...*Dipali* stood first among the women in the Sri Chinmoy 10-Day Race held at Randall's Island April 25-May 5... *Four-hour meditations* were held at Aspiration-Ground on April 27, May 27 and June 27... *Australian Prime Minister John Howard* expressed his support for the Sri Chinmoy Oneness-Home Peace Run by posing with the Peace Torch May 5 outside the Hard Rock Cafe in Sydney, Australia.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 25

August-November 1996



STATUE OF LIBERTY NAMED PEACE-BLOSSOM

LIBERTY ISLAND — The Statue of Liberty, long the torchbearer of American freedom, became a symbol of world oneness as well when it was dedicated as a Sri Chinmoy Peace-Blossom on Aug. 27.

“With this initiative, the Statue of Liberty now belongs not only to America but to the whole world,” said Diane H. Dayson, Superintendent of the National Park Service’s Statue of Liberty/Ellis Island National Monument. “What better symbol than ‘Lady Liberty’ to lead us all to the light of peace and harmony!”

Speaking at the dedication ceremony, Sri Chinmoy said: “O Statue of Liberty, you are the absolute greatness of America’s transcendental soul. You are the supreme goodness of America’s universal heart.”

The international peace advocate also released seven peace doves.

The ceremony, attended by more than 200 onlookers, included a performance by a 65-member choir of a special song Sri Chinmoy had composed about the Statue of Liberty, entitled: “America’s Proudest Vision-Pride.”

Its words:

*O Polestar Statue of Liberty!
Earth-heart’s pinnacle-Divinity.
America’s proudest Vision-pride—
Her Beauty’s cosmos-fragrance-ride—
Freedom-smile bestower is your Soul.
World-peace-hunger’s nectar-flooded
Goal!*

At the end of the ceremony, Superintendent Dayson presented Sri Chinmoy with a birthday cake in the shape of the Statue of Liberty. The peace advocate turned 65 on the day of the dedication.

1,301 POEMS WRITTEN IN A SINGLE DAY

JAMAICA, NY — Demonstrating once again his philosophy of self-transcendence, Sri Chinmoy completed 1,301 poems in 22 hours 45 minutes on Aug. 7-8.

Averaging one poem every 63 seconds, he surpassed his 1975 record of 843 poems in 24 hours.

The Master began his marathon at 7:05 a.m., dictating poems to his students or to a tape recorder at home. Later that afternoon, he continued dictating while taking a car ride.

His regular Wednesday evening meditation at Aspiration-Ground also became a poetry session during which he composed another hundred poems in front of his students — bringing his total to more than 900.

Afterwards, he told his students: “It is my secret and sacred wish to reach the golden shore of 1,300.”

At 5:50 in the morning, after working through the night, he touched the shore, and then completed one extra poem for good measure.

After meditating for several minutes, the poet entitled his collection “Two God-Amusement-Rivals: My Heart-Song Beauty and My Life-Dance-Fragrance.”

EXTEMPORANEOUS PIANO CONCERT LASTS 65 MINUTES

JAMAICA, NY — As one of a series of events leading up to his 65th birthday, Sri Chinmoy gave an extemporaneous piano concert lasting 65 minutes on Aug. 13.

It was the longest amount of time he has ever performed extemporaneously on the piano.



UN OFFICIAL RECEIVES U THANT PEACE AWARD

UNITED NATIONS – C. V. Narasimhan, the Chef de Cabinet under U.N. Secretaries-General Hammarskjöld, U Thant and Waldheim, received the U Thant Peace Award on Sept. 10.

In presenting the Award on behalf of Sri Chinmoy: The Peace Meditation at the United Nations, Sri Chinmoy commented on how Narasimhan was unique among recipients because of his closeness to U Thant.

"In your unique life-song, Brother Narasimhan, you have soared to the heights of oneness-service, peace-fulfillment and perfection-manifestation," Sri Chinmoy declared.

The award plaque described Narasimhan as "U Thant's trusted confidant, U Thant's illumined adviser, U Thant's devoted admirer, U Thant's cherished fellow traveler on the road to world peace – (a) fully blossomed peace-service-flower-life of talents myriad, unreservedly consecrated to the oneness-world-goal of the United Nations."

In accepting the award, the U.N. luminary said, "I appreciate this award for two main reasons: the first – the giver; the second – the name of the award, the U Thant Peace Award."

For someone like himself, who worked so closely with U Thant, he said, it was very gratifying "to be recognized in this way by Sri Chinmoy and his associates."

PAINTING PRESENTED TO AUSTRALIAN MUSEUM

MELBOURNE, Australia – One of Sri Chinmoy bird drawings – done with a watercolor marker – is now being exhibited in the permanent collection of the Victorian Arts Centre in Melbourne.

The artist completed the painting on Sept. 22 in response to a request by the museum authorities,

TWO CONCERTS MARK CELLO ANNIVERSARY

JAMAICA, NY – Sri Chinmoy offered two cello concerts in late November to commemorate the 13th anniversary of his playing on that instrument.

He performed 65 songs during a two-and-a-half-hour concert on Sept. 25. Then, two days later, on his actual cello anniversary, he played and sang another 13 songs.

PEACE PARK DEDICATED IN UPSTATE NEW YORK

KINGSTON, NY – A small park here was dedicated as a Sri Chinmoy Peace Park on Oct. 19 as part of the Master's one-day visit to this area.

"Kingston Peace Park is small in size, but in our aspiration-heart it is larger than the largest," Sri Chinmoy said during the dedication ceremony.

"God is vaster than the vastest," he continued, but "when we see the same God inside a tiny atom, we also get tremendous joy."

The Kingston trip also included a Peace Concert at the Fair Street Reformed Church.

Mayor T. R. Gallo attended both events.

PEACE CONCERT HELD IN EDINBURGH

EDINBURGH, Scotland – Edinburgh's Murrayfield Ice Rink took on a new look Oct. 26 when Sri Chinmoy offered a Peace Concert there.

The High Commissioner for India to the United Kingdom, L. M. Singhvi, introduced the event. Speaking before a crowd of nearly 4,000, he said:

"Friends, when I came here someone asked me, 'Have you come all the way from London to attend the Concert?' I said I would have come from the end of the world if I could to attend Sri Chinmoy's Concert."

FAMOUS BRIDGE IN SCOTLAND DEDICATED TO PEACE

One of the United Kingdom's most famous bridges, the Forth Railway Bridge, was dedicated as a Sri Chinmoy Peace-Bridge on Oct. 27.

This bridge across Scotland's Forth River stood as an engineering marvel when it was built over a century ago, and at the time was the largest bridge in the world. Today, when something seems to go on endlessly, people in the U.K. say it is "like painting the Forth Bridge."

Speaking at the dedication ceremony, L. M. Singhvi, India's High Commissioner to the U.K., said Sri Chinmoy "lifts this bridge a little higher because he implants into it the soul of peace."

In his own remarks, Sri Chinmoy said: "Forth Bridge...you are Scotland's transcendental pride. You are Scotland's universal dedication."

Also attending the dedication ceremony were officials of Railtrack, which owns the bridge.

The first life-sized statue of Sri Chinmoy, commissioned by Narada and sculpted by Kaivalya, was unveiled Oct. 20 at Narada's house, which he calls Sacred Rock, in the San Francisco Bay region. Narada had invited 170 of his friends for the event. Here Sri Chinmoy is meditating in front of the statue.



PHILADELPHIA CONCERT DRAWS CROWD OF 10,000

PHILADELPHIA — Some 10,000 music and peace lovers converged on Philadelphia's Corestates Spectrum Nov. 1 for Sri Chinmoy's largest ever American Peace Concert.

It was a significant concert for Sri Chinmoy; he regards Philadelphia as the inner capital of America because of the predominant role it played in the nation's struggle for Independence 200 years ago.

TWO PEACE CONCERTS HELD IN FLORIDA

Peace Concerts were held at the St. Petersburg Campus of the University of South Florida on Nov. 8 and at the James L. Knight Center in downtown Miami on Nov. 9.

Both concerts were introduced by Dr. Ananda Guruge, Sri Lanka's former Ambassador to the U.S. and a visiting professor of religion at Northwestern University.

Calling Sri Chinmoy "a living legend," Ambassador Guruge told the audience: "The music will ring in your ears for days to come."

MARATHON TEAM AIDS NEW YORK CITY RUNNERS

NEW YORK — As a service to the 30,000 runners in the New York City Marathon Nov. 3, the Sri Chinmoy Marathon Team sponsored and manned aid stations near the 13, 19 and 23-mile marks.

The Sri Chinmoy Team donated and gave out some 250 dozen bagels, 500 gallons of orange juice, hundreds of gallons of cola, 80 gallons of coffee and tea and 20,000 pieces of chocolate, among other items.

"It was a way for those of us who can't run to also participate and offer something," said Lavanya Ghose, who organized the aid.

The Sri Chinmoy Marathon Team also packed the food bags that were distributed to runners who completed the race.

In addition, it was responsible for cleaning up more than a mile-long section of the finishing area at Central Park, including the large Family Reunion area, after most of the runners had gone home.

These activities were coordinated by Rupantar LaRusso.

More than 300 Team members ran the marathon as well.

50 CONCERTS BEGUN FOR 50TH ANNIVERSARY OF INDIA'S INDEPENDENCE

Sri Chinmoy offered on Nov. 23 the first of a series of 50 peace concerts he plans to give in honor of the upcoming 50th anniversary of India's Independence next year.

The concert was held at the Manhattan headquarters of Bharatiya Vidya Bhavan (USA).

A second concert was held two days later in the Dag Hammarskjold Auditorium of the United Nations.

Both concerts included performances of significant Indian national songs by the Sri Chinmoy Singers, as well as readings of statements about India offered over the years by various spiritual and political leaders.

Sri Chinmoy's project to commemorate the Golden Jubilee of India's nationhood won warm praise from luminaries the world over.

"We in the Bhavan salute Poojya Sri Chinmoy...who has consecrated himself heart and soul to the mission of transforming human hearts and fostering human harmony through divine music," declared S. Ramakrishnan, Executive Secretary of the worldwide Bhavan.

Bhavan President C. Subramaniam said: "I am glad that Sri Chinmoy has come forward to participate in this great movement of bringing back spirituality to practicing politics."

India's Prime Minister, H.D. Deve Gowda, said: "Such concerts, which transcend all kinds of barriers, promote peace and understanding, where-in lies true independence."

Ramaswami Venkataraman, former President of India, said: "Sri Chinmoy is one of our outstanding servants for peace....I am sure that his program will further spread the message of harmony amongst nations."

Patricia Mountbatten of Burma, daughter of the last British Viceroy of India who oversaw the transition to Independence, said she was "delighted" by the Master's project. "I know what a deep affection both my parents felt for India and her people...." she added.



Scotland's Forth Bridge looms in the background at the Peace-Blossom ceremony. Inset: Sri Chinmoy and Dr. Singhvi meditate together at Forth Bridge.





U.N. Secretary-General Boutros Boutros-Ghali greets Sri Chinmoy at an interfaith gathering at U.N. headquarters Nov. 21. The occasion, organized by Thanksgiving Square, was the presentation of the 1996 Declaration of World Thanksgiving to the U.N. leader.

TALK OF PARSONS BOULEVARD

Snehashila won a gold medal in the javelin during the California State Championship Senior Games this past spring... *Karin Bolliger*, 31, of Zurich, completed an unusual triathlon Aug. 8-10. First she swam the English Channel (16 hours), and then, after a seven-hour break, cycled 150 miles (18 hours – including a 2½-hour wait because of a cycle breakdown), rested a little over two hours, and then did a 50-mile run into Paris (about 14 hours)...*Sita Gandhi* reminisced about her grandfather, Mahatma Gandhi, and her life on the South African ashram where she grew up, during a public function at the Jharna-Kala Gallery on Sept. 6... Sri Chinmoy opened a *concert of Latin American music* at Lincoln Center Sept. 17 with a brief meditation. The concert joined with 34 other concerts by national orchestras,

opera companies and youth symphonies held throughout Latin America in a musical tribute to peace, organized by *Sujatri's World-Harmony-Pilgrim-Dream...* Hungarian runner *Istvan Sipos* won the men's 1,000-mile race and *Paula Mairer* of Salzburg, Austria, won the women's 700-miler in the Sri Chinmoy Ultra Race series ending Sept. 27...*Four-hour meditations* were held by Sri Chinmoy on Sept. 13 and 27, Oct. 13 and Nov. 15...The Master began *sculpting* small clay figures on Oct. 3....A poem *Tanima* had composed about Sri Chinmoy's cello playing was set to music by her teacher on Oct. 16...Sri Chinmoy held *peace concerts dedicated to India* in New York on Nov. 27, 29 and 30...On Nov. 29 Sri Chinmoy completed *half of his earthly existence* here in America – almost 33 years...A selection of the Master's esraj music will be included in the audio entertainment offered by *Lufthansa* during its flights in February and March.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 26

November 1996–March 1997

BUDAPEST STADIUM DEDICATED TO PEACE

BUDAPEST, Hungary – Budapest's 70,000-seat People's Stadium, along with 12 related sports facilities, has been dedicated to the cause of world peace in Sri Chinmoy's name.

The stadium, which will host the 1998 European Athletics Championships, was named a Sri Chinmoy Peace Stadium on Nov. 14.

TWO DISCIPLES WIN MAJOR ARTS PRIZES

Two of Sri Chinmoy's students won important literary and musical prizes in 1996.

Janaka (Alan Spence) – the Edinburgh playwright, novelist and short-story writer – won the coveted McVities Prize and was named “Scottish Writer of the Year.”

Haridas (Olivier Greif), the Parisian composer and pianist, won a musical composition award from the prestigious Academe des Beaux-Arts of the Institut de France.

GURU CALLS 1997 A TURNING POINT

NEW YORK – At his Dec. 7 Peace Concert at Hunter College, Sri Chinmoy offered his annual New Year's Message, calling 1997 an inner turning point in humanity's progress toward world peace.

“The slow and long years of humanity's hope-heart shall begin to transform into humanity's fulfillment-life,” he said.

“The beauty of world peace was a sweet dream. The fragrance of world peace shall begin to become a fruitful reality.”

Sri Chinmoy meditates in front of the great Buddha statue at Kamakura, Japan, on Dec. 22 after giving an outdoor peace concert there. Rev. Mitsuo Sato, Head Priest of Kamakura's Kotoku-in Temple, had invited the Master to Kamakura and was guest of honor at the concert.

(Photo by Maral)

PEACE CONCERTS AND RUN HIGHLIGHT KYOTO VISIT

KYOTO, Japan – During his 15-day visit to Kyoto this past December, Sri Chinmoy offered two peace concerts – on Dec. 19 and 27 – and his students held a Peace Run up sacred Mt. Hiei.

Joined by local Japanese runners, an international group of Sri Chinmoy runners passed a flaming Peace Torch from hand to hand, relay fashion, as they wound their way up Mt. Hiei.

Then, holding the Peace Torch, they stood by the Enryaku-ji Temple, which houses a flame that has been burning some 1,200 years, and were blessed by Rev. Ryusho Kobayashi, Secretary-General of the Temple.

Observing the ceremony were dozens of Buddhist monks from the Temple's Tendai Sect, who are renowned for running long distances as part of their spiritual discipline.



PILGRIMAGE MADE TO SHRINE OF INDIAN PATRIOT

TOKYO – Sri Chinmoy made a pilgrimage Dec. 26 to the shrine of India's great patriot, Netaji Subhas Chandra Bose.

He prayed and meditated at Tokyo's Renko-ji Temple, where the Indian leader's ashes are kept.

"Netaji, I bow to your indomitable soul. Netaji, I bow to your indefatigable life. Netaji, I bow to your sleepless and breathless India-independence-dream," he declared.

It is at this shrine, he continued, "that India's independence-dreamers, India's independence-lovers and India's independence-fighters proudly, voraciously and regularly dine."

The following month, on Jan. 23, the spiritual leader offered a special peace concert to celebrate the centenary of Netaji's birth. During the event, he and his students read out comments about the Indian patriot gathered from luminaries around the world, and his disciples sang seven songs he had composed about Netaji and his family.

The spiritual leader also read from his new book on Netaji, which he had written as a 'prayerful offering' on the occasion of Netaji's birth centenary.

SRI LANKAN DIPLOMAT GETS U THANT AWARD

TAKAMATSU, Japan – The U Thant Peace Award was presented Jan. 3 to Sri Lanka's former Ambassador to the U.S., Dr. Ananda W. P. Guruge.

In presenting the Award on behalf of Sri Chinmoy: *The Peace Meditation at the United Nations* to the visiting Buddhist scholar, human rights champion and educator, Sri Chinmoy said: "In every sphere of endeavor, excellence has been your trademark."

Dr. Guruge said he would "treasure the Award as a remarkable memory in my life."

Dr. Guruge and his wife, Darshanika, hold the U Thant Peace Award. (Photo by Pulak)



Sri Chinmoy opens his Hiroshima Peace Concert with a brief meditation. Behind him is the epicenter of the blast. (Photo by Ramaniya)

HIROSHIMA CONCERT INVOKES PEACE

HIROSHIMA – Sri Chinmoy offered a peace concert Jan. 5 in the Hiroshima Peace Memorial Park.

As an icy rain pelted the city, the 65-year-old peace advocate played his music of harmony and love before about 150 onlookers in the open-air concourse of the Peace Museum – between the Fountain of Prayer and the Flame of Peace. Directly behind him stood the epicenter of the blast.

"When peace comes from destruction and forced surrender, then that

peace does not last," he declared in his opening prayer. "But when peace comes from a feeling of oneness, then that peace lasts forever."

Inside the heart of Hiroshima, he continued, "my prayer of love...and my prayer of oneness" is to have world peace "from the illumination of the mind."

The day will come, he added, "when my prayer and the prayers of millions and billions of people will definitely be answered by the Absolute Lord."



PEACE RUN HELD IN NAGASAKI

NAGASAKI, Japan – An international team of Sri Chinmoy runners held a Peace Run through Nagasaki on Jan. 15.

Three survivors of the atomic blast attended the ceremony at the Nagasaki Peace Park, where the Peace Torch was lit with the Olympic flame brought from Greece 13 years ago.

BUDDHIST MONK SPEAKS AT CONCERT IN KAGOSHIMA

KAGOSHIMA, Japan – Rev. Ekan Ikeguchi, the head priest of Saifukuji Temple, gave a lecture on the meditation of Shingon Esoteric Buddhism at the end of a peace concert Sri Chinmoy held Jan. 19 at Kagoshima's Sun Royal Hotel.

After the lecture, Sri Chinmoy composed a song for the Buddhist leader, which his students learned and performed on the spot.

GURU IS BIG HIT AT CATHOLIC SCHOOL

KAGOSHIMA, Japan – Sri Chinmoy left a deep impression on the 1,300 junior and senior high school students of the Junshin (Immaculate Heart) Catholic Girls' School during his two visits there.

He gave a peace concert for the students on Jan. 21 and opened a Peace Run ceremony on Jan. 27. On both occasions as he was leaving, he was mobbed by the children, who treated him like a spiritual superstar – reaching out to touch his arm or shoulders and vying to catch his eye and receive his blessings.

After the concert, the top junior high school student said: "I have never been so moved by music before. I had tears in my eyes and in my heart."

The school principal, Sister Makiko, also was powerfully affected. "Nobody gave me any gift for the New Year," she said. "But this definitely was a New Year's gift from above."

*Reminiscences of
Sri Chinmoy's two visits
to the Junshin School
in Kagoshima.*



WORLD RECORD SET AT 24-HOUR RACE

CANBERRA, Australia – Greek running champion Yiannis Kourous set a world record March 2-3 when he completed 177 miles during the Sri Chinmoy 24-Hour Race here.

Canberra had also been the site of the Sri Chinmoy Triathlon two weeks earlier, drawing over 3,600 athletes.

TRIP MADE TO AUGSBURG

AUGSBURG, Germany – Sri Chinmoy offered a Peace Concert here March 14 during his six-day visit to Europe.

There was also an exhibit of the 200,000 bird drawings that the Master completed during the trip.

SEVEN MILLION BIRDS NOW HAVE TAKEN WING

Sri Chinmoy completed another two million 'soul-bird' drawings March 28, reaching his goal of seven million.

It took him slightly over eight months to progress from five to six million, but just five and a half days to complete the final million.

He dedicated the drawings to the soul of Shaktapura, the tiny village in East Bengal where he was born.

The artist began his bird drawings on Dec. 29, 1991 while visiting Malta.

CONCERTS HELD AT YALE AND VIDYA BHAVAN

A Peace Concert was given at Yale University on March 28 and at the Manhattan headquarters of Bharatiya Vidyan Bhavan (USA) on March 29.

The Bhavan concert – the 21st in the series Sri Chinmoy is offering in honor of the 50th anniversary of India's independence – was part of a Bhavan program celebrating Netaji's birth centenary.

Indian Consul-General Harsh Bhasin was guest of honor.

TALK OF PARSONS BOULEVARD

Ashrita, who holds the Guinness record for having broken the most Guinness records, was a guest on the *Oprah Winfrey Show* last year...

Kalyan won three times on *'Jeopardy,'* the nationally televised game show... In addition to the seven Japan peace concerts already mentioned, Sri Chinmoy also gave *peace concerts* in Takamatsu on Jan. 4, in Kumamoto on Jan. 14 and at the Kagoshima City Cultural Centre on Jan. 28... Sri Chinmoy held the Peace Torch and spoke at the opening of a Peace Run held Jan. 16 in Kumamoto... The spiritual

Master gave a *piano performance* Feb. 5 in honor of Schubert's 200th birth anniversary... Sri Chinmoy offered *peace concerts* on Feb. 19 and 21 and on March 1 (commemorating his *10th piano anniversary*)... The 65-year-old spiritual teacher broke his own *basketball record* Feb. 22 by shooting 79 baskets out of a 100 from the foul line... Sri Chinmoy composed two songs about the *United Nations Office of Project Services* and held a special meditation there on Feb. 26 at the invitation of the Executive Director, Reinhart Helmke.

Sri Chinmoy appeared on *three cable TV programs*: 'Father Tom and Religious Leaders' on Telicare, based in Rockville Centre, on Feb. 27; 'The Exchange,' a Norwalk (Conn.)-based talk show on March 6, and Long Island's News 12 on March 19... *Mrs. Anita Pfaff*, Netaji's daughter, met with Sri Chinmoy at her Augsburg home on March 15... Sri Chinmoy was a guest on WBAI's 'Walden's Pond,' a radio talk show, on March 20... He also appeared on 'Talk Show' (New Jersey-based Comcast Network) on March 26 and on 'Manhattan Neighborhood Network' on March 27.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 26

April-August 1997



Sri Chinmoy held a private meeting and luncheon with former Soviet President Mikhail Gorbachev and his wife, Raisa Maximovna, at New York's Waldorf Astoria Towers on April 13. The Master decorated the suite with several large drawings from his recently completed seven million 'soul-bird' series.

BROOKLYN DEDICATED AS PEACE-BLOSSOM

BROOKLYN, NY – The borough of Brooklyn was dedicated on April 14 as a Sri Chinmoy Peace-Blossom.

At a ceremony outside Borough Hall, Borough President Howard Golden said: "In proclaiming Brooklyn a borough of peace, we reaffirm our commitment to making Brooklyn a place where people of all colors, creeds and customs can flourish in one community."

Sri Chinmoy, who had lived in Brooklyn for three years during the mid-60's, reminisced about how he started composing his first poems in America while residing on New Utrecht Avenue and how he held his first meditation sessions above a body repair shop in Borough Park.

"Brooklyn's affection, compassion, love and self-offering shall forever and forever remain inside my heart of aspiration and my life of dedication."



Above: Mayor Yuri Rushkov of Moscow holds the Peace Torch. Below: Running through the U.S.



PEACE RUN LAUNCHED AROUND THE WORLD

The Sri Chinmoy Oneness-Home Peace Run was launched in 70 countries this spring, bringing the Torch of Peace to the far corners of the globe.

In the U.S., runners left New York on April 19 on a four-month journey that was to carry them through almost all the 50 states.

A 9,500-mile Peace Run was held in Russia, with teams taking off from Moscow and traveling in four separate directions.

The eastern team covered some 3,700 miles, ending up at Chita in the far reaches of Siberia; the northern team went nearly 3,000 miles to Murmansk on the Arctic Ocean.

In the Balkans, runners passed through the various countries that emerged from the breakup of the former Yugoslavia: Bosnia, Croatia, Serbia, Montenegro, Slovenia and Macedonia.

Major events were held in Belgrade and, for the first time since the war, in Sarajevo. In Macedonia, President Kiro Gligorov held the Torch.

In Italy, runners carried the Peace Torch into St. Peter's Square, where they were received by Cardinal Virgilio Noe on behalf of the Vatican.

Segments of the Peace Run will continue to be run through the fall.



U.N. Secretary-General Kofi Annan greets Sri Chinmoy at an interfaith gathering April 25 at New York's St. Bartholomew's Church. Sri Chinmoy was one of the participants in the hour-long celebration of the work of the United Nations and its new Secretary-General, which was organized by the Temple of Understanding and the Interfaith Center of New York.

CARL LEWIS RECEIVES U THANT PEACE AWARD

HOUSTON — Carl Lewis became the first athlete to receive the U Thant Peace Award.

"You are a gold-medal champion in both the inner world and the outer world," Sri Chinmoy said during the award ceremony. "Your superlative capacities you have devoted to the service of our brothers and sisters everywhere."

Other recipients of the U Thant Peace Award, presented on behalf of 'Sri Chinmoy: The Peace Meditation at the United Nations,' include Mother Teresa, Mikhail Gorbachev and Nelson Mandela.

The Olympic gold medalist, to whom Sri Chinmoy has given the spiritual name Sudhahota, received the award during a fund-raising event for the mentally retarded held at Lewis' home on May 7.

At the end of the event, Sudhahota presented citations to the several people who most deeply influenced his life. Sri Chinmoy received a citation for his spiritual offering.

PEACE CONCERTS GIVEN AT MAJOR UNIVERSITIES

Peace concerts dedicated to the 50th anniversary of India's independence were offered recently at several major U.S. and British universities.

In the U.S., Sri Chinmoy gave concerts at Brown on April 27, the University of Pennsylvania on May 30, Harvard on June 8 and Columbia on July 24.

In England, a concert was held at Oxford University on May 22.

Other important venues included New York's High School of Fashion Industries on April 11, the U.N.'s Dag Hammarskjold Auditorium on May 12 and the Bayfront Center Arena in St. Petersburg, Florida, on June 13.

MARATHON TEAMS HOSTS EUROPEAN CHAMPIONSHIP

BASEL, Switzerland — The Sri Chinmoy Marathon Team's 24-hour race here May 3-4 was the venue for the 1997 IAU (International Association of Ultra-runners) European Challenge.

The event drew 140 runners from 18 nations, including 14 national teams. Vladimir Tivikov won the men's race, covering just under 150 miles; Irina Reoutovitch was first among the women, with nearly 142 miles. Both are from Russia.

OVERFLOW CROWD FILLS ROYAL ALBERT HALL FOR 500TH PEACE CONCERT

LONDON — With several hundred turned away at the door for lack of space, some 5,000 people filled London's Royal Albert Hall May 21 for Sri Chinmoy's 500th peace concert.

This historic concert represented a milestone in the pilgrimage of peace that Sri Chinmoy began some 13 years ago in Cologne, Germany.

It's a pilgrimage that brought him to large and small cities around the world, touching the lives of countless people with his unique blend of music and silence.

The Albert Hall concert, part of the series dedicated to India's independence, was introduced by Dr. L. M. Singhvi, High Commissioner for India to the U.K.

"India is not just a geographical expression," he said. It "is defined by its heritage, by its cultural message, by its spiritual and moral vision...."

Sri Chinmoy, he continued, "represents the quintessence of India's heritage."

He placed a shawl around the peace leader's shoulders in what he described as a traditional gesture "of honor, respect and affection."

Sri Chinmoy, in turn, garlanded Dr. Singhvi and presented him with a statue, lauding him as "our India's illumination-mind... compassion-heart... dedication-life."



Countess Mountbatten, daughter of India's first Governor-General, addresses the audience at Sri Chinmoy's London peace concert.

MOTHER TERESA MEETS WITH SPIRITUAL FRIEND

NEW YORK — Mother Teresa left her sickbed for the first time in over a week June 3 to meet with her good friend, Sri Chinmoy.

"God wants you to be here on earth for many, many more years to take care of your children — humanity," Sri Chinmoy said.

He presented the 86-year-old Nobel Peace Laureate with a large glass sculpture carved with his 'peace birds,' a tribute he entitled "Mother Teresa: Humanity's Flower-Heart, Divinity's Fragrance-Soul."

The Indian teacher visited the Catholic nun again on June 17, presenting her with a book he had written about her.

During this meeting, Sri Chinmoy's students performed several songs their teacher had written about her and about the Christ.

Both meetings took place at Mother Teresa's Missionaries of Charity House in the Bronx.

ASHRITA SETS HIS 52nd GUINNESS WORLD RECORD

Ashrita set his 52nd Guinness world record June 22-23 when he pogo-stick jumped 23 miles non-stop.

Braving fierce thunderstorms that turned the Queensboro Community College Track

into literally a fast-running stream, he completed the distance in 12 1/2 hours. "It was pretty wild," he said afterwards.

A month earlier, on May 17-18, he broke another Guinness record, dribbling a basketball 96 1/2 miles in 24 hours.



(ABAKASH PHOTO)

Minister Afful
of Ghana and
Sri Chinmoy.



(DHANU PHOTO)

Mother Teresa welcomes Sri Chinmoy to her Missionaries of Charity House.

MINISTERS FETED BY PEACE LEADER

JAMAICA, NY — The top Environmental Ministers of Zimbabwe, Bangladesh and Ghana took a break from their Earth Summit + 5 meetings at the United Nations on June 26 to visit peace advocate Sri Chinmoy and accept awards on behalf of their countries.

Sri Chinmoy honored the Ministers at a special banquet and presented their countries with an environmental and peace award on behalf of 'Sri Chinmoy: The Peace Meditation at the United Nations,' which he leads.

"I cannot find the right words to...acknowledge the honor done to my country," declared J. E. Afful, Ghana's Minister of Environment, Science and Technology. "I am deeply touched by this wonderful

gesture and I accept the award in all humility..."

The Bangladesh Minister for Environment and Forests, Mrs. Sajeda Chowdhury, voiced a similar sentiment. Speaking through a translator, she said, "I find peace when I come here," and said she hoped Sri Chinmoy and the Meditation Group "will continue with your message of peace and love for all the people of the world."

Zimbabwe's Minister of Environment and Tourism, Chen Chimutengwende, also was "very touched," he said. The Minister had met Sri Chinmoy a year and a half ago in Harare, when the peace advocate had visited President Mugabe.

"We in Zimbabwe recognize the good work you are doing in the

United Nations and internationally in promoting love and peace," he declared.

Representatives from Sweden, the Bahamas and Moldova also attended the banquet and received awards from Sri Chinmoy.



(DHANU PHOTO)

FORMER U.N. LEADER FULFILLS A DREAM

UNITED NATIONS – Former U.N. Assistant Secretary-General Robert Muller said he fulfilled a dream July 1 when he attended a meeting of 'Sri Chinmoy: The Peace Meditation at the United Nations' with his new bride.

"After I got married, my dream was to have a blessing... from the U.N., from the Meditation Group and from my admired and much beloved Sri Chinmoy," said Muller, who is now Chancellor of the University for Peace in Costa Rica.

He praised Sri Chinmoy "for giving this organization and staff a soul."

MAYOR OF TORONTO WELCOMES SRI CHINMOY

TORONTO – Toronto Mayor Barbara Hall welcomed Sri Chinmoy at the start of his University of Toronto peace concert on July 12.

"You bring to our city great inspiration through your life and work in music, in meditation, in writing and in sport," she said. The Toronto concert, geared for members of the Indian community, was part of the series honoring India.

TWO COMPLETE 3,100-MILER

JAMAICA, NY – Two athletes completed the Sri Chinmoy 3,100-mile race, the longest certified road race ever held. Ed Kelley of Sacramento ran 6,400 times around a half-mile loop in slightly over 47½ days, and Suprabha Beckjord completed the distance in just over 50 days. The race, beginning June 12, ran from 6 a.m. to midnight for 51 days.



Sri Chinmoy offers his heart's love to former U.N. Assistant Secretary-General Robert Muller and his wife, Barbara.

TALK OF PARSONS BOULEVARD

Sri Chinmoy's "Great Indian Meals," a play produced, directed and adapted by *Ketan*, ran for six weeks at an off-off Broadway theater. Sri Chinmoy attended the premiere on April 7... To celebrated Sri Chinmoy's completion of seven million soul-bird drawings, his students built the *world's largest bouquet* – made of 27,713 flowers, on April 11... One of Sri Chinmoy's poems will be printed in the 1997 anthology published by the *International Association of*

Poets; the poem, entitled "The Oneness-Heart," also received the "Editor's Choice Award"... Sri Chinmoy hosted a dinner for retiring U.N. Ambassador Dr. *Nicholas Biegan* of the Netherlands, and his wife, Mirjana, at Annam Brahma on June 16... The Master celebrated his first "Grandfather's Day" on July 1 at Aspiration-Ground, calling himself the spiritual grandfather of disciples whose parents also follow or followed his path when they were alive.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

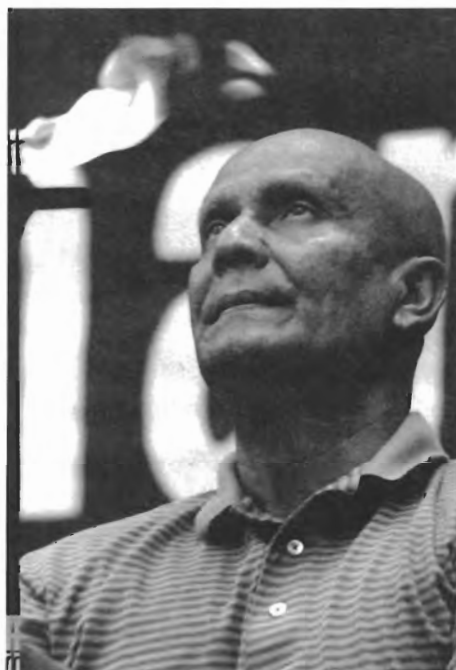
anahata nada

“the soundless sound”



Volume 26

Mid-August–November 1997



(PHOTO: ADARINI)

Sri Chinmoy meditates with the Peace Torch at the Aug. 16 ceremony in Manhattan marking the conclusion of the U.S. portion of the Peace Run.

50TH CONCERT MARKS GOLDEN JUBILEE OF INDIA'S INDEPENDENCE

JAMAICA, NY – Sri Chinmoy performed on 50 instruments on Aug. 15 in the last in a series of 50 concerts he has been offering over the past several months to commemorate the 50th anniversary of India's independence. He also painted 50 large paintings dedicated to India.

The 13-hour celebration included plays the Master had written about Sri Aurobindo and the freedom-fighter, Netaji, as well as periods of meditation and spiritual singing.

Sita Gandhi, who had flown in from South Africa for Sri Chinmoy's upcoming birthday, spoke about her grandfather, Mahatma Gandhi, and his feelings about the partition of India.

PEACE LEADER HAILED AS 'LIGHT OF INDIA'

NEW YORK – Bharatiya Vidya Bhavan, India's cultural association, “hailed” Sri Chinmoy as *Bharat Jyoti*, ‘The Light of India,’ in recognition of “his ceaseless and selfless efforts for universal brotherhood, understanding, friendship and peace.”

The plaque was presented to him at the World Music Concert, which the Bhavan USA sponsored Aug. 29 in honor of the 50th anniversary of India's independence.

Sri Chinmoy gave the opening meditation and sang a few spiritual songs at the concert.

SPIRITUAL TEACHER NAMED 'HINDU OF THE YEAR'

The magazine *Hinduism Today* gave Sri Chinmoy its 1997 Hindu of the Year Renaissance Award, citing the Master's “remarkable gift for bringing dharma's light to those desperately in need of it.”

Sri Chinmoy said: “To be a true Hindu is to become the beauty of Hinduism's heart and the fragrance of Hinduism's soul, and also to be a sleeplessly self-giving life to the world community.

“I am praying to my Lord Absolute Supreme to make me a perfect Hindu,” he added.

A SAD FAREWELL TO TWO DEAR FRIENDS



(PHOTO: SHAWNY)

Sri Chinmoy and Princess Diana pose for an historical photo at Kensington Palace.

Sri Chinmoy, who was in frequent contact with both Mother Teresa and Princess Diana in the weeks before their passing – and was instrumental in their meeting – recently held special memorial services for his two dear friends.

In a private service for Princess Diana Sept. 2 at Aspiration-Ground, he declared: “Human frailties we all have but divine achievements founded on self-giving can be found in the likes of very few on earth. Indeed, Princess Diana is one of those very, very rare souls.”

At his Sept. 4 Oslo Peace Concert dedicated to her memory, the Master eulogized her as “the Queen of the aspiring and self-giving humanity.” He also held a memorial for her at the United Nations on Oct. 3. And in the last poem of his new book about her, he said:

*Diana, the Princess of Wales,
Dies*

*For Diana, the Empress of the World,
To live eternally in the heart-garden of
humanity.*

continued on page 2

A SAD FAREWELL....continued



(PHOTO RAMANIYA)

Sri Chinmoy presents Mother Teresa with a mandolin, an instrument she played in her youth, at their last face-to-face meeting.

Upon learning of Mother Teresa's death, Sri Chinmoy said: "Mother Teresa's earthly frame we shall no longer see, but her Divinity's eyes and Immortality's heart she has left behind for the world to claim as its own, very own."

"As it is true that the world is full of suffering, even so it is equally true that there came a soul to become and remain inseparably one with the suffering humanity, and her spirit will forever remain here on earth."

On Sept. 12, groups of Sri Chinmoy's students around the world performed a song he had written about the Catholic saint in front of various churches in their cities.

The following day there was a private memorial at Aspiration-Ground, as well as a program in her memory at the United Nations on Sept. 23.

The spiritual leader met Princess Diana at Kensington Palace on May 21, when she made special arrangements to see him just a few hours before leaving for Pakistan to visit cancer-stricken children.

During their 38-minute meeting, Sri Chinmoy meditated with her and sang several songs he had composed in her honor. He also presented her with a painting and a drawing of two birds representing her two sons.

In the weeks before her death, the British Princess and the Indian spiritual teacher corresponded with one another on several occasions.

Sri Chinmoy also helped make

arrangements for her to meet with Mother Teresa, whom she had long admired and wanted to see.

The Master's relationship with Mother Teresa dates back to 1975, when they met at an interfaith gathering at the United Nations. They didn't see one another again until 1994, but after that met on three more occasions — once last year and twice this summer.

They also corresponded and often spoke by telephone. Their last conversation took place on Aug. 26, just nine days before her death, when Mother Teresa blessed Sri Chinmoy on his upcoming birthday.

Mother Teresa:

Calcutta's Soaring Bird

India's Sailing Moon

The World's Weeping Sky

Earth's Tearing Loss

Heaven's Dancing Gain

The Christ's Blossoming Promise

The Mother Mary's Harvesting Pride

—Sri Chinmoy's eulogy

OSLO BECOMES WORLD PEACE CAPITAL

OSLO — The City of Oslo was dedicated as a Sri Chinmoy Peace Capital in a day-long series of events held Sept. 4.

As an official guest of the City, the Master was welcomed by Deputy Mayor Sverre Kristiansen at City Hall, site of the yearly Nobel Peace Prize ceremony.

Next came a visit to the Oslo Harbor, which had been named a Sri Chinmoy International Peace Harbor in 1993.

There the peace advocate was received by Port Director Per Mavritz Hanssen.

The Oslo dedication ceremony — attended by the Deputy Mayor, representatives of the City Council, an official from Bergen (another Sri Chinmoy Peace City) and other dignitaries — took place at the Holmenkollen Ski Jump, where the Peace Capital plaque was permanently mounted.

Oslo was declared a Sri Chinmoy Peace Capital a few weeks earlier by unanimous vote of the City Council.

Sri Chinmoy ended the day by offering a peace concert in Oslo's Gamle Logen Concert Hall.



(PHOTO: DHANU)

Sri Chinmoy stands alongside the Oslo Peace City plaque.



(PHOTO: DHANU)

Sri Chinmoy meets with Indian Prime Minister Inder Kumar Gujral Sept. 21 at the Bharatiya Vidya Bhavan headquarters in New York and presents him with the U Thant Peace Award while the Prime Minister's wife, Sheila, looks on. Afterwards, the Prime Minister wrote the Master: "Your good wishes have emboldened me to serve the cause of the Nation with vigor and zeal."



British Deputy Prime Minister John Prescott and Commonwealth Secretary-General Chief Emeka Anyaoku hold the Peace Torch in London's Leicester Square.

CARDIFF NAMED NINTH PEACE CAPITAL

CARDIFF, Wales – Cardiff was dedicated as the world's ninth Sri Chinmoy Peace Capital on Oct. 4.

In a ceremony outside City Hall, the Lord Mayor, Councillor Max Phillips, called the event "a positive move for the capital city."

The dedication coincided with the arrival of torchbearers from the Sri Chinmoy Oneness-Home Peace Run on their 800-mile goodwill relay run through Britain. During the run, they passed a flaming Peace Torch from hand to hand.

The British Run, part of a 70-nation global Peace Run, took off Sept. 23 from London's Leicester Square, with good wishes from Britain's Deputy Prime Minister, John Prescott, and the Secretary-General of the British Commonwealth, Chief Emeka Anyaoku, who said the flame of the Peace Torch "is a light for peace, for oneness and for our common humanity."

After passing through the capitals of England, Wales and Ireland, the Run ended Oct. 25 in Edinburgh, site of the Commonwealth Summit, where the Peace Torch was held by British Foreign Secretary Robin Cook and other dignitaries.

300-K RECORD SET IN 24-HOUR RACE

ADELAIDE, Australia – Yiannis Kouros made history Oct. 4-5 when he did what up until now was considered virtually impossible – breaking the 300-kilometer barrier in a 24-hour race.

"Even now I cannot really believe that this has been achieved," he said, after running 303.5 kilometers in the Sri Chinmoy 24-Hour Race in Adelaide. "I believe this record will stand for centuries."

He also expressed gratitude to Sri Chinmoy's students, who organized and helped out at the race. "It is like being surrounded by angels. They pray for you, they sing for you, they do everything for you. You can feel their love."

SPIRITUAL MUSIC FILLS THE SKIES

Several airlines have included Sri Chinmoy's music in their audio programming.

This fall, passengers on Delta, Lufthansa and Air India could listen on their earphones to the Master performing his own compositions. And Aeroflot played a 90-minute segment including Sri Chinmoy's poetry as well as music.

Also, United Airlines aired an NBC video news clip about the Peace Run on all its eastbound flights this past August.

CAMBRIDGE TALK DEDICATED TO SRI AUROBINDO

CAMBRIDGE, ENGLAND – Sri Chinmoy gave a peace concert and talk about Sri Aurobindo Nov. 12 in King's College Chapel at Cambridge University.

He had been invited to Cambridge by Dr. George Pattison, Dean of the Chapel, as part of the University's commemoration of its link with Sri Aurobindo this year – which is his 125th birth anniversary and the golden jubilee of India's independence. Sri Aurobindo had attended King's College as a young man.

Dr. L. M. Singhvi, India's High Commissioner to the U.K., introduced Sri Chinmoy at the Chapel and afterwards, in an outdoor ceremony, planted a Peace Tree and offered a bust of Sri Aurobindo to the University. During that ceremony, Sri Chinmoy meditated and read out a poem by Sri Aurobindo.

PEACE CONCERT GIVEN IN CARDIFF

CARDIFF, Wales – With an introduction by Cardiff's Lord Mayor, Sri Chinmoy gave a peace concert at City Hall Nov. 13.

Earlier in the day, the Mayor held a short ceremony by the Peace City plaque, and then Sri Chinmoy spontaneously composed a song about Cardiff, which his students learned and sang on the spot.

Afterwards, the Master and Cardiff officials embarked on a short peace walk to the city's Temple of Peace and Health, an institute dedicated to peace and health studies.



Former Soviet President Mikhail Gorbachev holds an animated discussion with Sri Chinmoy in one of the VIP lounges at New York's Kennedy Airport on Oct. 19.

(PHOTO: SAGARI)

TALK OF PARSONS BOULEVARD

Over the summer *Lake Zurich*, the Swiss resort area *'Heidiland'* and the summit of Japan's *Mt. Fuji* were dedicated as Sri Chinmoy Peace-Blossoms...As part of Sri Chinmoy's birthday celebration on Aug. 27, his students sang 50 songs their teacher had composed to quotes by Sri Aurobindo...The following day, Carl Lewis (*Sudhahota*) presented Sri Chinmoy with a special birthday present: the number he wore at his last official competition before retiring (the 4x100 relay he and all-star teammates Donovan Bailey, Leroy Burrell and Frankie Fredericks won Aug. 13 at the Berlin Track Meet)...Sri Chinmoy held peace concerts in Warsaw, Poland, on Sept. 6, in Kingston, Ont., Canada, on Oct. 25 and at the United Nations on Nov. 21; his Manhattan *New Year's Concert* will be on Dec. 2... Sri Chinmoy was interviewed about his relationship with Mother Teresa on *'New Jersey Talking'* on Sept. 12; on *Telecare Cable Television* with Father Tom and *Radio WLJB's 'Real Talk'* on Sept. 15; and on *Radio WIBC* in Indianapolis, *Radio WJR* in Detroit, *Radio WLW* in Cincinnati and *Radio WGY* in Albany on Sept. 24... *Newsday* also came out with an article on Sept. 28.



Sri Chinmoy sits at the wheel of his new car.

(PHOTO: PULAK)

Muralidhar, 9, who is a member of the Children's Chorus of the New York Metropolitan Opera, performed in *'Carmen'* on the opening night of the season Sept. 22. When President Clinton, who attended the performance, went backstage to meet the performers afterwards, Muralidhar shook hands with him three times... Dipali set a new course record for the Sri Chinmoy 1,000-miler ending Sept. 26; she now ranks second in the world in that distance...Paula Mairer of Salzburg, Austria, and Argentine runner Nicola Sinisgalli won in the 700-mile category for women and men, respectively...Sri Chinmoy passed his driving test on Sept. 29 and

now has a New York State Driver's License...Ashrita set a new Guinness world record Oct. 5-6 by walking 77 miles non-stop while holding a nine-pound brick, palm down, in his hand...Sri Chinmoy held a book signing, and gave a short reading and esraj recital at Borders Books & Music in Westbury, Long Island, on Oct. 16...Lavanya headed a team providing snacks and encouragement from three aid stations to the 30,000 runners in the New York City Marathon Nov. 2; Sri Chinmoy Marathon Team runners who did not participate in the race assisted in the cleanup, under the direction of Rupantar.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 27

December 1997-March 1998

TWO OLD FRIENDS MEET AT BAHAMAS CONCERT

NASSAU, Bahamas — Bahamas' former Ambassador to the United Nations, Davidson Hepburn, came to Sri Chinmoy's Dec. 7 peace concert here and got a surprise birthday cake from the Master.

The retired diplomat, who had often attended meetings of the Meditation Group while at the U.N., was also honored with a song by the Sri Chinmoy choir.

The Ambassador reciprocated with a song of his own—a Christmas carol—and afterwards told Sri Chinmoy: "Your thoughtfulness has made me very humble."

14,000TH SONG COMPLETED

Sri Chinmoy completed his 14,000th spiritual song on Dec. 10—*Thambona go*—a Bengali song about the necessity of challenging ignorance and finding Heaven-blossoms on earth.

He later translated the song into English and set tune to that as well.

SRI CHINMOY VISITS BAHAMAS LEADER

NASSAU, Bahamas — Sri Chinmoy paid a courtesy call Dec. 10 on the Governor General, Sir Orville Turnquest, at Government House as part of his week-long visit to the Bahamas.

"I am aware of the great international work you are doing for the cause of world peace, and I am delighted you have chosen to do me the honor of calling on me this morning," the Governor General said.

Sri Chinmoy declared: "The clarity-mind, purity-heart and simplicity-life of your beloved land have touched the very depths of my heart."



The Guatemalan Archbishop, Monsignor Prospero Pinados del Barrio, who received the Peace Torch from Sri Chinmoy on Dec. 22 during a meeting in the Cathedral Metropolitana in Guatemala City, called the Master's visit "very timely." (PHOTO: AGRAHA)

GUATEMALA VISIT HIGHLIGHTS PEACE

Sri Chinmoy's goodwill tour of Guatemala, coinciding with the first anniversary of the signing of the peace accord ending the country's civil war, emphasized the message of peace.

The three-week visit by the Master and about 200 of his students began with a Peace Run on Dec. 19 in the hills around Lake Atitlan, once the scene of bitter fighting.

A second Peace Run, held Dec. 26-28 in Guatemala City in cooperation with the nation's Ministry of Sports and Culture, became part of the nationwide celebration of the peace accord.

In addition, Sri Chinmoy gave Peace Concerts on Dec. 20 in Panajachel, near Lake Atitlan, on Dec. 26 at the Cathedral Metropolitana in Guatemala City and on Jan. 2 in Our Lady of Guadalupe Church in Guatemala City.



The Governor General of the Bahamas, Sir Orville Turnquest, receives the Peace Torch from Sri Chinmoy during their Dec. 10 meeting at Government House. (PHOTO: CHANU)

GUATEMALA CONCERT DEDICATED TO THE MILLENNIUM

GUATEMALA CITY — Sri Chinmoy's Jan. 2 concert in a small church here was the first of a series of special events the Master will be holding over the next two years to usher in the 21st century.

At the end of the concert, the Master declared: "For me, and for my students all over the world, something more is happening with the dawn of the New Year.

"The New Millennium is being ushered in with the sweetest whispers.

"We shall be offering many, many Peace Concerts in various parts of the world to express our love for the celestial beauty and the celestial fragrance of the New Millennium."

GUATEMALA CITY NAMED WORLD'S TENTH PEACE CAPITAL

GUATEMALA CITY — Mayor Oscar Berger signed a declaration naming Guatemala City a Sri Chinmoy Peace Capital on Jan. 10.

Eight days earlier, Lake Atitlan had been declared a Sri Chinmoy Peace Lake by the Governor of Solola Guatemala, Vicente Macario Tunay Ixcol.

SEVEN-HOUR MEDITATIONS TO BE HELD MONTHLY

Sri Chinmoy plans to hold a seven-hour meditation with his students on the seventh of each month during 1998.

The first was held on Jan. 7 in Cancun, Mexico. Two others were held in February and March in New York.

There will also be four-hour meditations on the 24th of each month.



Sri Chinmoy climbs up and down a Mayan pyramid during a visit to Chichen-Itza, Mexico, on Jan. 14.
(PHOTO: ADRIAN)

ARTIST RECEIVES "HEART OF GOLD"

MEXICO CITY — The Society of Authors and Composers of Music awarded Sri Chinmoy its Premio Corazon de Oro—Heart of Gold Award—for his contributions to world peace through music and other artistic mediums.

Other recipients of the humanitarian award have included Pope John Paul II, Mexican musician Juan Gabriel and the great opera tenor, Placido Domingo.

The event, held Jan. 20 at Society headquarters, included a short performance by Sri Chinmoy of his music for peace on the esraj.

During the ceremonies, the Master spontaneously composed a song about the Society (he had written the words earlier that morning on the plane) and taught it to his students on stage, where they then performed it.

MEXICAN PRESIDENT GREET'S PEACE LEADER

MEXICO CITY — President Ernesto Zedillo met with visiting peace advocate Sri Chinmoy on Jan. 20 at Los Pinos, the President's Residence.

"I am very happy that you have come," said Zedillo. "You have made my day. Now I can go back to work and make better decisions for my people and my country."

During the meeting, Sri Chinmoy's students sang a song their teacher had

composed about the President, songs to the President's words and a song about Mexico Sri Chinmoy had written during his last visit 16 years earlier.

"I am so happy that you love Mexico," the President declared.

The President also showed his support for the Peace Run—by posing with the Peace Torch.



Mexican President Zedillo meets with Sri Chinmoy on Jan. 20

(PHOTO: DIANA)

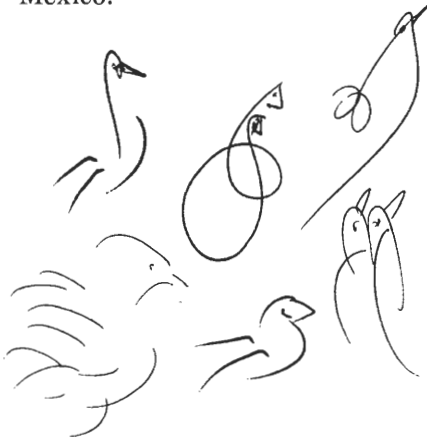
MUSIC, ART AND POETRY HIGHLIGHT VISIT TO MEXICO

During his three-and-a-half week visit to Mexico, Sri Chinmoy offered three Peace Concerts—two in Cancun on Jan. 12 and 27, and one at the Cathedral of Merida in Merida on Jan. 19.

At the Jan. 12 concert, his students gave the first performance of "Twenty-First Century," a song about the new millennium, which Sri Chinmoy had composed five days earlier.

Altogether, the spiritual teacher composed 237 songs in Mexico. Among these were the 201 Bengali songs to which he spontaneously on Jan. 9 during a four-hour meditation held on the grounds of Cancun's Sheraton Hotel.

In addition, he wrote some 1,600 poems and sketched hundreds of thousands of "soul-birds" while in Mexico.



TWO MILLION BIRDS RELEASED ABROAD

Sri Chinmoy completed more than two million "soul-bird" drawings during his trip to the Bahamas, Guatemala and Mexico.

Sketching over 100,000 birds in the Bahamas and another 667,000 during his first 10 days in Guatemala, he reached the eight-million mark on Dec. 24.

On Jan. 15, while in Merida, Mexico, he reached nine million.

The birds, ranging in size from a quarter-inch to a couple of feet high, express the soul's yearning for freedom and peace.

POET COMPLETES 14 1/2 YEAR PROJECT...

CANCUN, Mexico—Sri Chinmoy wrote the final poem in his "Twenty-Seven Thousand Aspiration-Plants" series around 1:30 in the morning on Jan. 24.

Since leaving New York on Dec. 7, he had been working furiously to write the 2,000 poems that would complete the poetry project. He had begun the project on July 10, 1983.

During a four-hour meditation held that morning, the Master told his students: "My 'Twenty-Seven Thousand Aspiration-Plants' my Lord Beloved Absolute Supreme has given me to give you the Sun-Smile-Blossoms of His Heart.

"My 'Twenty-Seven Thousand Aspiration-Plants,' you have given humanity a sleepless God-thirst and a breathless God-hunger."

*Good hearts
Are not hard to find
Provided pure lives
Look for them.*

*Mine is not the way to follow the world.
Mine is not the way to lead the world.
Mine is the way to walk along with God.*

*Do not be unnecessarily involved
In others' problems,
But be immediately involved in others' sorrows.*

*Anything that is given by man,
Handle with care.
Anything that is given by God,
Universally share.*

—SRI CHINMOY
(from "Aspiration-Plant" series)

...AND BEGINS LARGER SERIES

CANCUN, Mexico—Around 4:30 a.m. on Jan. 24, about three hours after completing his 27,000-poem series, Sri Chinmoy embarked on an even vaster literary opus, entitled "Seventy-Seven Thousand Service-Trees."

The first poem reads:

*My Lord,
You have commanded me
To offer You
Seventy-Seven Thousand Service-Trees.
I shall obey Your absolute Command.*

The initial 1,000-poem volume of the book came out on Feb. 7.

HUGE CELEBRATION MARKS END OF POETRY SERIES

Sri Chinmoy and his students around the world held celebrations to commemorate the spiritual teacher's completion of his "Twenty-Seven Thousand Aspiration-Plants."

On Feb. 15 in New York, Sri Chinmoy and his disciples did 27 seven-minute meditations—three an hour beginning at 5 a.m. and ending at 11 p.m.

On display in the meditation hall was the world's largest pencil, which his students had constructed for the event. Weighing 543 pounds, it was over 20 feet long and almost a foot in diameter, and it contained 120 pounds of graphite.

In Ottawa, the Master's students made 27,000 snowballs, which they used to form a huge Canadian flag.

In Bulach, Switzerland, just outside Zurich, 27,000 candles were lit, writing out the message: "27,000 Aspiration-Plants."



To mark his completion of the first 1,000 poems in his "Seventy-Seven Thousand Service-Trees" series, Sri Chinmoy cooked prasad for his disciples, which was distributed after the four-hour meditation on Feb. 24. It took him five hours 20 minutes to prepare the dish. (PHOTO: PULAKI)

TALK OF PARSONS BOULEVARD

Ketan's "Victory-Banner Productions" put on a performance of Sri Chinmoy's play about the life of the Christ on Dec. 27 at Teatro Cupola in Guatemala City... *Ashrita* set a new Guinness World Record by completing 434 games of hopscotch in 24 hours from Jan. 12-13 in Cancun, Mexico; it was his 54th Guinness record... *XCARET*, a tourist park in Cancun, Mexico, dedicated to the preservation of native flora and fauna and the conservation of Mayan culture,

was dedicated as a Sri Chinmoy Peace-Blossom on Jan. 24... During his seven-week visit to the Bahamas, Guatemala and Mexico, Sri Chinmoy completed 345 songs, mostly in Bengali, and nearly 3,400 poems, in addition to other writings, as well as the two million bird drawings... There were also more than 100 newspaper articles and TV spots... A Peace Concert dedicated to the new millennium was held March 13 at New York University.

SPIRITUAL TEACHER TELLS HIS PHILOSOPHY IN A SENTENCE

Sri Chinmoy said that his philosophy, expressed in one sentence, is this:

"Our philosophy is the acceptance of life for the transformation of life and also for the manifestation of God's Light here on earth at God's choice Hour in God's own Way."



During a warm visit with the Gorbachevs at New York's Waldorf-Astoria on March 4, the former Soviet President sings "Moscow Nights" while Sri Chinmoy accompanies him on the harmonium.

"You have made the birthday boy very happy," Raisa Maximovna laughed. President Gorbachev had turned 67 two days earlier on March 2. (PHOTO: SAGARI)

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21



Sri Chinmoy meditates while composing songs at an outdoor function in Cancun, Mexico. (PHOTO: ADARSH)



INDIAN MASTER NAMED "LIGHT OF ASIA"

SEATTLE — The University of Washington presented Sri Chinmoy with The Light of Asia Award for "sharing his spiritual aspiration, his creativity and his wisdom with millions of people worldwide."

On conferring the Award, English Department Chairman Shawn Wong said the Indian teacher "has become a shining exemplar of the motto of our own University, 'Lux Sit,' *Let there be Light.*"

The Award was created to commemorate Sri Chinmoy's April 2 appearance as a Visiting Poet at the University, where he gave a lecture on poetry and offered a Peace Concert.

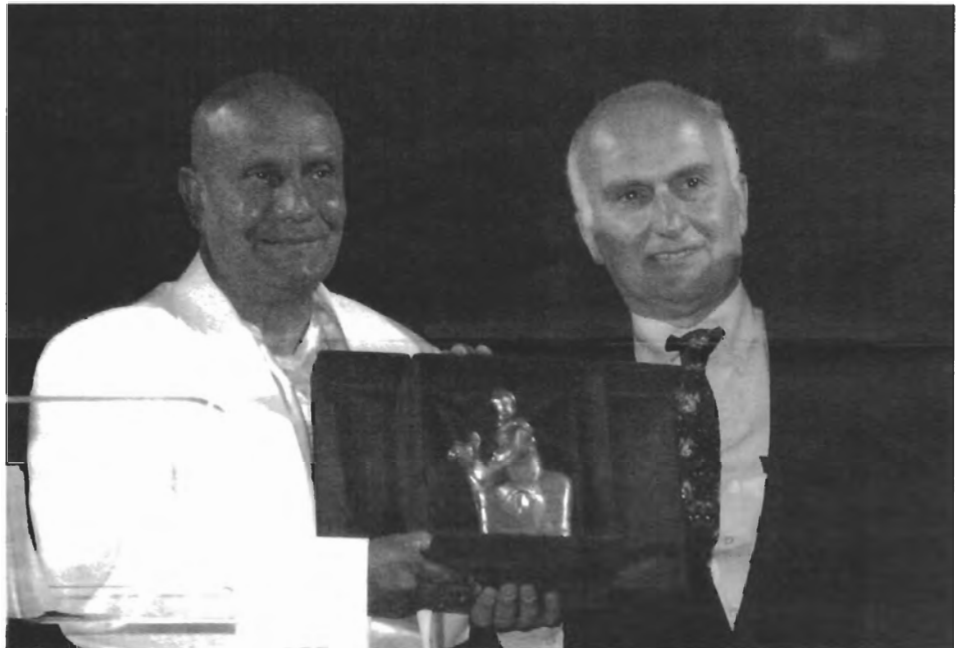
During the event, messages of welcome and appreciation to Sri Chinmoy were read out from Washington Governor Gary Locke and Seattle Mayor Paul Schell.

Afterwards, Professor Wong wrote Sri Chinmoy: "You are more than... 'The Light of Asia;' you are, in your efforts to promote peace and harmony...the light of the world...."

DADA VASWANI GETS U THANT AWARD

ALPINE, NJ — Dada J. P. Vaswani, spiritual head of the Sadhu Vaswani Mission, received the U Thant Peace Award April 5 during a meeting at the home of one of his devotees.

Presenting the Award on behalf of Sri Chinmoy: The Peace Meditation at the United Nations, Sri Chinmoy declared: "With the purity of a child and the wisdom of a saint, Dada Vaswani's brilliant mind, devoted heart and eloquent voice powerfully, soulfully and convincingly spread the message of God's Love to the mighty and the humble throughout God's creation."



Sri Chinmoy and Gianfranco Costa pose with the Pilgrim of Peace Award.

(PHOTO: ADARINI)

PEACE CONCERT HELD AT UNITED NATIONS

UNITED NATIONS — Sri Chinmoy offered a Peace Concert for the Millennium in the Dag Hammarskjöld Auditorium here on April 17.

Special guests included Roberto Cantoral, President of the Society of Authors and Composers of Music of Mexico, who presented Sri Chinmoy with a Heart of Gold. The Society had named Sri Chinmoy a recipient of its Heart of Gold Award at ceremonies in Mexico City Jan. 21, but the Award presentation took place at the UN.

Cantoral cited Sri Chinmoy's "untiring struggle for world peace, manifested through concerts and other events throughout the globe," as well as the other "humanitarian and selfless causes which he pursues."

Sri Chinmoy said: "I wish this heart of gold to grow inside my prayerful heart so that my heart will be as beautiful, as pure and as divine as your blessingful offering to me today."

SRI CHINMOY HAILED AS "PILGRIM OF PEACE"

ROME — The International Center for Peace Among Peoples of Assisi presented Sri Chinmoy with its 1998 Pilgrim of Peace Award on May 16 at the Palazzo Colonna, a royal palace dating back to the 14th century.

Previous recipients include Pope John Paul II, Mother Teresa, Mikhail Gorbachev, German Chancellor Helmut Kohl, tenor Luciano Pavarotti and UN Secretary-General Javier Perez de Cuellar.

Gianfranco Costa, President and founder of the Assisi-based civic organization, said: "We hope and pray that through the innumerable actions that Sri Chinmoy is doing for peace, the Millennium of Peace will take birth...."

"With immense and deep love and gratitude, we offer the little pilgrim into the hands of this great man who has done so much, is doing so much and will do so much...."

The event ended with a Peace Concert by Sri Chinmoy.



On behalf of Sri Chinmoy: The Peace Meditation at the United Nations, Sri Chinmoy presents Pope John Paul II with the U Thant Peace Award in the Vatican on May 17. While receiving the Award, the Pontiff compassionately and blessingfully placed his hand on Sri Chinmoy's arm three times. The following day, Sri Chinmoy offered a Peace Concert in the Vatican's Church of Santa Maria in Campo Santo in honor of the Pontiff's 78th birthday. (PHOTO: DHANU)

MALTA BECOMES FIRST PEACE-NATION

KALKARA, Malta — The Republic of Malta has become the world's first Sri Chinmoy Peace-Nation.

The nation was officially dedicated as a Sri Chinmoy Peace-Blossom May 19 in an historic ceremony here held by the Speaker of the House, Myriam Spiteri Debono, and the former Speaker, Lawrence Gonzi, who is Secretary-General of the opposition Nationalist Party. They were joined by other Members of Parliament and government leaders.

"Today Malta stands as mankind's peace-pioneer-nation," Sri Chinmoy said. Though small in size, Malta "is a towering giant in heart-power, love-power and oneness-power."

House Speaker Debono declared: "It is important that all of us take seriously the commitment to foster a mentality of peace."

In a banquet Sri Chinmoy hosted for the Maltese dignitaries that evening, former Speaker Gonzi recalled how the country

had appointed Sri Chinmoy "an Ambassador of the Maltese Parliament" in 1991 and said: "I think you can be proud of the fact that you have certainly contributed a lot to the improvement that has been registered in the world on peace."



The Speaker of the House of Parliament, Myriam Spiteri Debono, and Sri Chinmoy stand alongside plaque declaring Malta a Sri Chinmoy Peace-Nation. (PHOTO: DHANU)

RUNNING TO THE MILLENNIUM

During 1999, the Sri Chinmoy Oneness-Home Peace Run will touch virtually every country in the world in a year-long event leading up to the year 2000.

"Organizers are planning events somewhere around the world every day of the year," says Shambhu Neil Veinberg, executive director.

Meanwhile, Peace Runs were held in several countries during the spring and early summer of this year. Some highlights:

Four Peace Torches left Kiev April 19 on a 2,800-mile journey through the Ukraine and Moldova, visiting schools, giving concerts and meeting with local citizens.

On the outskirts of one town, Novomoskovsk, over a thousand children met the runners and ran with them for seven miles into the center of the city.

In Europe, the Peace Torch was carried to Strasbourg, Luxembourg and Brussels — where the main offices of the European Union are located — and ended with a ceremony in Cardiff, Wales, where a European Summit was being held.

There were also major Peace Runs in Russia, Iceland and Norway.

FLORIDA UNIVERSITY HONORS PEACE LEADER

MIAMI — Invited to Florida International University as a 'Visiting Philosopher,' Sri Chinmoy gave a talk on philosophy and offered a Peace Concert at the Wertheim Performing Arts Center on May 26.

During his visit, he was honored with the India's Peace-Service-Tree Award by Dr. Nathan Katz, Chairman of the Department of Religious Studies, "in recognition of his tireless efforts to offer India's timeless wisdom to the cause of world peace."

CANADIAN UNIVERSITIES WELCOME MAN OF PEACE

Sri Chinmoy gave a lecture and a Peace Concert at two Canadian universities, both of which presented him with awards.

He appeared June 2 as a 'Visiting Poet' at the University of British Columbia in Vancouver, where he received a special Award naming him a 'Dreamer of Peace.'

In presenting the Award, Mandakranta Bose of the University's Institute of Asian Research declared: "By sharing his peace-vision in myriad ways, Sri Chinmoy has abundantly revealed the wisdom and beauty of a life consecrated to higher ideals."

The following day, the Master came to the University of Victoria, in Victoria, as a 'Visiting Artist,' where he was presented with the Student of Peace Award by Professor Harold Coward, Director of the University's Center for Studies in Religion and Society.

POET BEGINS NEW SERIES

Sri Chinmoy began on June 14 a new series of 7,000 rhyming poems called *Sail My Heartbeat Sail*. The first 70-poem volume was completed in three days.

Meanwhile, he completed his seventh 1,000-poem volume of *Seventy-Seven Thousand Service-Trees* on June 18.

TOWER OF GLASS IS MORE THAN IT'S CRACKED UP TO BE

Ashrita broke a Guinness World Record — on the spur of the moment — at a Fox network television show, "Guinness World Records: Prime Time."

He had flown to Los Angeles to break his own record of balancing for 10 seconds on his chin a tower of 20-ounce glasses, one stacked into the other. The 12-foot-high tower, weighing over 70 pounds, tends to sway in the air and crack from all the weight.

"When I got to the studio, they

told me that my old 57-glass record had been broken a few months earlier and I would have to balance 62 glasses — four more than I had practiced with. That's another five pounds of weight.

"I didn't even know if it was physically possible, since each additional glass puts enormous pressure on the 'tower.' And here I was experimenting on national TV!"

Several times the tower crashed to the ground, in a huge explosion of glass that sent the TV crewmen scattering in all directions, but finally — after a prayer — Ashrita succeeded. The program, taped June 17, aired July 28.

Ashrita also regained his milk bottle balancing record — covering nearly 81 miles with a pint glass bottle balanced on his head — on April 22-23 at Victory Field, Queens. He also set a new record Aug. 5 at the foot of Mt. Rushmore, South Dakota, by hopping 10-kilometers in a burlap sack in 84 minutes.

LECTURE GIVEN AT UNIVERSITY OF TEXAS

AUSTIN, Texas — Sri Chinmoy gave a lecture on peace and a Peace Concert here June 25 when the University of Texas invited him to its campus as a 'Distinguished Speaker.'

During the event, the University's senior vice president, William S. Livingston, presented Sri Chinmoy with the Peace Educator Award.



Mikhail Gorbachev plays on a harmonium Sri Chinmoy presented him with at their June 23 meeting in New York's Waldorf-Astoria Hotel while Raisa Maximovna looks on. The former Soviet President had been charmed by the harmonium when Sri Chinmoy had played it during a private Peace Concert he held for the Gorbachevs at their last meeting in March. (PHOTO: SAGARI)

TALK OF PARSONS BOULEVARD

Peace Concerts were held April 21 at St. Ann and the Holy Trinity Church in Brooklyn and during the seven-hour meditation June 7 at Aspiration-Ground... Sri Chinmoy meditated at the beginning and spoke at the concluding ceremonies of a *parade* held in New York on April 26 by the Bangladeshi community in honor of

the 27th anniversary of their country's independence...*Yiannis Kouros* broke his own unofficial world record for a 24-hour road race when he completed over 180 miles in the *Sri Chinmoy 24-Hour Race* held in Basel, Switzerland, on May 2-3... *Dipali* set a new women's world record for the six-day road race, completing 504

miles in the *Sri Chinmoy* race ended May 10...Sri Chinmoy had a heart-to-heart talk during his visit to Rome, on May 17, with former Italian Prime Minister *Giulio Andreotti* about politics, peace and spirituality...An exhibition of his *Jharna-Kala* paintings was held in a small gallery in the center of Rome...Sri Chinmoy practiced throwing the javelin, discus and shot, and running the 100 meters, during the *Sri Chinmoy Masters Games* May 30 at Roy Wilkins Park...*The Bronx* was proclaimed a *Sri Chinmoy Peace-Blossom* on June 18 by Borough President *Fernando Ferrer*...On June 20 Sri Chinmoy conducted a 13-hour *Father's Day* meditation, Peace Concert and function...*Istvan Sipos* of Szegeb, Hungary, set a world record by completing the *Sri Chinmoy 3,100-Mile Race*, which ended Aug. 2, in 46 days 17 hours. *Suprabha* broke her own women's record by finishing in 49 days 14 hours.



During a visit to Mother Teresa's Missionaries of Charity House in Rome on May 17, Sri Chinmoy met with Sister *Nirmala*, head of the Mission. Here he is praying and meditating with her and a small group of 30 nuns in their chapel. In the chapel, he sang several songs about the Christ and Mother Teresa. (PHOTO: DHANUJ)

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

PUBLISHER'S NOTE: The Autumn issue of *Anahata Nada* may be skipped; if so, your subscription will be extended accordingly.

anahata nada

"the soundless sound"



Volume 27

August 1998–April 1999



Sri Chinmoy meets with South African President Nelson Mandela and First Lady Graca Machel at New York's Plaza Hotel on Sept. 20.

NEW ZEALAND DEDICATED TO PEACE

AUCKLAND — Prime Minister Jenny Shipley declared New Zealand a "Sri Chinmoy Peace-Blossom-Nation" on Sept. 23, saying this "honors both the cause of peace and those who have served it so notably."

The event was commemorated with four simultaneous Peace Runs, passing through every major city in the country.

COMRADE ZUMA VISITS SPIRITUAL LEADER

Jacob G. Zuma, Deputy President of South Africa's African National Congress, visited Sri Chinmoy in New York in October.

Comrade Zuma, a central figure in the negotiations to end apartheid, spoke during a meeting of The Peace Meditation at the United Nations on Oct. 16 and attended Sri Chinmoy's Queens Peace Concert that evening in honor of President Mandela.

At a special function for him in Queens the following night, he sang several freedom songs, teaching three to Sri Chinmoy's students.

POET CLOCKED AT OVER 1,000 POEMS A MONTH

Sri Chinmoy completed the first 10,000 poems of his 77-volume "Seventy-Seven Thousand Service-Trees" on Oct 21—in just nine months.

It had taken him nearly four years to complete his "Ten Thousand Flower-Flames" series of poems.

FINLAND INAUGURATED AS PEACE-NATION

HELSINKI — Finland was dedicated as a "Sri Chinmoy Peace-Blossom-Nation" on Nov. 13 with the unveiling of a plaque at Hesperia Park.

Aarpo Saari, Chairman of the Finnish Centre Parliamentary Group and one of the seven Parliamentary leaders who signed the declaration naming the country a peace landmark on Sept. 18, attended the event.

"Finland, pure modesty has been your national achievement; sure self-confidence has now become your international achievement," declared Sri Chinmoy, who the previous day had also offered a Peace Concert at Helsinki University.

FITNESS GURU DEFIES AGE WITH 33 FEATS OF STRENGTH

NEW YORK — Demonstrating that age is no barrier to fitness, Sri Chinmoy gave a public demonstration of his weightlifting prowess on Nov. 27—hoisting a total of nearly 100,000 pounds in 33 separate feats of strength.

The 67-year-old fitness guru, who resumed his weightlifting career after a nine-year gap, said he wanted to prove that heart-power can challenge old age.

"I wanted to show the world that if we can go beyond the mind, then the physical body obeys us."

Over the course of about three hours, he pushed a 300-pound stack of weights up a metal track 50 times with each arm, hoisted 200 pounds overhead with his right and left arm and did a series of standing and seated lifts using a calf-raise machine. To top everything off, he ended the evening by lifting his own body-weight into the air with both arms at the same time.

Master of ceremonies Bill Pearl, five-time *Mr. Universe*, said, "He wasn't lifting with his body but with his heart."

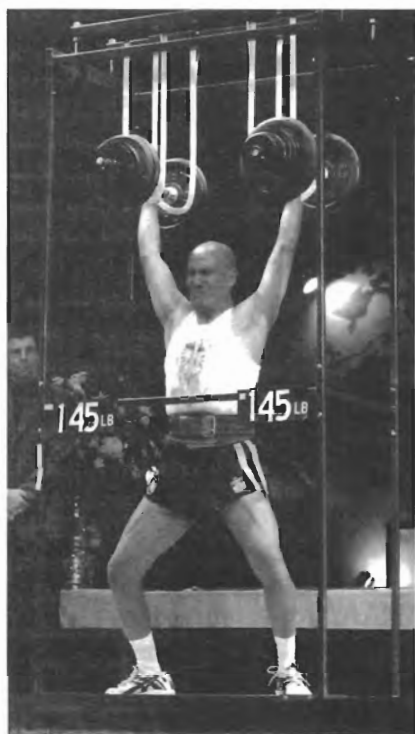
Another member of the audience, former *Mr. Olympia* Frank Zane, called the evening "totally mind-blowing."

Sri Chinmoy says he draws his strength from an inner source and hopes his weightlifting will "inspire many people to enter into the spiritual life."

At the same time, he says he hopes it will also inspire spiritual people to enter into the fitness world.

After the weightlifting demonstration the spiritual athlete put on another hat, becoming a spiritual musician, and offered a Peace Concert.

Both events were held at York College in Queens.



Sri Chinmoy lifts his own bodyweight into the air with both arms at the same time at York College.

CANADA NAMED A NATION OF PEACE

OTTAWA — About 300 Members of Parliament, national and local government officials, ambassadors and other guests attended the dedication of Canada as a "Sri Chinmoy Peace-Blossom-Nation" on Nov. 30.

"The parties in Parliament rarely come together to celebrate anything," Mac Harb, M.P., told the audience. "We have been able to do this because of Sri Chinmoy's leadership for peace around the world."

All five House Leaders in Parliament had signed the declaration making Canada a Peace-Nation. The final signature came on Nov. 4.

At the unveiling of the plaque, held in the prestigious Chateau Laurier Hotel, Sri Chinmoy recited the words to a new song he had composed about Canada:

*Greatness-mind you are,
Goodness-heart you are,
Oneness-life you are.*

PEACE CONCERT GIVEN ON PEARL HARBOR DAY

HONOLULU — Visiting peace advocate Sri Chinmoy commemorated Pearl Harbor Day, Dec. 7, by offering a Peace Concert and lecture at the University of Hawaii.

The University honored the international leader with a plaque describing him as a "Dreamer of a Peace-Filled World."

A second Peace Concert was held that evening elsewhere in Honolulu.

SIX MORE ASIAN CONCERTS HELD

During his seven-week visit to Asia, Sri Chinmoy offered six Peace Concerts...composed more than 400 Bengali and English songs...completed several thousand bird drawings...and wrote nearly 2,000 poems.

The Peace Concerts, all held in commemoration of the upcoming Millennium, were offered in Singapore on Dec. 22, in Kuala Lumpur on Jan. 1, in Penang, Malaysia, on Jan. 9, in Surabaya, Indonesia, on Jan. 17, in Bandung, Indonesia, on Jan. 24, and in Kathmandu, Nepal, on Jan. 31.

MALAYSIAN LEADER GETS U THANT AWARD

KUALA LUMPUR — The Prime Minister of Malaysia, Dr. Mahathir Mohammed, received the U Thant Peace Award Jan. 4 during a private meeting in his office with visiting peace advocate Sri Chinmoy.

Sri Chinmoy presented the Award to him on behalf of The Peace Meditation at the United Nations for his self-giving service to the people of Malaysia and the developing world.

The Prime Minister is known as the "Father of Developing Malaysia."

After their 35-minute discussion about their mutual work for world peace, Dr. Mahathir Mohammed said: "I wish you every success in your mission of peace and good will. I do feel that together we shall succeed."



Sri Chinmoy poses with the Malaysian Royal Family after paying a visit to the King, H.M. Tuanku Ja'afar Ibni Al-Marhum, whom he had met 10 years earlier when the King was Sultan. During their meeting at the Royal Palace in Kuala Lumpur on Dec. 30, Sri Chinmoy presented the King with the U Thant Peace Award on behalf of The Peace Meditation at the United Nations, and the entire Royal Family — including the Queen and the Regent, Prince Tunku Laksamana (second from left) — held the Peace Torch.



Malaysian Prime Minister Mahathir Mohammed receives the Peace Torch from Sri Chinmoy during their Jan. 4 meeting in Kuala Lumpur.



The President of Indonesia, B. J. Habibie, holds the Peace Torch with Sri Chinmoy at the Presidential Palace in Jakarta on Jan. 25 at an official state function attended by members of the Sri Chinmoy Centre from 33 nations.



Sri Chinmoy visits Nepalese Prime Minister Koirala at his official residence on Feb. 1 and presents him with the U Thant Peace Award on behalf of The Peace Meditation at the United Nations.



Sri Chinmoy poses with former Nepalese Prime Ministers Bistra, left, and Chand, right, at the "Peace-Nation" dedication.

AMID TRUMPETING ELEPHANTS, NEPAL OFFERS ROYAL WELCOME TO PEACE LEADER

KATHMANDU, Nepal — With music and song, with trumpeting elephants and cheering crowds, the Kingdom of Nepal welcomed Sri Chinmoy to Asia's first "Sri Chinmoy Peace-Blossom-Nation."

Virtually every government luminary—including the Prime Minister, the Speaker of the Upper House of the National Assembly, the Chief Justice and two former Prime Ministers—showed up for the Peace-Nation dedication ceremony, which was held Jan. 31 in the prestigious Yak and Yeti Hotel.

Crowds of schoolchildren with waving flags, a band performing Sri Chinmoy's peace songs and five elephants, who saluted the peace advocate with raised leg and trunk,

greeted him outside the hotel. Meanwhile, the dignitaries lined up respectfully in the foyer as he walked by, bowing deeply to each.

Prime Minister Girija Prasad Koirala, who had declared Nepal a Peace-Nation on Nov. 23, said he was also speaking for the King in saying the peace initiative paid homage "to both our country's age-old tradition of peace and to humanity's fondest aspirations for peace worldwide."

The speakers had only praise for the visiting peace leader. Former Prime Minister Lokendra Bahadur Chand said he had been wanting to meet Sri Chinmoy for a long time and now "my longing to meet the man with the divine dream has

become a reality." Another former Prime Minister, Kirthi Nidhi Bista, said Sri Chinmoy's "very presence gives an aura of peace to people."

Sri Chinmoy declared: "Nepal, I bow and bow and bow to your luminosity-soul. Nepal, I bow and bow to your purity-heart. Nepal, I bow to your duty-life."

He went on to say: "Our Sri Chinmoy Peace-Blossom movement is divinely happy and supremely proud of having Nepal as a most significant member of our world-service-family."

Later in the program, the Prime Minister and Sri Chinmoy held the Peace Torch, which had been carried from Lumbini, the birthplace of Lord Buddha, to Kathmandu.



A line of elephants welcomes Sri Chinmoy at Nepal's "Peace-Blossom-Nation" dedication.

TWO MORE COUNTRIES PLEDGED TO PEACE

Norway became a "Sri Chinmoy Peace-Blossom-Nation" on Feb. 25 with the signing of an agreement by all seven national Parliamentary leaders.

On March 1, Welsh Secretary of State Alun Michael declared Wales a "Peace-Blossom-Nation" in a ceremony held in Cardiff's Temple of Peace.

THREE PEACE-NATIONS DEDICATED DURING EAST EUROPEAN TOUR

Government officials from Slovakia, the Czech Republic and Hungary inaugurated their countries as "Sri Chinmoy Peace-Blossom-Nations" during the peace advocate's visit to Eastern Europe in early March.

The Slovakian ceremony was held March 1 in Bratislavan Castle, Bratislava, where Jan Langos, M.P., and Sri Chinmoy jointly unveiled the Peace-Blossom plaque that had been signed by Minister of Foreign Affairs Eduard Kukan on Nov. 17.

Although Slovakia is small in size, "your freedom-choosing life and peace-loving heart are gloriously boundless," Sri Chinmoy said.

That evening he offered two Peace Concerts in Bratislava—one dedicated to former President Michal Kovac, who was guest of honor at the event.

The Czech dedication took place on March 3 in Prague's Lichtenstein Palace, with Jaroslav Musial, Vice-Chairman of the Czech Senate, on hand.

The Republic became a "Peace-Blossom-Nation" on Nov. 18 through the auspices of the Ministry of Foreign Affairs. Dr. Helena Opolecka, Secretary-General for the Minister of Foreign Affairs, at the time called the peace program "an inspiration" for Czech citizens.

During the dedication, Sri Chinmoy said: "We are all sailing in the same boat to the Golden Shore—our journey safe, our victory sure."

That evening he offered a Peace Concert before an audience of around 12,000 in Prague's Sportovni Hala.

Hungary was inaugurated as a "Peace-Blossom-Nation" the following day at a ceremony held at Budapest's Danube Palace.

Jozsef Hamori, Minister of Cultural Heritage, had declared the country a Peace-Blossom on Nov. 19, stating then that "Hungary has a role to inspire other nations near and far to strive for peace and leave a positive legacy of hope and harmony...."

At the Danube Palace ceremony, Sri Chinmoy contrasted the unimaginable suffering of Hungary's outer life with its inner faith in God. "My aspiration-heart spells your name 'Hungry,'" he said. "You are hungry for God's Love...(and) Peace."

A Peace Concert was held in Budapest that evening.

MANDELA RECEIVES SPECIAL AWARD

PRETORIA, South Africa—President Nelson Mandela was presented with Sri Chinmoy's "Oneness-Peace: Earth-Summit-Transcender-Fragrance" Award March 9 for his unique contributions to world progress.

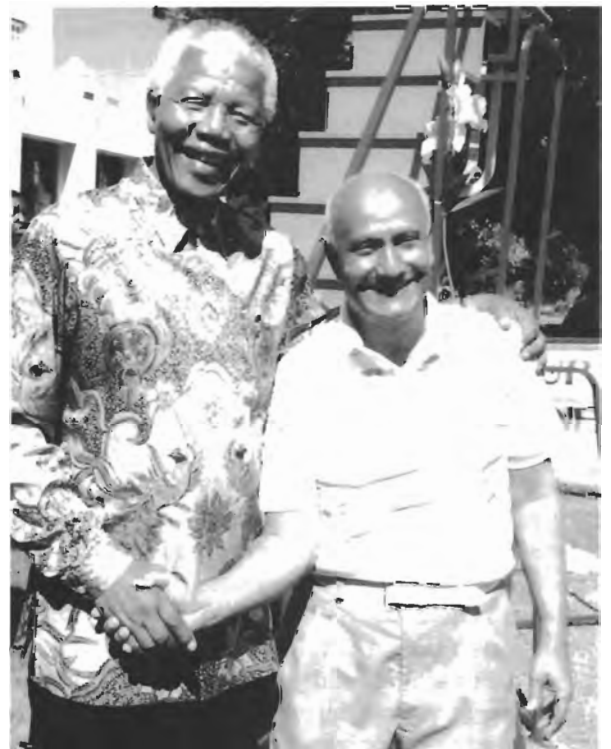
He is the second person to receive the award; former Soviet President Mikhail Gorbachev accepted the award earlier in the month.

During his meeting with President Mandela at the official Presidential Residence, Sri Chinmoy lifted the South African leader into the air as part of his "Lifting Up the World with a Oneness-Heart" program honoring luminaries in different fields.

He also presented the South African leader with a Mandela bust made for the occasion by one of his students — British sculptor Kaivalya Torpy.

"I am tongue-tied," Mandela said. "I don't have the words to thank you. This is totally unexpected."

The occasion also marked the country's formal inauguration as Africa's first "Sri Chinmoy Peace-Blossom-Nation," which Mandela had approved on Aug. 21.



A warm greeting from President Mandela.

AFRICA NOW HAS FOUR "PEACE-BLOSSOM-NATIONS"

Two more African countries have become "Sri Chinmoy Peace-Blossom-Nations."

On March 16 President F.G. Mogae declared Botswana a "Peace-Blossom-Nation." Six days later President Yahya A. J. J. Jammeh proclaimed The Gambia a "Peace-Blossom."

South Africa was named a "Sri Chinmoy Peace-Nation" on Aug. 21 and Zimbabwe became one three days later.

AUSTRALIA BECOMES FIRST PEACE CONTINENT

Citing "the importance of leaving a valuable legacy for all future generations," the Government Whip of Australia, Kay Elson, proclaimed Australia the world's first "Sri Chinmoy Peace-Continent" on April 12.

The Government Whip speaks on behalf of the Australian government.

FIVE COUNTRIES JOIN PEACE-BLOSSOM FAMILY IN TWO-DAY PERIOD

On April 12 and 13 five countries officially became "Sri Chinmoy Peace-Blossoms."

Prime Minister Said Musa named Belize as Central America's first "Sri Chinmoy Peace-Blossom-Nation" on April 12, the same day Australia became a Peace-Continent.

The following day, Prime Minister Mart Laar of Estonia and Bulgaria's Deputy Minister of Culture, Panteley Tsankov, also proclaimed their countries "Peace-Blossom Nations."

That same day, in a proclamation jointly signed by five National Party and Parliamentary Group Chairpersons, Sweden became the 21st "Sri Chinmoy Peace-Blossom-Nation."



*Sri Chinmoy holds the
Peace Torch on April 17.*

CARRYING THE TORCH TO THE MILLENNIUM

The Sri Chinmoy Oneness-Home Peace Run will pass through more than 100 countries this year as the world moves into the Millennium.

In both the U.S., where a 50-state run was launched on April 17, and in Europe, Peace Run events will take place every day of the year.

An international team took off with the Peace Torch from Lisbon on Jan. 1 on a 12,000-mile run that will pass through virtually all the capitals of Europe—going as far east as St. Petersburg and Istanbul—ending up in London on Dec. 31.

In Australia, a 1,700-mile run from Adelaide to Brisbane and other major eastern cities has been completed, and a second run around the perimeter of the continent is being planned.

LECTURE AT ST. JOHN'S

Sri Chinmoy gave a lecture on the New Millennium at St. John's University in Queens on April 16.

During his visit, he was presented with a citation, "Messenger of the Millennium," by the Department of Theology and Religious Studies.

TALK OF PARSONS BOULEVARD

During The Peace Meditation at the UN's Sept. 11 *memorial service* for UN workers killed the previous week in the Swiss Air crash, Sri Chinmoy presented a framed copy of a song he wrote about one of the victims to the woman's mother . . . Joining other religious leaders and UN Secretary-General Kofi Annan Sept. 16 at St. Bartholomew's Church in Manhattan, Sri Chinmoy gave the closing meditation at an *interfaith program* marking the opening of the 53rd session of the UN General Assembly. The program was sponsored by The Interfaith Center of New York and The Temple of Understanding . . . Sri Chinmoy did a *one-arm lift of his own bodyweight* 100 times in two minutes 56 seconds on Oct. 20; nine years earlier, it took him six minutes 38 seconds to perform the same feat.

Sri Chinmoy lifted a 109-year-old hatha yoga Master living in Manhattan, *Swami Bua-ji*, on Oct. 22 as part of his "Lifting Up the World With a Oneness-Heart" program . . . Sri Chinmoy attended the dedication ceremony for his *Jharna-Kala* painting and bird drawing exhibit at LaGuardia Airport on Oct. 27; the works were on display for about three and a half months . . . *Miss Hungary, Leila Sas*, visited the tennis court on Oct. 30 and was lifted into the air by Sri Chinmoy.

The New York Road Runners Club *pre-marathon breakfast run* on Oct. 31 was opened with a moment of silence by Sri Chinmoy at UN Plaza. He also met the *UN Secretary-General* there, and the Peace Meditation choir sang a song for Annan that Sri Chinmoy had composed about him. Afterwards, Annan said, "Thank you for all your prayers." . . . Over 350 of Sri Chinmoy's students ran in the *New York City Marathon* Nov. 1—the largest number ever; Sri Chinmoy was there to encourage them, waiting at the 13-mile and, later, the 19-mile mark . . . Using a modified calf-raise machine, Sri

TALK OF PARSONS BOULEVARD *cont.*

Chinmoy used the calf muscles of his legs to lift *three elephants* off the ground at New York's Big Apple Circus on Nov. 4, members of the *Harlem Gospel Choir* at P.S. 86 on Nov. 21 and a 31,000-pound jet plane (including passengers) at Long Island's MacArthur Airfield on Nov. 26 . . . *Bern*, the capital of Switzerland, was named a "Sri Chinmoy Peace-Capital" in a letter signed by Dr. Klaus Baumgartner, the Town President, on Nov. 11 . . . Sri Chinmoy presented former *Senator Claiborne Pell* of Rhode Island with the *U Thant Peace Award* on Nov. 15 at the Beekman Towers Hotel in Manhattan . . . *Ranjana* came in first among the women, and *Durdam* first among the men, in a Sri Chinmoy Centre Sports Day competition held Nov. 23 at Roy Wilkins Park; *Sri Chinmoy* threw the javelin, discus and shot put . . . *Sri Chinmoy* meditated at the opening of a "World-Harmony Pilgrim-Dream" concert at the United Nations' Dag Hammarskjold Auditorium that evening . . . Virginia Fields, Manhattan Borough President, declared *Manhattan* a "Sri Chinmoy Peace-Blossom" on Nov. 27 . . . *The New Year's Meditation* was held in

New York on Dec. 1 . . . *Ashrita* set his 59th Guinness World Record when he completed 130,000 jumps with a jump rope in a 24-hour period ending Jan. 24 in Bandung, Indonesia . . . The Husein Sastranegara Bandung Airport in Bandung, Indonesia, was dedicated as a "Sri Chinmoy Peace-Airport" Jan. 27 by Airport Manager Amrih Mashjuri. It joins airports at Geneva, Prague, Cape Town and elsewhere as the eighth international peace-airport . . . Sri Chinmoy commemorated his 23rd *esraj anniversary* by performing 23 songs in an *esraj* concert at P.S. 117 on Feb. 17. . . A special memorial for violinist *Yehudi Menuhin*, whom Sri Chinmoy had met in 1992 and subsequently corresponded with on many occasions, was held at the United Nations by Sri Chinmoy and The Peace Meditation on March 19 . . . The Secretary of State for Scotland, the Rt. Hon. Donald Dewar, declared *Scotland* a "Sri Chinmoy Peace-Blossom-Nation" on March 26 . . . Former Puerto Rican Governor, *Raphael Hernandez-Colon*, and his wife Lila, were honored on March 27 at a function at P.S. 86 ; on Aug.

18, 1992, during his tenure as Governor, Colon had proclaimed *Puerto Rico* a "Sri Chinmoy Peace-Blossom-Nation" . . . *Belgium* and the Pacific island of *Nauru* became "Sri Chinmoy Peace-Blossom-Nations" on April 26, *Ireland* became one the following day and *Poland* became one on April 30.



Sri Chinmoy transcends his previous record by lifting 200 pounds overhead with each arm simultaneously on March 22. By April 27 he was up to 230 pounds and by May 3, 270 pounds.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 28

May-July 1999

SOUTH AMERICA NAMES FIRST PEACE-NATION

Brazil has become South America's first Peace-Blossom-Nation.

The country's Minister of Tourism and Sports, Rafael Greca de Maceda, declared Brazil a Peace-Blossom-Nation on May 28.

Other new Sri Chinmoy Peace-Blossom-Nations include Slovenia, on May 6...Jamaica, West Indies, on May 20...and Kyrgyzstan, on July 29.

NEW CALF-RAISE RECORDS SET



Sri Chinmoy raises one ton with a standing calf-raise machine.

Just a few weeks before his 68th birthday, on July 14 Sri Chinmoy set two new records on standard calf-raise machines.

He lifted 1,000 pounds with a seated calf-raise machine and 2,000 pounds — a full ton — using a standing calf-raise machine.

The 2,000-pound lift was chosen as "Play of the Day" July 17 on CNN Headline News and broadcast hourly.

With these machines, the weight-lifter raises the weight using the calf muscles of his legs.

PEACE RUN CONTINUES AROUND THE WORLD

The Sri Chinmoy Oneness-Home Peace Run moved into high gear over the past three months in what is expected to be the largest event of its kind ever held.

The 12,000-mile European run has already passed through nearly 20 countries and is heading toward Turkey and Greece. Then the runners will go through the Balkan states and up toward London, where the run is scheduled to end Dec. 31.

In Russia, four Peace Torches left the Moscow region on May 10, heading east to the Manchurian border, west into the Ukraine, north to Murmansk — where the European runners continued on with the Torch — and south to the Republic of Georgia on the Black Sea. Total distance covered: more than 15,000 miles.

In one small village near Moscow, a lady walking with her cow gave the runners a jar of fresh milk. In another town, schoolchildren lining the road on the last day of school showered them with flowers as they ran by.

In the Ukraine, the Peace Torch was held by the President's wife,

Ludmila Kuchma, and by the Vice-Prime Minister, Valery Smoliy.

One of the highlights of the South America run: former Olympic gold medalist Joaquin Cruz led a team of international runners into the world's largest soccer stadium, Rio de Janeiro's Maracana, to the cheers of 70,000 spectators.

The U.S. Peace Run, which is passing through all 50 states, met an enthusiastic response from local government officials and thousands of schoolchildren. In Atlanta, several hundred kids welcomed the runners with a program of song, dance and personal expressions on peace, and a letter of welcome was read out from the Governor of Georgia. In Seattle, the runners were welcomed by the Mayor's wife, Pam Schell.

In Africa, the Peace Torch travelled through five countries on the west coast in May. One of the most exciting moments came when 50 runners carried the Peace Torch along the route of the Ivory Coast Military Firefighters 18-K race — ahead of the other runners — and then were welcomed at the finish line by the country's Minister of Sports.



Carrying the Peace Torch through America.

TOUCHING THE CROWN OF A TURQUOISE GODDESS



Udar, Sam, Anugata and Jowan pose with the Peace Torch after their successful climb.

"It's like setting foot on a god or goddess. You have to tread responsibly on this great, powerful being."

Jowan was talking about his recent ascent of Cho Oyu, which means "The Turquoise Goddess" in Tibetan. Rising 8,201 meters into the air between Nepal and Tibet, just 20 miles from Mt. Everest, it's the sixth highest mountain in the world.

The 24-year-old climber, accompanied by Anugata, 43, reached the summit on May 6 on his second attempt. Two other members of their team, Udar and Sam Wyatt, had made the summit two days earlier. All four are students of Sri Chinmoy.

"On our first try, we ran out of gas at 7,900 meters," Jowan said. "After hours and hours of walking uphill, with very little oxygen, I was starting to get dizzy and lose motor skills. One of the other guys had already turned back; the other two were going ahead. I sat there for a half hour eating candy bars, trying to decide what to do."

"Going back meant returning not to the interim camp we had set out from earlier that day, but all the way down to the base camp — almost a mile and a half below — because you can't recover at higher altitudes. So I wasn't jumping at the prospect of making this climb again."

"But it was already late afternoon, which would have meant returning from the summit in the dark, and I

felt it would be unwise to continue. Also, I saw that Udar had barely moved the whole time I was sitting there; he was still close enough to talk to. So I decided to come down."

Anugata, a more experienced climber, turned back shortly afterwards. "I've been an athlete all my life and know my body well. You have to know when to say, 'If I don't turn around now, I won't have enough energy to get back.'"

"It's like diving. You take a deep breath and look at the bottom so far down, and you know you won't have enough air to make it all the way down and back again."

"Some people are ambitious; they care only about making the summit. But that's only half the journey; not coming back means failing."

Udar, the fourth team member, also eventually decided to return.

After a few days at base camp, Sam and Udar struck out for the summit again along a different route. Jowan and Anugata left two days later.

"Each day we moved up to a higher temporary camp. While en route to camp 2, Sam and Udar radioed to us that they had made it. But we still had a long way to go," Jowan said.

"When we reached camp 3, around 4 p.m., I was not feeling well at all. I had stomach problems and was very weak. We had eight hours to rest before our midnight departure for the summit, and I spent almost the whole

time boiling and drinking water.

"By midnight I was feeling a little better, but still was not in a good space. There was one dangerous section when we were going up a 60-degree slope of hard snow; it was like climbing a very steep roof."

"I had left my ice axe behind to save weight, so I had to focus all my attention on each step, moving one foot or ski pole at a time. It was a long way down and I couldn't make a mistake."

"But if I kept up my concentration and went slowly I knew I could maintain my balance and do fine."

Anugata also found the going difficult, particularly a section of loose rock that had to be traversed after this steep snow climb.

"With so little oxygen getting into the lungs because of the altitude, 20 yards can seem like a mile. It doesn't look like you have far to go, but the body isn't responding."

"And sometimes you find yourself having long daydreams; then you come out of it and remember, 'Oh yeah, I've got to keep going.'"

"Climbing is 50 percent mental. When things look bad and I'm really exhausted, I try to stay in the moment — not allowing the mind to extrapolate into the future or think how far I have to go. I just burrow into the moment and deal with the present."

After about eight and a half hours of hard climbing, with the worst of it behind them, they found the slopes leading to the summit relatively easy. At the top, they took a few photos and briefly enjoyed the view. "But after 10 minutes it was time to return to business — the business of getting



View from the summit.

back," Jowan said.

"Most mountaineering accidents happen on the way down. So you can't start enjoying yourself or feeling complacent."

The descent to camp 3 took only three hours. "It was around noon, and I was feeling strong and wanted to continue on to camp 2, but Anugata was in no rush to get down. So I went on ahead, leaving him there. He joined up with me later," Jowan explained.

"Although we're members of a team, we go at our own pace and it's not unusual for one guy to go on alone. All the climbers are in such a weakened condition that you can't really expect help from the others; you have to be self-sufficient."

It wasn't until they were back at base camp that the excitement really set in.

"I felt so powerful inside — not in the ego sense but in the sense that I was full," Jowan said. "I felt like I had gained the power and purity of the mountain. It was like having a thousand meditations."

For Anugata also, mountaineering is as much a spiritual journey as a physical one.

"You feel that your spirit goes out and makes contact. There's a tangible feeling that you are here, but also out there — in the whole expanse. It's like a fish who has just swum out of the fish bowl into the vast ocean.

"I feel that the mountains are entities, and it's a privilege to be in their presence. It's not scary, since they don't mind the presence of a human being if he has humility and if he appreciates them as living beings.

"But if someone is not aware of their inner reality and wants to conquer the mountain, then the mountain may show its displeasure."

Pausing for a moment, Anugata pointed at the sky. "When you're back at base camp, the summit is like that cloud. You look at this cloud in the sky and just can't believe you went all the way up there and back. It's like a miracle."

FOR WORLD'S GREATEST RECORD BREAKER, IT'S ALL A SPIRITUAL EXPERIENCE



Ashrita Furman, 44, who has broken more Guinness world records than any person alive, feels he has been given a special gift from his spiritual teacher to inspire mankind.

"It's not a question of having determination or will power. These are personal qualities. In my case, I know it's not me doing these things. I'm just an instrument of my Guru's power. Sri Chinmoy has given me the ability to be receptive to his force, and I can't really take credit for it."

Ashrita was interviewed at his home in Jamaica, New York, a few days before breaking his 59th Guinness record: pogo-stick jumping up the 1,899 steps of Toronto's CN Tower, the tallest free-standing structure in the world, in 57 minutes 51 seconds on July 23.

"Before attempting something like this, I get totally nervous. The awesomeness of the challenge gets to me, and I have tremendous anxiety and doubt in my mind as to whether I'll be able to do it.

"But I know within myself that my Guru's spiritual force will come through. It's not just a matter of faith, but also of practical experience, since it has happened to me so many times in the past.

"As soon as I begin some event, I

pray and try to invoke my teacher's inner presence. Sometimes it doesn't happen for me right away. Many times I'm on the verge of giving up, and then like a sudden miracle Sri Chinmoy will pull me through.

"When I was going around the track holding a brick with one hand (in a pinch grip, palm down, with thumb and fingers on opposite sides), there was a point when I was feeling excruciating pain. I was mentally disoriented and stumbling forward.

"Some kids were riding bicycles nearby, and I was hoping one of them would knock into me and make me drop the brick. I had 13 more miles to go, and I just couldn't imagine continuing that far.

"But I couldn't imagine stopping either. It would have been an insult to my spiritual teacher. So I decided to just keep going until I fainted, which I felt would happen soon. Only I just couldn't let myself voluntarily stop.

"My Guru always finds a way for me to transcend the pain. In this case, something started resounding inside me — an inner message, which I feel came from him — that I was focusing too much on my hand, taking too much personal responsibility for the record.

"So I gave all responsibility to my teacher and just tried to feel God's Presence inside my heart.

"Pain is very subjective. If you have a small pain in your hand and a worse pain in your foot, you almost forget about your hand. Similarly, when you're flooded with inner joy and feel God inside your heart, the hand pain recedes into the background.

"Another time, when I was trying to break the forward somersault record, I was going to stop after finishing about 10 miles — after having broken the old record by a few hundred yards.

"Originally I had hoped to somersault the whole of Paul

Revere's route — about 13 miles — but I was in total agony, and now it seemed out of the question.

"Then a message came from Sri Chinmoy that I had the capacity to finish and should continue. I immediately accepted this without an iota of hesitation.

"The pain didn't become less, but for some reason, I began spontaneously saying the mantra, 'I am not the body; I am the soul.' I started doing this because of my spiritual teacher's inner guidance.

"With each forward roll my stomach muscles were still cramping, and it was agonizing. But my teacher had given me a way to detach myself from the pain, a way to stand back and observe my body's pain instead of identifying with it. So I was able to reach my goal.

"One of the great thrills each time I attempt a record is seeing how my Guru is going to save me. Of course, sometimes I do fail at first; but eventually I succeed.

"The first time I decided to pogo-stick up the CN Tower in Toronto, BBC — which arranged the event — began a big publicity campaign.

"But every time I practiced, I couldn't climb more than a few steps

before the stick flew out from under me because I was leaning too far forward. But I had to lean forward to maintain my momentum. The event was scheduled to go on in three weeks, and I still couldn't even get up the stairway to my apartment.

"I kept saying to myself, 'There has to be a way,' and praying for an answer. Then all of a sudden I got this image — almost a vision — of a piece of metal sticking out from the front of the pogo stick to keep me from leaning too far over. And it worked. So my spiritual teacher saved me again, since how could I have thought up this kind of idea?

"Breaking a record is a tremendous spiritual experience. While I'm doing it, especially when I'm in trouble, I feel God so powerfully inside my heart! I feel I'm just an instrument of His, with no will of my own.

"If I could remain more in this consciousness and be an instrument of God in my day-to-day life, then on the subway or in the street I would spontaneously bump into seekers and be able to inspire them.

"But it's not up to me. When I'm doing records, my teacher gives me this capacity. These are my highest spiritual experiences."

TALK OF PARSONS BLVD.

A three-month *exhibit of Sri Chinmoy's Jharna-Kala paintings* opened on Memorial Day in the main lobby of New York's *Empire State Building* . . . *Panaji*, the capital of the Indian state of Goa, became the *first Indian Sri Chinmoy Peace-Capital* on June 30 . . . Sri Chinmoy's 15-minute interview on "Q&A with Riz Khan" was broadcast live around the world by *CNN International* on May 21 . . . The *Crimean peninsula* on the Black Sea became a *Peace-Blossom* on June 4 . . . Sri Chinmoy's students visited the Manhattan home of *John F. Kennedy Jr.* on July 20, a few days after Kennedy's death, to prayerfully sing a song their teacher had composed about Kennedy; afterwards, they each left a white rose outside his building . . . That evening, Sri Chinmoy performed on the flute, read from his writings and answered a few spiritual questions at a *book signing* he held at Book Revue, a popular bookstore in Huntington, Long Island; he dedicated the event to Kennedy . . . On July 27 the Meditation Group at the United Nations sponsored a *memorial for Kennedy* at the United Nations.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 29

August–Mid-November 1999

FIVE MORE COUNTRIES NAMED PEACE-NATIONS

Five more countries have officially joined the family of Sri Chinmoy Peace-Blossom-Nations.

Iceland became a Sri Chinmoy Peace-Nation on Aug. 16, and Latvia became one seven days later.

Ghana was named a Peace-Nation on Aug. 26 by the Speaker of Parliament, Justice D. F. Annan, who said he was grateful "for this unique opportunity for our citizens to join hands in peace with our brothers and sisters worldwide...."

Minister of Sport Alexander Volkov declared the Ukraine a Peace-Nation on Sept. 8 to "reaffirm our ideals of peace and cradle the beautiful flowers of oneness and understanding."

The Vice Minister of Foreign Affairs of El Salvador, Hector R. Urrutia, proclaimed his country a Peace-Blossom-Nation on Nov. 5, and Madagascar became a Peace-Nation on Nov. 12.

A SAD FAREWELL TO RAISA GORBACHEV

UNITED NATIONS – UN officials Ambassadors, and staff members offered their final farewell to Raisa Maximovna Gorbachev Oct. 1 in a program sponsored by The Peace Meditation at the United Nations.

Sri Chinmoy, who leads The Peace Meditation, has been a long-time friend of the Gorbachevs. He often met with them during their visits to New York and corresponded with them frequently.

In early August, when Raisa was hospitalized in Munster, Germany, he flew there to offer his love and support.

On Sept. 22, two days after her death, Sri Chinmoy and his students held a private memorial for the Russian first lady.

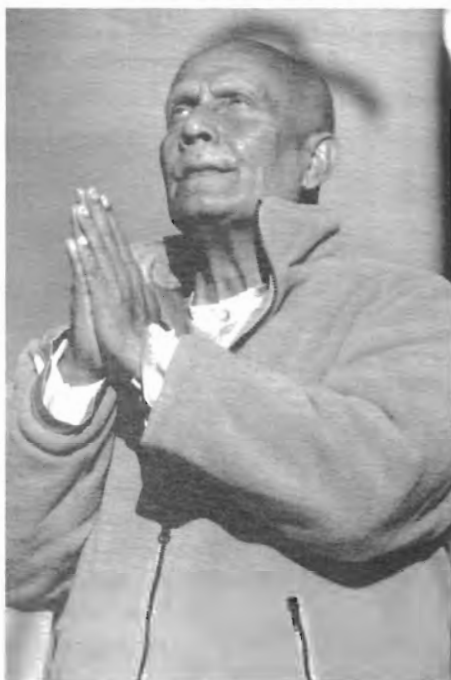


Sri Chinmoy meets with Prime Minister Sheikh Hasina of Bangladesh during a reception at the Bangladesh Embassy in New York on Sept. 17. In the center is Anwarul Karim Chowdhury, the country's UN Ambassador. (Photo: Dhanu)



Prime Minister Krishna Prasad Bhattarai of Nepal talks with Sri Chinmoy Sept. 29 at the UN Plaza Hotel in New York after Sri Chinmoy presented him with the U Thant Peace Award on behalf of The Peace Meditation at the United Nations. The two had previously met on a number of occasions in New York and in Kathmandu. (Photo: Dhanu)

PEACE CONCERT HELD IN CENTRAL PARK



(Photo: Abakash)

NEW YORK — Sri Chinmoy ushered in the new millennium with a large outdoor Peace Concert Oct. 23 in the East Meadow of Central Park.

It was the first of 67 Peace Concerts he is planning to dedicate to Raisa Maximovna Gorbachev, who died at the age of 67.

During the program, Sri Chinmoy performed on several instruments, including the piano, and his students sang a medley of songs he had composed about the 21st century. They also sang two special songs he had written in honor of City Parks Commissioner Henry Stern, who attended the Concert.



(Photo: Abakash)



Ted Turner, founder of CNN and Vice Chairman of Time Warner, received the U Thant Peace Award Oct. 6 during a ceremony at the United Nations attended by a small gathering of UN Ambassadors and corporate leaders. Sri Chinmoy presented him with the Award on behalf of The Peace Meditation at the United Nations. The two were chatting afterwards. (Photo: Dhanu)

15,000th SONG COMPOSED

Sri Chinmoy composed his 15,000th song Nov. 2.

Written in Bengali, it was a devotional song about the offering of his heart-tears to God for having completed 15,000 songs.

Although most of his songs are in Bengali and English, he also has composed songs in his native Chittagong dialect, in Sanskrit and in French.

PROPHET HONORED IN HIS OWN COUNTRY

Bengal, the region where Sri Chinmoy was born, has gotten its first Sri Chinmoy Peace-Blossom.

Mayor Amiya Das declared the Bengali city of Chandannagore a Sri Chinmoy Peace-City on Nov. 10, calling Sri Chinmoy "a guiding star not only for your Indian brothers and sisters, but indeed for the entire peace-loving humanity."



Sri Chinmoy poses with Grete Waitz, left, former marathon world record holder, and Tegla Laroupe, the current record holder, after meditating at the opening of the International Friendship Run on the North Lawn of the United Nations on Nov. 6. Thousands of runners participate in this short 'Friendship Run' through New York the day before the New York City Marathon. (Photo: Dhanu)

THE INCREDIBLE STILLNESS OF THE LONG-DISTANCE RUNNER

Running an 'ultra' or multi-day race is like traveling to another dimension. with its own sense of time and space – a world buffeted by intense and volatile emotional weather – where most of the running is done inside.

For 38-year-old Abichal, who completed the Sri Chinmoy 700-miler for the first time this year, an 'ultra' is like a retreat into a monastery.

"It's a gradual descent into yourself. You slowly sink into a peaceful energy field where normal mental activity is shut down, everything is focused and life is very simple.

"At the same time, things below the surface come up that you're normally able to ignore. Since you're not distracted by everyday life, you have to deal with them, and it's a chance for real inner progress. But it gets pretty intense, especially when you're going through so much physical pain."

Namitabha, 35, who completed the Sri Chinmoy 3,100-miler this past summer, explained that the mind is one of the biggest problems in these races. "The mind says, 'I've been running for five hours and now I need a break,' or 'It's too hot, so I better rest.' And the thought of running for 50 days straight is enough to drive the mind crazy.

"But if I keep on going, after a while the mind just surrenders to the experience, the body adapts and everything becomes like a river. Then I feel I can run forever."

Dipali, 41, who has run about a dozen 'ultras' over the past nine years and holds the women's six-day world record, agrees. "But I've learned how to shut up the mind, to go beyond the exhaustion, beyond the blisters and stomach problems," she said. "I've learned to run from my heart."

The Sri Chinmoy Marathon Team sponsors six and 10-day races each spring...a simultaneous 700-mile, 1,000-mile and 1,300-mile race every fall...and a 3,100-mile race

over the summer.

"There's a big difference between running a 1,300-mile race and running the 3,100-miler," explained Suprabha, 43, who is the only woman to have done both.

"In the 1,300-mile event, you get just a couple of hours' rest a night and can fall asleep while running. Many times I'd wake up on the course and find my feet parked on the turn-around cone, and a couple of times I almost ran into the river.

"The 3,100-mile race is structured so you get at least six hours' rest nightly, since the body couldn't keep running that far without it. Since I'm not struggling so much with exhaustion, I can remain more peaceful and meditative.

"In an 'ultra' there's a feeling of timelessness – like entering some kind of infinity. You try to stay in the heart and also stay in motion – so the quietness you feel inside and the forward movement of the race somehow come together. It's like being inside a stillness that's always moving forward. It gives you a sense of what the soul must feel as it journeys through eternal time."

How does a long-distance runner keep going? "By going deep inside!" Suprabha declared. "Sometimes novice runners think they can barrel through an 'ultra' on sheer physical strength. But they either burn out or learn to draw on their inner qualities."

Sasha Djordjevic, 28, explained it in terms of "going to the edge – which means not sleeping the extra couple of hours that your body is crying for, not spending two hours in medical although your legs are killing you. Most of all, you've got to have faith in yourself and God."

He recalled an experience he had during a 700-mile race "when I was extremely weak mentally and physically and feeling completely alone. I was in so much pain that all I wanted to do was quit; but quitting wasn't an option for me. I knew I couldn't finish the race on my own, but help from God seemed

millions of miles away. At one point I just said, 'God, if You really love me, why are You making me suffer so much?'

"Then, amazingly, I actually got an answer. It was a kind of a thought in my head that told me, 'How can I, who love you so much, make you suffer?' Suddenly, for the first time in my life, I felt an overwhelming sense of God's Love. It was like not being on earth. For the next couple of miles I was just crying the whole way.

"Another time, on the next to last day of the 1,000-miler, my handlers forgot to wake me up and I lost three hours, equivalent to about 12 miles of running. I was already pushing my limit, and the idea of making up that kind of mileage so late in the game was inconceivable. So I was just sitting there depressed and hopeless, thinking I had let my Guru down and was a total loser.

"Then I remembered the story from the *Ramayana* when Lord Rama asked Hanuman to bring him a special medicinal herb to save his dying brother. Since the plant grew hundreds of miles away, Hanuman knew it would be impossible to bring the medicine in time – no matter how fast he ran. But he had such love and devotion for Rama that he suddenly found himself flying, and he actually did bring the medicine in time.

"I said to myself, 'If Hanuman had enough devotion to fly, the least I can do is run. So the last 36 hours of the race I ran like anything, not sleeping at all, and on the



Dipali (left) and Suprabha.

last day of the race I covered an incredible 86 miles – almost 20 miles more than I had done on the first day. I finished the race with 53 minutes to spare!

"I always have this image of myself as Arjuna and my spiritual Master as Krishna. So during the race I asked a friend to bring me a victory conch that I could blow at the end. I kept the conch in my tent, and when I was feeling weak and depressed, I sat in the tent and blew it a little bit. But after completing the 1,000 miles, I really blew it.

"Somebody who has an experience like this can never forget it. You go through hell and, with your Master's help, finally reach the goal. The feeling of joy is unimaginable!

"Running a 1,000-mile race is like condensing your entire spiritual life into a single 15-day period. You're just not the same person afterwards. Life's daily challenges seem minuscule compared to what you've already been through.

"Ultra-running is not about being a runner, but about being a spiritual seeker – about being brave, about getting closer to your Master, about making progress. There's nothing like it in the world."

TALK OF PARSONS BOULEVARD

Short *Peace Concerts* were offered at Aspiration-Ground on Aug. 5 and 12 and Sept. 2 and 30 . . . Sri Chinmoy held the *Peace Torch* and meditated at the closing ceremony for the U.S. Peace Run at Dag Hammarskjold Plaza across from the UN on Aug. 14 . . . On Sept. 5 Sri Chinmoy was invited to *Ramana Maharshi's* North American ashram to participate in a program commemorating the 103rd anniversary of the Yogi's arrival at the sacred mountain Arunachala in India . . . Sri Chinmoy offered the closing silent prayer Sept. 16 at an *interfaith program* commemorating the opening of the UN General Assembly held at St. Bartholomew's Church . . . An *international soccer tournament* honoring the UN International Day of Peace was opened at Flushing Meadows Park Sept. 19 with a meditation by Sri Chinmoy . . . On Oct. 2, a little more than a year after he had begun, Sri Chinmoy completed his 700th "*Morning Soul-Body Prayer*" – prayers he spontaneously offers while practicing his morning weightlifting . . . *Ashrita* set his 59th Guinness World Record Oct. 4 by

walking 85 miles non-stop carrying a nine-pound brick palm down, with thumb and fingers on opposite sides . . . *Goa* became the first Indian Sri Chinmoy Peace-Blossom-State Oct. 5 . . . Former TV talk show host *Russell Barber*, one of the first recipients of the U Thant Peace Award, visited Sri Chinmoy during a Wednesday night meditation Oct. 13 . . . *Kate Zuma*, wife of the Vice President of South Africa, came to New York the week of Oct. 18 to visit Sri Chinmoy; a special program was held in her honor on Oct. 24 . . . More than 3,700 runners participated in this year's *Sri Chinmoy Peace Run for the United Nations*, a two-mile race in 40 countries held every September and October since 1988 . . . About 230 runners from the worldwide Sri Chinmoy Marathon Team participated in this year's *New York City Marathon* Nov 6. The Team also packed 30,000 lunch bags for the runners, helped with the cleanup and sponsored large *aid stations* at the 13, 19 and 23-mile mark . . . *Dipali*, running a 3:14 marathon, came in 12th in her age category and 66th among the 9,100 women runners.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 29

Mid-November 1999 – Mid-March 2000

SPIRITUAL ATHLETE SHOWS HIS MUSCLE MAGIC

For Sudhahota Carl Lewis, who was raised off the ground while sitting on top of an elephant, it was surely moving and memorable.

The Nov. 17 program marking Sri Chinmoy's 14th weightlifting anniversary began outdoors at the spiritual teacher's meditation-park, where the 68-year-old athlete used the calf muscles of his legs to hoist not only Lewis but also a boat, a car and various other objects.

That evening at York College in Queens, Sri Chinmoy performed an additional 65 feats of strength, lifting a total of over 95,000 pounds.

One of the highlights was his lift of four grand pianos, using a modified calf-raise machine. Afterwards, he played a popular tune on each of the pianos.

Other significant lifts included a standing double-arm lift of 300 pounds with each arm and 50 repetitions of one of his trademark lifts – rolling a 400-pound dumbbell back and forth up a metal guide with one arm.

"He made me realize the human potential that we have," said former light heavyweight champion Donny Lalonde.

"Everywhere this man walks he leaves stepping stones for people like you and me to follow," said five-time Mr. Universe Bill Pearl, who was Master of Ceremonies.

Other celebrities attending the event included boxing legend José Torres, nine-time Olympic gold medalist Sudhahota Carl Lewis, body-building great Dan Lurie, all-star centerfielder Steve Finley and talk show host Joe Franklin, as well as several UN Ambassadors.

The night ended with a short Peace Concert by Sri Chinmoy.

OTTAWA CONCERT DRAWS NATIONAL LEADERS

OTTAWA — Canada's Minister of External Affairs, Lloyd Axworthy, and his wife, as well as Member of Parliament Mac Harb, attended the Peace Concert Sri Chinmoy offered Nov. 20 at Ottawa's Corel Centre.

Afterwards, Professor Laurence Ewasksho of the University of Ottawa presented the spiritual leader with the 'Voice of Universal Music' award on behalf of the University's Music Department.

Sri Chinmoy also completed several hundred bird drawings in his hotel room that weekend, commemorating the 25th anniversary of his life as an artist. He drew his first Jharna-Kala rose in an Ottawa hotel on Nov. 19, 1974. 'Jharna-Kala', the Bengali for Fountain-Art, is the term he uses to describe his paintings.

BANGLADESH DIPLOMAT GETS U THANT AWARD

UNITED NATIONS — The UN Ambassador from Bangladesh received the U Thant Peace Award Nov. 23 during a Peace Concert at the UN's Dag Hammarskjöld Auditorium.

In presenting Anwarul Karim Chowdhury the Award on behalf of The Peace Meditation at the United Nations, Sri Chinmoy said, "The world-peace-dreamers, world-peace-lovers and world-peace-servers shall treasure your unique offering to the world at large."

Sri Chinmoy dedicated the Concert, performed before an overflow audience of diplomats and UN staff members, to the "all-illuminating and all-serving soul of our beloved Bangladesh, my golden Bengal." Sri Chinmoy was born in East Bengal, then a part of India, in 1931.



PEACE TORCH LIGHTS PATH IN MIDEAST

The Sri Chinmoy Oneness-Home Peace Run lit new pathways of light through the Middle East this fall as it passed through Egypt, Palestine, Jordan and Israel.

The Mideast portion of this global relay run began Nov. 17 at the great pyramids in Giza, Egypt, and crossed over to Gaza two days later, where the runners were officially welcomed and hosted by the Palestinian National Authority.

In Jordan, the runners passed through the Baga Refugee Camp and, on Nov. 28, presented the Peace Torch to Prince Ra'ad at the Royal Court in Amman. The Prince performs royal duties when the King is away.

In Israel, Nobel Laureate Shimon Peres and peace pioneer Abbie Nathan received the Torch on Nov. 29, and the following day Knesset Chairman Avram Burg ran with the Peace Run for several kilometers in Jerusalem.

Over the next few days, the Peace Torch was received by the Mayors of Bethlehem and Jerusalem and blessed by Rabbi Lau, Israel's Chief Rabbi.

The Run ended the evening of Dec. 6, when Chairman of the Palestinian National Authority Yasser Arafat received the Peace Torch in his chambers in Ramallah and embraced each member of the Peace Run team.

EUROPEAN PEACE RUN ENDS WITH A BANG

LONDON – The 13,000-mile Sri Chinmoy Oneness-Home Peace Run through 43 European countries, which began on Jan. 1, 1999, ended here on New Year's Day.

A group of 120 runners from 30 countries ran the last 400 meters of the European Run across Westminster Bridge to Big Ben, where they were welcomed by the London Town Crier.

Afterwards, they marched together as an official part of London's Millennium Day Parade from Parliament Square to Piccadilly Circus.



Rabbi Lau, Israel's Chief Rabbi, welcomes the Peace Run.



Yasser Arafat, left, and Knesset Chairman Avram Burg, right, hold the Peace Torch.



Arab children gather to see the Peace Run in Gaza.

SEVEN PEACE CONCERTS HELD IN SOUTH AMERICA

During his two-month visit to South America, Sri Chinmoy offered seven Peace Concerts.

Six were in Brazil: in Sao Paulo Dec. 5, Rio de Janeiro Dec. 16 and 21, Curitiba Jan. 3, Iguassu Falls Jan. 9 and Brasilia Jan. 29. In Paraguay, a concert was held in Asunción Jan. 19.

BRAZILIAN WATERFALL DEDICATED TO PEACE

Iguassu Falls, the largest falls in South America, joined Africa's Victoria Falls and Canada's Niagara Falls Jan. 10 as the world's third Sri Chinmoy Peace-Falls.

The Director of the Iguassu Falls National Park, Julio Gonchoroski, led the dedication ceremony, which Sri Chinmoy attended.

FIVE MAJOR AIRPORTS NAMED PEACE-BLOSSOMS

Five of South America's major international airports were dedicated to peace this past January during Sri Chinmoy's visit to Brazil and Paraguay.

The international airports serving Curitiba, Asunción and Brasilia, and the two airports serving Iguassu Falls, are now Sri Chinmoy Peace-Airports.

FIVE MORE COUNTRIES BECOME PEACE-NATIONS

Five more countries have recently declared themselves as Sri Chinmoy Peace-Blossom-Nations.

Papua New Guinea became a Peace-Nation on Nov. 26, 1999. Next to join the Peace-Nation family was Paraguay, following a proclamation that the country's Minister of Tourism, Hugo Galli Romanach, read out during Sri Chinmoy's Jan. 19 Peace Concert in Asunción.

Other recent Peace-Nations include the Republic of Macedonia (Feb. 22), Moldova (March 15) and Venezuela (March 17), which is now the 40th Sri Chinmoy Peace-Blossom-Nation.

BRAZIL PEACE-DEDICATION HELD

BRASILIA — Government officials dedicated Brazil as a Peace-Blossom-Nation Jan. 25 at the Parliament of Good Will here.

The festivities began with a Peace Run at a nearby park, which was opened by Senate Leader José Roberto Aruda. Olympic gold medalist Joachim Cruz, carrying the Peace

Torch, then led a team of runners to the dedication ceremony, where he was also Master of Ceremonies.

Brazil's Minister of Sports and Tourism, Rafael Greca, as well as various Brazilian sports and political figures, spoke at the unveiling of the peace plaque, and Sri Chinmoy offered a silent meditation.



Brazil's Minister of Sports and Tourism, Rafael Greca, receives a piece of cake from Sri Chinmoy at the reception following Brazil's formal dedication as a Peace-Blossom-Nation. Later, Sri Chinmoy gave a spontaneous piano performance in the reception hall.

CREATIVITY ABOUNDS ON SOUTH AMERICAN TRIP

During his two-month visit to Brazil and Paraguay this winter, Sri Chinmoy composed 360 Bengali and English songs...wrote 1,465 poems and aphorisms...and completed over a half million Jharna-Kala bird drawings.

The spiritual teacher, who says he has 'become a man of prayers' by living in the West, also offered 533 prayers.

Some 375 were written for his students to recite during their morning meetings with him.

Another 150 were prayers that he offered during his own weightlifting sessions, and eight were written for his students to recite at the start of their weekly one- or two-mile races.

AGRA AND NEW DELHI DECLARED PEACE-CITIES

The ancient Mogul capital of Agra, home of one of the seven wonders of the world — the Taj Mahal — was declared a Sri Chinmoy Peace-City on Feb. 17. The Taj Mahal itself was named a Sri Chinmoy Peace-Blossom on March 29.

Then, on March 22, the Capital of India — New Delhi — was named a Sri Chinmoy Peace-Capital by Mayor Meera Kanwaria, who noted "India is a country which stands for unity and diversity."

The Indian State of Gujarat, home of Mahatma Gandhi, had been named a Sri Chinmoy Peace-Blossom on Feb. 25, and India's fifth largest city, Bangalore, had become a Sri Chinmoy Peace-City on March 7.



Sri Chinmoy raised two 500-pound dumbbells off a metal support suspended above his shoulders on Feb. 16. Just three days later, he succeeded in lifting two 650-pound dumbbells. "I never, never, never, never imagined I would be able to lift 1,300 pounds," he declared, saying it was all due to the infinite Grace of the Supreme.



The world's fastest marathon runner (2:05:42), Khalid Khannouchi, meets with Sri Chinmoy at Annam Brahma March 5 and receives the Peace Torch.

CONCERTS HELD IN EASTERN EUROPE

Sri Chinmoy offered Peace Concerts in Bucharest, Romania, on March 13 and in Sofia, Bulgaria, on March 14, where he also attended Bulgaria's official dedication as a Sri Chinmoy Peace-Nation.

TALK OF PARSONS BLVD.

The *New Year's Meditation* and Concert was held Nov. 30 at Martin Luther High School in Manhattan . . . Sri Chinmoy flew to Atlanta Dec. 2 for a meeting with former Soviet President *Mikhail Gorbachev* at the Four Seasons Hotel . . . Sri Chinmoy's song about *Kaji Najrul*,

written to commemorate the great Bengali poet's 100th birth centenary, was played over Dhaka Radio and printed in several Bengali newspapers in December . . . South America's longest bridge, the 15-km. *Ponte Presidente Costa Silva* connecting Rio de Janeiro to Niteroi, became a Sri Chinmoy Peace-Bridge on Dec. 23 . . . *Ashrita* flew to Antarctica to set a new Guinness World Record Jan. 15 – the fastest mile-long pogo stick hop (17 minutes 45 seconds) . . . Olympic gold medalist *Joachim Cruz* joined Sri Chinmoy's students in their two-mile 'Runners are Smilers' race Jan. 27 in Brasilia, coming in first . . . Sri Chinmoy completed his 1,000th 'weightlifting prayer' on March 2.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 30

Mid-March 2000 – Mid-July 2000

OSLO POLITICIAN RECEIVES U THANT PEACE AWARD

Svenn Kristiansen, Deputy Mayor of Oslo, received the U Thant Peace Award on March 27 at the United Nations.

Sri Chinmoy presented him with the Award on behalf of The Peace Meditation at the UN.

That evening, Sri Chinmoy offered a Peace Concert in Queens – performing on more than 40 instruments – in honor of the Norwegian politician, who had completed 40 marathons during his running career.

Kristiansen and his wife, Anne Marie, were special guests.

PEACE CONCERT HELD IN TAMPA

TAMPA, Florida – Sri Chinmoy flew to Florida on March 31 to offer a Peace Concert at the Sun Dome Stadium at the University of South Florida.

The following day, he gave a book-signing for his 'Wings of Joy' at the Barnes & Noble bookstore in Tampa.

BANGLADESH AND INDIA BECOME PEACE-NATIONS

The two countries representing Sri Chinmoy's geographic and spiritual birthplace, Bangladesh and India, have dedicated themselves to the cause of peace in his name.

In declaring his nation a Sri Chinmoy Peace-Blossoms-Nation on April 9, the Speaker of the Bangladesh Parliament, Humayun Rashed Chowdhury, wrote Sri Chinmoy: "We are proud to claim you as a true son of our beautiful country. Now you have become a universal brother of humanity."

Two days later, India's Minister of Tourism and Culture, Ananth Kumar, declared: "In the 36th year of Sri

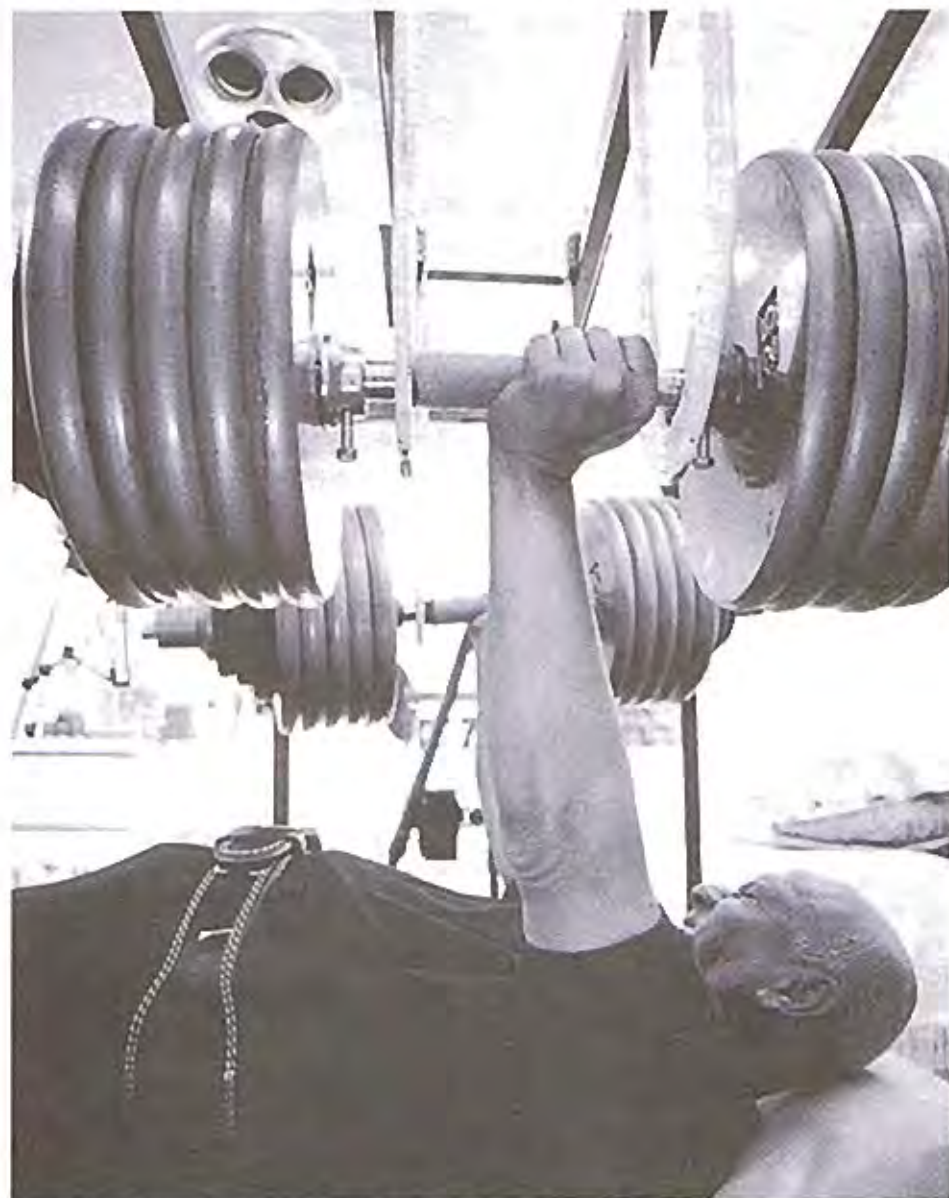
Chinmoy's quest to spread Bharat Mata's light to the far corners of the globe, and in homage to our ancient love of peace, it is an honor to declare India...a Peace-Nation in the Sri Chinmoy Peace-Blossoms Programme."

Sri Chinmoy was born in 1931 in East Bengal, which was then part of India and is now the country Bangladesh.

MORE ASIAN NATIONS DEDICATED TO PEACE

In addition to Bangladesh and India, four other Asian nations recently proclaimed themselves as Sri Chinmoy Peace-Blossoms-Nations.

Malaysia became a Peace-Nation on April 7, Myanmar on May 15, Sri Lanka on May 16 and Indonesia on June 1.



Sri Chinmoy shows the strain of bench pressing hundreds of pounds into the air. More photos and story appear inside.

CONCERT MARKS 30 YEARS AT UN

UNITED NATIONS – Sri Chinmoy commemorated the 30th anniversary of The Peace Meditation at the United Nations by offering a 30-instrument Peace Concert here on April 18.

The peace leader first began offering meditations at the UN in April of 1970, at the invitation of then UN Secretary-General U Thant.

81-YEAR-OLD MAN FINISHES SIX-DAY RACE

Ted Corbitt, known as the father of long-distance running in America, returned to the sport after a 25-year gap to participate in the Sri Chinmoy Six-Day Race this spring.

Corbitt, 81, a former Olympian and American record holder for the 24-hour race, had given up running nearly a quarter century ago because of asthma. He trained six months for the Sri Chinmoy race, and set a new world record for his age group by walking 240 miles in six days.

"Next year" he says, "I hope to reach 300 miles by mixing running and walking."

The race was held at Wards Island from April 30 through May 6.

AFRICA AND SOUTH AMERICA GET NEW PEACE-BLOSSOMS

Nine new African countries and five South American countries recently became Sri Chinmoy Peace-Blossoms-Nations.

In Africa, Gabon joined the Peace-Blossoms Program on May 26, followed by Guinea-Bissau (June 1), Guinea (June 21), Togo (June 23),

Uganda (June 26), Benin (June 29), Zambia (July 5), Mali (July 13) and Niger (July 21).

Ecuador became a Peace-Nation on May 17, followed by Suriname on June 7, Argentina on June 29 and Chile on July 7. Panama became the 67th Peace-Nation on July 21.

Other recent Sri Chinmoy Peace-Nations include Georgia (May 17), Armenia (May 25), the Solomon Islands (June 14), Austria (June 15), Trinidad-Tobago (June 23) and Grenada (July 20).



Sri Chinmoy presents a trophy to Ted Corbitt after the Six-Day Race.



Sri Chinmoy lifts 400 pounds from a seated position.

MODERN-DAY HERCULES PERFECTS SEATED LIFTS

Like a modern-day Hercules, Sri Chinmoy astonished the weightlifting world on May 26 by simultaneously lifting two 200-pound dumbbells from a sitting position.

That was just 11 days after he began practicing the lift. At that time, he raised 100 pounds with each arm.

Commenting on Sri Chinmoy's rapid improvements in his seated lifts, Jim Smith, Registrar of the British Amateur Weightlifters Association, declared: "I gave up years ago trying to fathom how one man can progress at such a rapid and vast rate. I have never come across anybody else in the world who can progress like this."

The following day, Sri Chinmoy set a new record for the seated calf-raise by raising 1,200 pounds while seated, using only the calf muscles of his legs.

"These seated dumbbell weights are so heavy that they are beyond my comprehension," said Smith. "Nobody in the world could get anywhere near what Sri Chinmoy is lifting."

With his philosophy of continual self-transcendence, Sri Chinmoy is constantly breaking his own records and, on July 6, was up to 440 pounds on the seated dumbbell press and 1,250 pounds on the seated calf-raise.

PEACE CONCERT OFFERED IN CANADIAN PARLIAMENT

OTTAWA — Several Members of Parliament and diplomats attended a Peace Concert Sri Chinmoy offered May 30 in the Canadian Parliament.

The Concert, sponsored by Etobicoke M.P. Jean Augustine, was held in Confederation Hall in the West Block on Parliament Hill.

Canadian Senator Douglas Roche and the High Commissioner of India, R. Verma, were among the dignitaries attending the event.

Earlier in the day, Sri Chinmoy met privately with Canadian Prime Minister Jean Chrétien.



Canadian Prime Minister Jean Chrétien meets with Sri Chinmoy.

CONCERT ALSO HELD IN U.S. CAPITOL

WASHINGTON, D.C. — Sri Chinmoy also gave a Peace Concert in the O'Neill House Office Building of the Capitol on June 15.

Beforehand, he met with Congressman Gary Ackerman (D-NY), presenting him with the U Thant Peace Award.

700-POUND BENCH PRESS DEFIES IMPOSSIBILITY

Shortly before his 69th birthday, Sri Chinmoy raised two 350-pound dumbbells into the air from the bench press position — an almost impossible feat for someone his age.

The spiritual teacher, who uses weightlifting to demonstrate the power of prayer and meditation, began practicing the bench press on June 4 with a 240-pound lift.

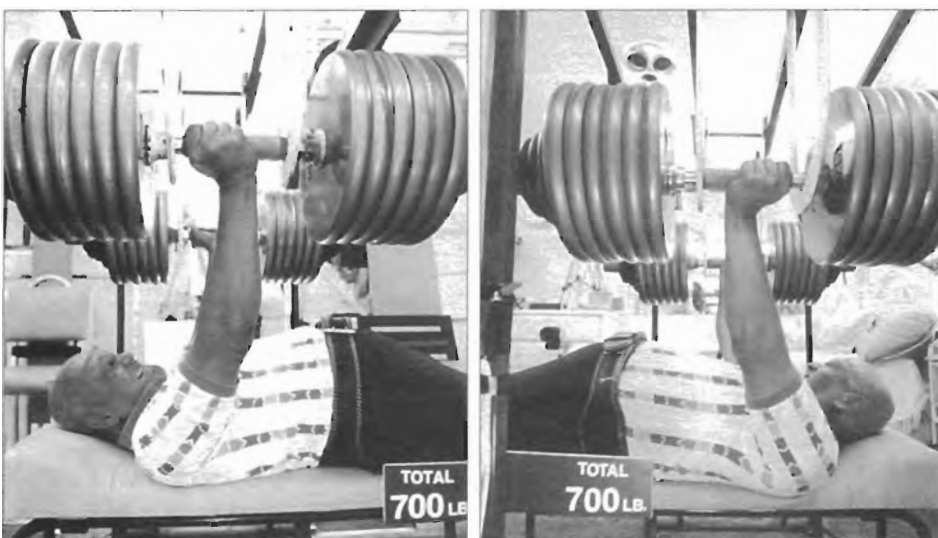
Just three and a half weeks later, on June 28, he raised 600 pounds — more weight than anyone over 40 has ever pressed — and held it for a full seven seconds.

Before the lift, he offered the following prayer: "God's Grace is the only power that silences the pride of impossibility."

Then on July 11, he pressed 700 pounds. His prayer: "God's unconditional Compassion-Eye is the only source of my strength."



Congressman Gary Ackerman (D-NY) receives the U Thant Peace Award from Sri Chinmoy on June 15.



Sri Chinmoy bench presses 700 pounds.

KUWAIT BECOMES FIRST MIDEAST PEACE-NATION

Kuwait has become the first Sri Chinmoy Peace-Blossoms-Nation in the Middle East.

In a letter he signed on July 2, Kuwait's Minister of Education, Dr. Yousef Al-Ebraheem, wrote Sri Chinmoy that Kuwaitis "support your

activities to bring together people from different parts of the world in a common bond of friendship and understanding."

Kuwait, he declared, "is happy to be part of the family of Sri Chinmoy Peace-Blossoms-Nations."

TALK OF PARSONS BOULEVARD

An exhibit of Sri Chinmoy's bird drawings, Jharna-Kala prints and aphorisms on peace opened the second week of May at *Newark Airport* . . . Sri Chinmoy threw the javelin and discus at the *Sri Chinmoy Masters Games* held May 27 at Roy Wilkins Park . . . *Vrindavan*, the childhood home of Sri Krishna, became a Sri Chinmoy Peace-Blossom on March 29

. . . *Bombay* was proclaimed a Peace-Capital by Mayor Hareshwar Patil on April 4 . . . *Aspiration-Temple* opened on April 8 . . . *Precious McKenzie*, the Olympic champion weightlifter, visited Sri Chinmoy and his students at P.S. 86 on April 26, speaking about his life

. . . *Humayun Rasheed Chowdhury*, Speaker of the Parliament of

Bangladesh, was presented with the *U Thant Peace Award* by Sri Chinmoy during a meeting of The Peace Meditation at the United Nations on May 8 . . . *Dipali* placed first among the women in the *Sri Chinmoy Six-Day Race* ending May 6 at Wards Island . . . Sri Chinmoy gave *Peace Concerts* in Manhattan on May 15 and June 23 and at Aspiration-Ground on July 7 . . . Diamondback centerfielder *Steve Finley* visited Sri Chinmoy at P.S. 86 on May 20 . . . Sri Chinmoy opened the *July 4th celebration* in lower Manhattan with a short meditation and his students performed several of his songs about America . . . *Sue Osborn* of the San Diego Centre placed first in the Masters category in California's Carlsbad Triathlon in early July.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 30

Mid-July 2000 – Mid-November 2000

UN RECEPTION HELD

Sri Chinmoy hosted a program July 20 in the lobby of the United Nations Secretariat in connection with a two-week exhibit of 70,000 of his peace-birds drawn especially for the Millennium General Assembly.

UN ambassadors and staff members attending the exhibit were able to meet the artist, who also meditated and read out some of his aphorisms.

MT. EVEREST BECOMES A PEACE-MOUNTAIN

KATHMANDU — Nepal's Minister for Education and Sports, Amod Prasad Updhayay, declared Mt. Everest a Sri Chinmoy Peace-Mountain on Aug. 2.

He said he hoped this initiative would "inspire humanity's loftiest dreams of self-transcendence."

PEACE BLOSSOMS AT INDIA'S HOLY SITES

Pondicherry, the home of Sri Aurobindo's Ashram, where Sri Chinmoy lived for much of his youth and young adulthood, was named a Sri Chinmoy Peace-City on Aug. 8.

Several other spiritual locations in India were also recently declared Sri Chinmoy Peace-Blossoms. The sacred Ganges River and the Jamuna River, associated with Sri Krishna (he grew up on its banks), became Peace-Blossoms this August.

Other recent Indian Peace-Blossoms include the cities of Haridwar and Rishikesh at the foot of the Himalayas, where pilgrims have been gathering for thousands of years... Rameshwaram, where Lord Rama established his famous Shiva Temple...Lumbini, the birthplace of Lord Buddha...and Tiruvannamalai and Arunachala, the city and nearby mountain where spiritual Master Ramana Maharshi built his Ashram.



Sri Chinmoy meets with guests attending his art exhibit at the UN.

51 MORE NATIONS DEDICATED TO PEACE

In the past three and a half months, 51 more countries have declared themselves Sri Chinmoy Peace-Blossoms-Nations.

These include 14 countries in Africa, 12 in Asia and the Pacific, 10 in Europe, seven in Central and South America, six in the Caribbean and one each in North America and the Middle East.

The new African peace-nations are Algeria, Chad, Djibouti, Ethiopia, Kenya, Lesotho, Mauritius, Morocco, Mozambique, Namibia, Nigeria, Sao Tome and Principe, Swaziland and Tanzania.

In Asia and the Pacific, the latest Peace-Blossoms-Nations include Cambodia, the Cook Islands, Kazakhstan, Kiribati, the Marshall Islands, Micronesia, Mongolia,

Palau, the Philippines, Tajikistan, Uzbekistan and Vanuatu.

The new European peace-countries are Albania, Azerbaijan, Greece, Italy, Luxembourg, the Netherlands, Portugal, Romania, San Marino and Spain.

Recent peace-countries in Central and South America include Bolivia, Colombia, Costa Rica, Guyana, Honduras, Nicaragua and Peru.

The latest Caribbean Island peace-nations are Dominica, the Dominican Republic, Haiti, St. Kitts and Nevis, St. Vincent and St. Lucia.

Other recent Peace-Blossoms-Nations include Yemen, which is the second in the Mideast, and Mexico.

There are currently 118 Sri Chinmoy Peace-Blossoms-Nations around the world.

FRENCH ATHLETE SETS STAIR CLIMB RECORD

PARIS — Vimochan, a 49-year-old Frenchman, spent his summer holiday running up and down the famous steep stairway leading up to Sacre-Coeur Church in Montmartre.

Averaging more than 12 hours a day for 57 days, he climbed up and down four million stairs. In terms of distance, that's like going up and down Mt. Everest 34 times.

Inspired by his spiritual teacher, Sri Chinmoy, Vimochan began this exercise in self-transcendence 18 years ago, when he completed 102,000 steps in 16 hours.

He gradually progressed to a million steps in 11 days (1991)...two million steps in 27 days (1994)...and three million steps in 42 days

FINNISH RUNNER WINS 3,100-MILE RACE

JAMAICA, NY — Ashprihanal, a Finnish runner from Helsinki, was the fastest of the four runners participating in the Sri Chinmoy 3,100-mile race this summer. His time: a little over 47½ days.

Suprabha, the only woman, finished the race for her fourth time. Placing second among the men was the Yugoslav runner Namitabha.

John Wallace, 63, ran 2,700 miles — the first time anyone over 60 ever completed over 1,000 miles in a race.



Ashprihanal places first in the 3,100-mile race.



Covered with confetti, Vimochan holds his victory trophy after completing his four million stair climb.

PEACE CONCERT OFFERED AT HARVARD

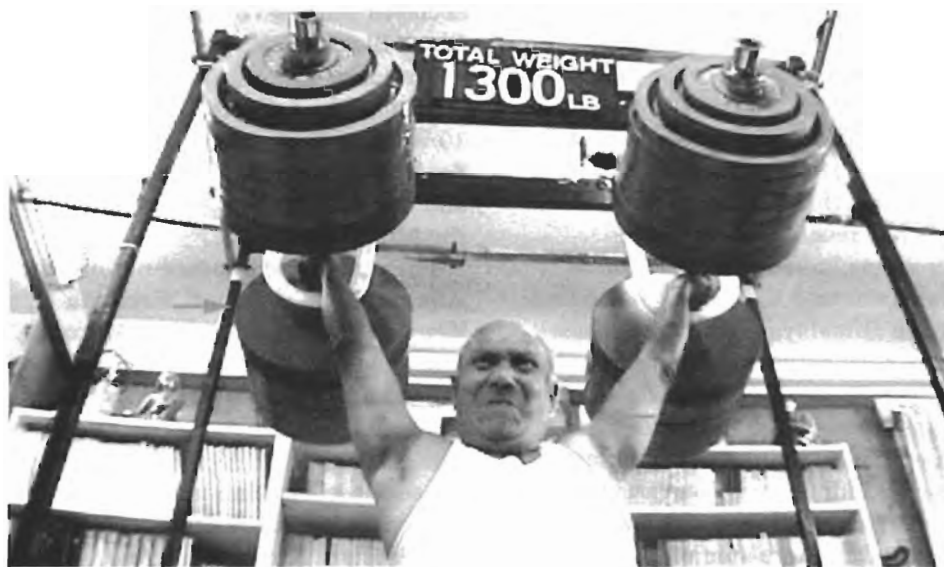
Sri Chinmoy gave a Peace Concert Sept. 10 at Harvard University.

After the concert, Professor Diana L. Eck of the Comparative Religion and Indian Studies Department presented the spiritual leader with a citation on behalf of the Pluralism Project at Harvard University, which has been cataloguing America's religious diversity in an effort to bring together the different cultures and religions.

"Sri Chinmoy sets for us all a standard of world citizenship," the citation said, referring to "his many contributions to the bridging of peoples and cultures in the service of peacemaking."



Professor Eck and Sri Chinmoy at the Harvard concert.



Sri Chinmoy lifts a record-breaking 1,300 pounds.

MONTREAL CONCERT DRAWS 19,000

MONTREAL — Sri Chinmoy's Sept. 23 Peace Concert at Montreal's Molson Center drew some 19,000 people—the largest audience ever to attend a Sri Chinmoy Peace Concert.

NEW STANDARD SET IN WEIGHTLIFTING

Sri Chinmoy completed his current weightlifting phase with four new record-breaking lifts.

He set a world standard on Aug. 6 with his standing and seated calf-raises – hoisting 2,200 pounds and 1,300 pounds respectively.

He also gave new meaning to the term “world class” in the two-handed dumbbell press when he raised 1,000 pounds in the lying down position (bench press) and 800 pounds in the seated position on Oct. 2.

In addition, a few months earlier he set a new record with the two-handed dumbbell press in the standing position when he lifted a total of 1,300 pounds—650 with each arm.

“Sri Chinmoy's feats of strength are...without precedent, unimaginable, and there does not seem to be any limit to what he can do,” said Jim Smith, Registrar of the British Amateur Weight Lifters Association.

“He has totally conquered the dumbbell bench press and dumbbell seated press by an enormous amount.”

Said five-time Mr. Universe Mahasamrat Bill Pearl, “The average person can't comprehend the massive weight he is lifting. It is absolutely phenomenal.”

Al Oerter, four-time Olympic gold medalist in the discus, declared: “What Sri Chinmoy has done with his feats of strength greatly extends and raises my vision of humankind's potentiality.

“If only we all would do this in our own ways, what a wonderful world we would live in!”

With these five records, Sri Chinmoy completed the weightlifting journey he had begun in the fall of 1998 after a nine-year break from his earlier weightlifting initiatives.



Sri Chinmoy plays the flute at the Montreal Peace Concert.



Sri Chinmoy poses by the Iceland Peace-Nation plaque with former Prime Minister Hermannsson (left) and Mayor Gisladdottir

THOUSANDS ATTEND TWIN CITIES CONCERT

ST. PAUL, MN — Thousands poured into the Xcel Energy Center in Minneapolis-St. Paul Oct. 21 for Sri Chinmoy's large American concert.

“When thousands of people gather, I feel we are working together...to bring about world peace,” Sri Chinmoy said. “It is teamwork.”

PEACE DEDICATION HELD IN HOFDI HOUSE

REYKJAVIK, ICELAND—Iceland was formally dedicated as a Sri Chinmoy Peace-Blossoms-Nation Oct. 30 at Hofdi House, where Presidents Gorbachev and Reagan held their 1986 summit meeting.

Speakers included the President of the Icelandic Parliament, Halldor Blondal, Reykjavik's Mayor Ingibjorg

Gisladdottir and former Prime Minister Steingrimur Hermannsson.

At the end Sri Chinmoy meditated and spoke.

Calling Iceland “the land of peace,” he said, “Iceland is my heart's home.”

After the ceremony, Sri Chinmoy meditated at the table where the Soviet and American Presidents had conferred.

600TH PEACE CONCERT GIVEN IN REYKJAVIK

REYKJAVIK — Sri Chinmoy gave his 600th Peace Concert the evening of Oct. 30 in Reykjavik's University Theater.

Since he held his first Peace Concert in Cologne, Germany, in 1984, the spiritual leader has travelled the length and breadth of the world offering his philosophy of peace through music.

MEDITATION HELD IN BRITISH PARLIAMENT

LONDON—Sri Chinmoy offered a Peace Meditation Oct. 31 in Britain's House of Commons. He also read out some of his poems and aphorisms and performed on the flute.

The event was sponsored by two Members of Parliament, Jenny Tonge and Plara Khabra, and Baroness Flather.

Among the guests was the former Speaker of the House of Commons, Bernard Weatherhill, who hosted Sri Chinmoy's first Peace Meditation in Parliament in 1986.

CAMBRIDGE CONCERT HONORS SRI AUROBINDO

CAMBRIDGE, ENGLAND—Sri Chinmoy was invited to give a Peace Concert and short talk Nov. 1 at King's College, Cambridge University, in commemoration of the 50th anniversary of Sri Aurobindo's death.

Sri Aurobindo had been a student at

King's College in the 1890s.

At the beginning of the Concert, the Dean of King's College, Rev. George Patterson, presented Sri Chinmoy with a citation from the College.

TALK OF PARSONS BLVD.

Several small *Peace Concerts* were held in New York and Pennsylvania recently: in Port Washington, Long Island on July 25, in Manhattan on Aug. 23, at the United Nations on Sept. 27, in Philadelphia on Oct. 7, at Aspiration-Ground on Oct. 25 and in Staten Island on Nov. 12 . . . Sri Chinmoy held a *reception* Aug. 1 at Newark Airport, where he was greeted by the airport officials who were sponsoring his three-month Jharna-Kala exhibit there . . . *Satguru Sivaya Subramuniyaswami*, founder and publisher of the magazine 'Hinduism Today', received the U Thant Peace Award on Aug. 25 . . . Averaging about seven hours a day for 10 days, *Xavier Pensec* swam 119 kilometers between two buoys in Lake

Salagous near Montpellier, France, this summer . . . *Humayun Rasheed Chowdhury*, Speaker of the Parliament of Bangladesh, joined Sri Chinmoy for dinner at Annam Brahma Sept. 1 and then came to Aspiration-Ground for a special program in his honor . . . Sri Chinmoy visited former Soviet President *Mikhail Gorbachev* at his Manhattan hotel on Sept. 6 . . . Sri Chinmoy completed his 1,300th weightlifting prayer on Oct. 7 . . . *Per Sandberg*, a Member of the Norwegian Parliament, visited Sri Chinmoy at Aspiration-Ground Oct. 15 and 20 and Nov. 3 . . . On Oct. 17 Sri Chinmoy began a *new prayer series* in which each prayer begins with 'My Absolute Lord Beloved Supreme' . . . More than 30,000 runners from 45 countries participated in this year's two-mile Sri Chinmoy *Peace Run for the United Nations* held in 187 different cities this fall . . . *Jim Smith*, Registrar of the British Amateur Weight Lifters Association, met with Sri Chinmoy Nov. 1 in his home outside London.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

"the soundless sound"

Volume 30

Mid-November 2000 – late March 2001



Sri Chinmoy and Secretary-1, the head of Myanmar's Government, meditate together during their Dec. 16 meeting.

PEACE CONCERT HELD IN THAILAND

Sri Chinmoy gave a Peace Concert Nov. 30 in Ayutthaya, Thailand.

His week-long visit to the country was the start of a nine-week good will tour of Asia.



Myanmar's Minister of Hotels and Tourism, Maj. Gen. Saw Lwin, tries out one of Sri Chinmoy's exercise machines. He and the Minister of Foreign Affairs, U Win Aung, visited Sri Chinmoy at his hotel on Dec. 14.

MYANMAR DEDICATED AS PEACE-NATION

YANGON – The Union of Myanmar was officially dedicated as a Sri Chinmoy Peace-Blossoms-Nation Dec. 15 by the Minister of Hotels and Tourism, Maj. Gen. Saw Lwin.

Sri Chinmoy was guest of honor.

MYANMAR HEAD GREET'S PEACE LEADER

YANGON – The head of Myanmar's Government, Lt. Gen. Khin Nyunt, known as Secretary-1 of the State Peace and Development Council, or S-1, received Sri Chinmoy and several of his students at the Guest House of the Ministry of Defense on Dec. 16.

"I see from the way you meditate, the way you move about, that your beliefs are similar to the beliefs that we hold," the General told the peace leader. "We are full of respect for the way you are going about your work."

During the meeting, the peace leader presented S-1 with the Sri Chinmoy Rainbow-Peace-Blossoms Prize on behalf of The Peace Meditation at the United Nations for his "courageous and dedicated leadership."

PEACE WALK HELD AROUND GREAT PAGODA

YANGON – Members of the Sri Chinmoy Peace Run held a meditative Peace Walk Dec. 17 around the main stupa of the Shwedagon Pagoda.

Joining them in the march was Dr. Myo Myint, Director-General of the Religious Affairs Department, who said, "It is very rare that permission is granted for a group of foreigners to do anything at Shwedagon, but we recognized your sincerity."



SECRETARY-1 AND WIFE ATTEND PEACE CONCERT

YANGON – Secretary-1 and his wife, Dr. Daw Khin Win Shwe, were guests of honor at a special Peace Concert Sri Chinmoy offered in the ballroom of the Traders Hotel on Dec. 17.

Sri Chinmoy dedicated the Concert to S-1, who he said was fulfilling “most gloriously...the true message of peace, which he has been receiving sleeplessly and breathlessly from the Lord Buddha.”

Officially, S-1 is the head of the Government, Sri Chinmoy continued. But “for us, he is the supremely chosen child of the Lord Buddha to pilot the Myanmar-Boat to the Golden Shore of the ever-transcending Beyond....”

After the concert, the Myanmar leader came on stage and told Sri Chinmoy how happy he was that the Master had come to his country.

Referring to the spiritual teacher as ‘Saya-gyi,’ a term of high spiritual respect, he said: “We believe you are here to express loving kindness or metta,” which is the preaching of the Lord Buddha.

After the General and his entourage departed, Sri Chinmoy gave a second Peace Concert for the general public.

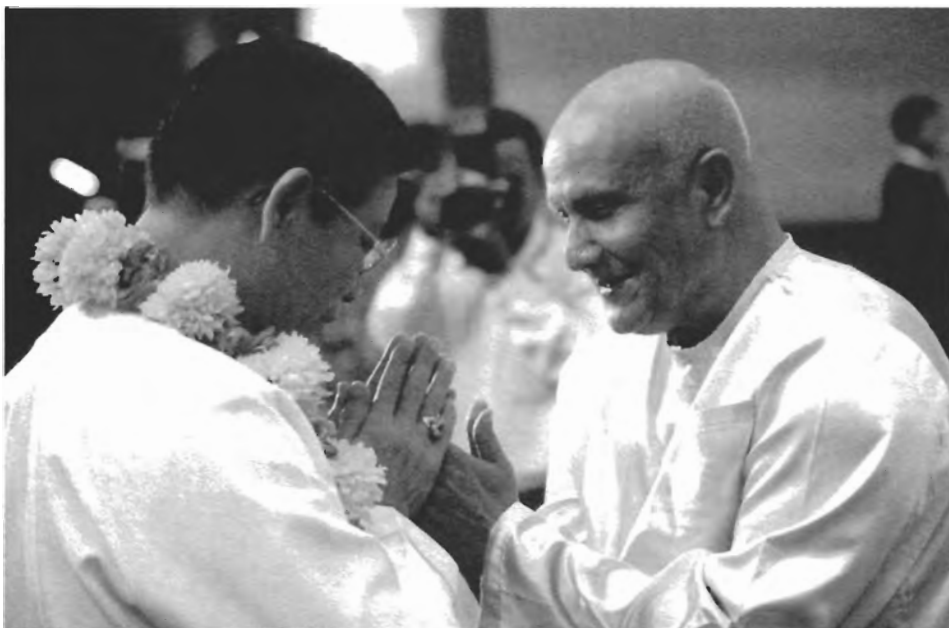
XMAS EVE CONCERT HELD IN MANDALAY

MANDALAY – Some 1,400 people attended the Dec. 24 Peace Concert Sri Chinmoy offered at Mandalay’s National Theater.

Guests of honor included Maj. Gen. Ye Myint, Commander of the government of the Mandalay region, as well as Mandalay’s Mayor, Soe Thi Ha.

Dedicating the Concert to S-1, the spiritual teacher said that many parts of the world misunderstand him, but “there shall come a time...when these misunderstanding-clouds will be dispersed. At that time, the inner sun of our Secretary-1 shall come to the fore and illumine the world.”

While in Mandalay, Sri Chinmoy’s students staged a Peace Run around the Mandalay Palace on Dec. 26.



Secretary-1 affectionately greets Sri Chinmoy at the Dec. 17 Peace Concert.

CONCERT HELD IN BAGAN

BAGAN, Myanmar – Sri Chinmoy offered a Peace Concert here Jan. 1.

He also met with the District Commander, Lt. Col. Khin Maung Oo, who paid him a courtesy call the previous day.

PILGRIMAGE MADE TO GIANT BUDDHA STATUE

YANGON – At the personal request of Secretary-1, Sri Chinmoy made a pilgrimage to the site of the huge Buddha statue being constructed here

on the Min Dhamma Hill.

Accompanied by Dr. Myo Myint, Director-General of Religious Affairs, he made the trip during a one-day stopover in Yangon Jan. 2 on his way to Bali.

The marble statue, only weeks from completion, is the largest figure of Lord Buddha in the world.

Escorted first to a nearby outdoor temple, Sri Chinmoy knelt down in respect and prostrated himself before a small golden statue of Lord Buddha.

He then stood meditating with folded hands in front of the giant Buddha statue.



Sri Chinmoy prostrates himself in front of a Buddha statue in Yangon on Jan. 2.



On Jan. 13, Sri Chinmoy met with Indian Prime Minister Atal Bihari Bajpayee, who was visiting Bali, and presented him with the U Thant Peace Award on behalf of The Peace Meditation at the United Nations.

TWO PEACE CONCERTS HELD IN BALI

Sri Chinmoy gave two Peace Concerts during his month-long visit to Bali.

The first was held Jan. 17 at the Bukit Jimbaran campus of Udayana University.

During the Concert, the Rector, Dr. K. Sukardika, presented Sri Chinmoy with the Heart of Bali Award.

A second Peace Concert was held Jan. 20 in Denpasar.

INDONESIA DEDICATED TO CAUSE OF PEACE

NUSA DUA, Bali – The Republic of Indonesia was formally dedicated as a Sri Chinmoy Peace-Blossoms-Nation on Jan. 24.

Government officials from Jakarta, joined by the Vice-Governor of Bali, attended the ceremony, which was held in the ballroom of the Putri Bali Hotel here.

Dr. Ranzy Tadjoeidin, Special Advisor to the Minister of National Education and Chairman of the Department of Islamic Studies at the University of Indonesia, presented Sri Chinmoy with the Heart of Indonesia Award on behalf of the Minister.

The spiritual leader offered a brief meditation and then spontaneously composed a new beginning to his 'Heart of Indonesia' song.

CREATIVITY ABOUNDS ON VISIT TO ASIA

During his nine-week visit to Asia, Sri Chinmoy composed 298 Bengali and 89 English songs, bringing his total number of songs to more than 16,000. The 16,000th song was written on Dec. 31.

He also wrote 1,614 poems, 400 prayers and 107 stories. Almost all the stories were acted out by his students during evening functions.

In addition, he completed 273,832 bird drawings.

17 NATIONS BECOME PEACE-BLOSSOMS

Seventeen more countries in Africa, Europe, Asia, Central America and the Middle East have become Sri Chinmoy Peace-Blossoms-Nations.

The new African Peace-Nations are the Central African Republic, Eritrea, Burkina Faso, Comoros, Sudan and Seychelles.

New Peace-Nations in Europe are Liechtenstein, Lithuania, Belarus, Germany and Russia.

Recently named Peace-Nations in Asia include East Timor, Viet Nam, Turkmenistan and Bhutan.

Other new Peace-Blossoms-Nations include Guatemala in Central America and Qatar in the Middle East. To date, 135 countries have joined this program.

HEART OF COUNTRY AWARDS GIVEN TO PEACE ADVOCATE

Over the past two months, Ministers and government leaders from 40 nations have honored Sri Chinmoy with the Heart of their Country Award.

Citing his work in "helping to foster a...vibrant culture of peace," Prime Minister Javier Perez de Cuellar of Peru wrote Sri Chinmoy a letter presenting him with the Heart of Peru Award.

Myanmar's Minister of Religious Affairs, U Aung Khin, presented the spiritual teacher with the Heart of Myanmar Award for his "loving and dedicated peace-service to our country, which has deeply touched the heart of this golden land."

Canadian MP Mac Harb cited the spiritual leader "for inspiring millions of people to work for peace."

Sri Chinmoy has also received the 'Heart of Country' Award from India, Zambia, Indonesia, Australia, Tanzania, Iceland, Zimbabwe, Czech Republic, Bangladesh, Slovakia, New Zealand, Slovenia, Mongolia, Mozambique, Nepal, Malta, Malaysia, Cook Islands, Ghana, Kiribati, Russia, Austria, Finland, Ukraine, Latvia, Macedonia, Hungary, Sri Lanka, Scotland, Armenia, Colombia, St. Lucia, St. Kitts and Nevis, Georgia, Albania, Micronesia and the U.K.

SRI CHINMOY MAKES HISTORIC MOSCOW TRIP

MOSCOW – Sri Chinmoy made his first visit ever to Russia this past March when former Soviet President Mikhail Gorbachev invited him to attend the celebration of his 70th birthday.

During the visit, President Gorbachev's daughter, Irina Mikhailovna, escorted him on a tour of the Gorbachev Foundation. She also joined the spiritual leader in a private meeting with her father, whom Sri Chinmoy presented with The Home of Oneness-Peace-Dream-World Award.

In addition, Sri Chinmoy visited the grave of Raisa Maximovna, the President's late wife. He meditated there, leaving a huge wreath of 70 fresh roses.

During the gala birthday celebration on March 2, he was seated at a front table and spoke a few words of high appreciation for the Russian leader.



TALK OF PARSONS BOULEVARD

Sri Chinmoy attended the dedication of the domestic terminal (*Terminal A*) of *Newark Airport* as a Sri Chinmoy Peace-Blossom on Nov. 16 . . . The *New Year's Peace Concert* was held Nov. 18 in Manhattan's Cooper Union . . . Sri Chinmoy opened a *World-Harmony-Pilgrim-Dream concert* for peace at the United Nations Nov. 20 with a meditation . . . Sri Chinmoy observed the upcoming 50th anniversary of *Sri Aurobindo's Mahasamadhi*, or departure from the physical, with a special function on Nov. 24 .

Ashrita set two more Guinness

world records – *the one-mile somersault* record (19 minutes 11 seconds) on Nov. 25 in Queens and the *underwater rope jumping* record (738 jumps in one hour) on Jan. 26 in Bali, Indonesia . . . The Bhajan Singers, led by *Ranjana*, gave four public concerts during their nine-week trip to Asia, including one in Bali that drew over 900 listeners. Their activities were featured in several news articles and nearly two dozen radio and TV broadcasts . . . The *international airports in Bali and Jakarta* were recently dedicated as Sri Chinmoy Peace-Blossoms.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 31

Late March 2001 - July 2001

WORLD FIGURES HOLD PEACE TORCH

Luminaries from around the world have been taking part in the Sri Chinmoy Oneness-Home Peace Run this year.

A team of international runners was welcomed by Vladimir Petrovsky, Director-General of the UN in Geneva, when the European Peace Run arrived at the Palais des Nations on March 23.

"We are very thankful to Sri Chinmoy for this very important peace initiative that has become part and parcel of international peace activities in the new world today," he said.

Elsewhere in Europe, the Vice-Mayor of Amsterdam dedicated his city as a Sri Chinmoy Peace Capital during a Peace Run ceremony on May 15.

In Ottawa, Prince Charles of England held the Peace Torch and met with runners from the Canadian Peace Run on April 25, an event televised nationally over CBC.

Jimmy Carter became the first U.S. President to hold the Peace Torch when he greeted the American Peace Run as it passed through his hometown of Plains, Georgia, on April 29.

Starting out April 14 from the United Nations, the American Peace Run is travelling through all 48 contiguous states, with separate runs in Alaska and Hawaii.



Prince Charles holds the Peace Torch.

POETRY READING AT UNITED NATIONS

UNITED NATIONS - Sri Chinmoy joined Pulitzer Prize winner Yusef Komunyakaa, Joyce Carol Oates and two others in a poetry reading March 29 at the United Nations.

The event was sponsored by the UN Society of Writers.

TWO RECORDS SET AT SIX-DAY RACE



Dipali sets a new six-day record.

Two records were broken at the Six-Day Sri Chinmoy Race at Wards Island ending May 5.

Ted Corbitt, 82, ran over 50 miles a day to complete 303 miles, setting a new record for his age group.

Dipali Cunningham, 42, ran 510 miles, breaking her own women's record.

All told, 59 runners participated in the simultaneous 6/10-day race.

MEDITATION HELD ON PARLIAMENT HILL

OTTAWA - Sri Chinmoy offered a silent meditation for world peace May 7 in the West Block of Parliament shortly after the Peace Tower Carillon on Parliament Hill played the music to his most sacred song, "The Invocation."

Later that day, the peace advocate honored several Canadian MPs and foreign ambassadors in the Centre

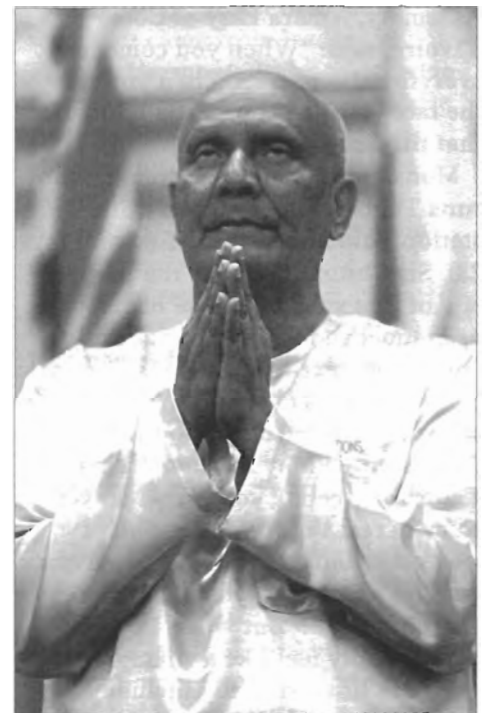
Block of Parliament by inviting them one by one to climb onto a special platform, which he then lifted overhead with one arm - from a seated position.

"I found paradise upstairs," declared Mustafa Mamdouh, Second Secretary to the High Commissioner of Iraq to Canada. "I felt Sri Chinmoy's soul lifting me."

Rajanikanta Verma, High Commissioner of India to Canada, said that by lifting people from various countries, "Sri Chinmoy is uniting the world through his lifting. This is an extremely moving experience for me."

Many of the dignitaries stayed for the Peace Concert Sri Chinmoy offered immediately afterwards in the same room.

The following day, a plaque declaring Canada a Sri Chinmoy Peace-Blossoms-Nation was formally unveiled in front of the new City Hall by Sri Chinmoy and a representative of the Mayor's office.



Sri Chinmoy meditates during his Peace Concert in the Canadian Parliament.

LIFTING PROGRAM HONORS DIGNITARIES

Sri Chinmoy has begun honoring dignitaries from various fields by lifting them overhead with one arm – from a seated position – as part of his “Lifting Up the World with a Oneness-Heart” program.

He has lifted several UN ambassadors and diplomats...four former Presidents of the UN General Assembly...a group of Catholic, Jewish, Hindu and Buddhist religious leaders...and several champion athletes.

Lynne Cox, who swam across the icy Bering Strait from Alaska to the Soviet Union in 1987 to promote peace, told Sri Chinmoy on May 12: “You lifted more than my body. You really lifted my heart and my soul....It has been really an incredible day.”

After being lifted on May 15, Jorge Illueca of Panama, President of the 38th session of the UN General Assembly, declared: “I do not have enough words to express my gratitude...Instead of saying words, please listen with great attention and you will feel my heartbeats tonight.”

That same day, the President of the 49th session of the UN General Assembly, Amara Essy of Cote d'Ivoire, said: “When you come here, everything is peace. When you see the faces of the people, you know that the heart is in peace.”

Monsignor Thomas Hartman, who runs Telicare, the Catholic cable TV station, said after being lifted on May 23: Sri Chinmoy “defies the natural law of this world because he has been touched by the supernatural law of the next world. He is for us a model. He is our Guru....”

Former boxing champion José Torres, lifted May 26, said: “There is a spiritual feeling you get when you come here....I quit boxing when I was very young because...I could not feel the way I was feeling when I was champion. But when I come here, I really feel like a champion.”

Others lifted recently include renowned bodybuilder Mahasamrat Bill Pearl (May 19) and Olympic gold medalist Al Oerter (June 2).

UN CONCERT HELD

UNITED NATIONS – Sri Chinmoy offered a special concert at the UN's Dag Hammarskjold Auditorium on May 14 to commemorate the 31st anniversary of The Peace Meditation at the United Nations.

12 MILLION BIRDS DRAWN

Sri Chinmoy announced June 2 that he had completed 12 million soul-birds – drawings of miniature birds depicting the peace and freedom of the soul. He first began drawing these birds in 1991 during a visit to Malta.

PEACE-FLAME LIT IN PORT OF OSLO

OSLO – The first-ever Sri Chinmoy Peace-Blossoms-Dedication Week was launched here June 9 with the lighting of the Eternal Peace-Flame on the “Pier of Honor” in the Oslo harbor.

The flame rises from the center of a stainless steel sculpture, shaped like a lotus, which was designed and built as an offering to the City of Oslo by the Sri Chinmoy Centre.

Sri Chinmoy, joined by Oslo's Deputy Mayor, Sverre Kristiansen, and the Deputy Leader of Norway's

Christian Party, Einar Steensnaes, ignited the flame with the Peace Run torch, which had been passed from hand to hand around the world.

After the ceremony, Sri Chinmoy honored several of the dignitaries present by lifting them overhead with one arm as they stood on a special platform. Among those lifted were the Deputy Mayor, the Christian Party leader, Marie Inger (a Member of the Nobel Peace Committee) and Russian cosmonaut Gennady Strekalov.



Above, Sri Chinmoy meditates on the Eternal Peace-Flame in the Port of Oslo. The flame, he said, represents a “new era in humanity's aspiration-heart.” From this place, he declared, “the beauty, the fragrance, the aspiration and the dedication of peace shall cover the four corners of the globe.” Below, Sri Chinmoy and Oslo Deputy Mayor Kristiansen hold the Peace Torch.



ART EXHIBIT OPENS IN OSLO CITY HALL

OSLO – A two-week exhibit of Sri Chinmoy's Jharna-Kala paintings opened June 10 at the Oslo City Hall.

At the opening, Sri Chinmoy offered a reading of his poems and gave a short Peace Concert.

MEDITATION HELD IN PARLIAMENT

OSLO – Sri Chinmoy offered a silent meditation in the Storting, or Norwegian Parliament, on June 13 at the invitation of Einar Steensnaes, Chairman of the Storting's Foreign Affairs Committee and Deputy Leader of the Christian Party.

During the meditation, the peace advocate also performed on the esraj and sang a song he had written earlier that morning about the Parliament.

Afterwards, Steensnaes symbolically presented him with the "Heart of Norway," a special recognition of his work for peace.

Meanwhile, a group of runners from the Sri Chinmoy Oneness-Home Peace Run formed an honor guard outside the Storting, where they were greeted by the Speaker of the Parliament, Kirsti Kolle Grondahl.



Sri Chinmoy meditates in the Storting.

TALK AND CONCERTS HIGHLIGHT OSLO VISIT

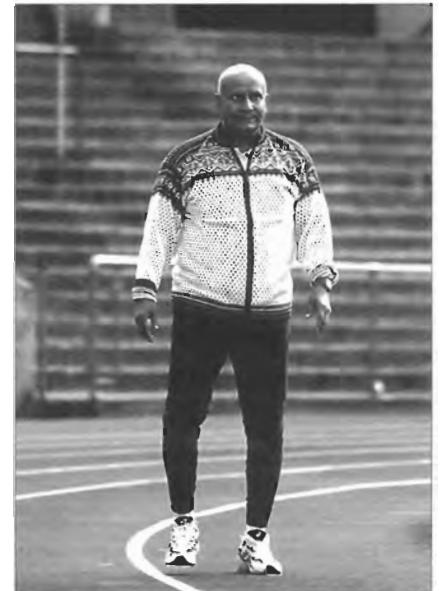
Other events highlighting Sri Chinmoy's week-long visit to Oslo included a lecture and short Peace Concert at the Blindern Campus of the University of Oslo on June 12 and a major public Peace Concert at the Oslo Spektrum two days later.

There was also a Sports Meet June 11 at Bislett Stadium, which attracted over 500 athletes, a three-day international music festival and a visit to Norway by the Sri Chinmoy European Peace Run as part of its 45-nation journey.

Sri Chinmoy had been invited to Oslo by the Deputy Mayor and was an official guest of the City.



Above, Sri Chinmoy performs on the flute at Oslo University. Below, he offers a Peace Concert at the Oslo Spektrum.



Sri Chinmoy walks around the track at the world-famous Bislett Stadium, where more than 60 track and field world records have been set.

PEACE LEADER IS OFFERED THE HEART OF 23 NATIONS

Political, religious and other influential leaders or luminaries from 23 more nations have recognized Sri Chinmoy's work for peace by symbolically offering him the heart of their country.

In Europe, "Heart of Country" messages came from leaders in France, Germany, Italy, Switzerland, Norway, Sweden, Portugal, Wales, Estonia, Belarus and Azerbaijan.

From the Americas, the peace leader was offered the Heart of America (USA), Mexico, Bolivia and Venezuela.

Elsewhere in the world, "Heart of Country" offerings came from luminaries in Japan, Palau, South Africa, Uganda, Eritrea, Burkina Faso, Mauritius and Kuwait.

To date, dignitaries from 63 nations have offered Sri Chinmoy the heart of their country.

The peace advocate was also recognized by the UN Development Programme (UNDP) when its Administrator, Mark Malloch Brown, wrote him on April 17 that his worldwide peace activities "embody the Heart of the UN Progress."

SEVEN MORE COUNTRIES NAMED PEACE-NATIONS

Seven more countries have recently declared themselves Sri Chinmoy Peace-Blossoms-Nations: England, France, Switzerland, Japan, Egypt, Sierra Leone and Barbados.

There are now 142 nations in this program.

U.S. CONGRESSMEN GET UPLIFTED

Sri Chinmoy honored five U.S. Congressmen on July 10 in the Rayburn House Office Building of the Capitol by lifting them overhead with one arm.

Calling Sri Chinmoy "the brother of all mankind," Rep. Gary Ackerman (D-NY) said afterwards: "The enlightened vision that you have for the world of peace is truly an inspiration. If more people shared your vision, and each day more and more do, this world would be a much more decent place."

Rep. Benjamin A. Gilman (R-NY) declared: "If we would listen more

intently to you, Sri Chinmoy, I know we would find peace. Thank you for honoring us. God bless you."

Rep. Sanford Bishop (D-GA) said: "It is indeed an honor and a privilege for me to be blessed with the presence of such a spiritual man....Thank you for what you do and for the example you set."

TALK OF PARSONS BLVD.

Peace concerts were held March 27, April 6 and 27, May 27 and June 2 at P.S. 86 in Queens, on June 19 in the Bronx and on July 27 in Brooklyn . . . *Ashrita* recently set some new Guinness world records – balancing 75 20-oz. glasses on his chin for 10 seconds on April 26 in Queens and pogo stick jumping one mile in 13 minutes six seconds on June 11 in Oslo; he subsequently broke his own pogo stick record by 50 seconds in Oxford, England on July 24 . . . Russian cosmonaut Gennady Strekalov *played tennis* with Sri Chinmoy the morning of June 10 in Oslo . . . Sri Chinmoy, joined by Oslo's Deputy Mayor and Russia's

cosmonaut, *shot baskets* during the Sports Meet June 11 in Bislett Stadium . . . Sri Chinmoy visited Oslo's Eternal Flame the morning of June 14, *meditating* there for several minutes, *holding* the Peace Torch and *signing the guest book* . . . Sri Chinmoy held a *book signing* June 15 at Oslo's Tanum Book Store . . . Sri Chinmoy and 150 of his students took a *boat cruise* around New York's harbor July 4th, meditated by the Statue of Liberty and watched the fireworks display on the East River . . . Bangladesh Ambassador to the UN *Anwarul Karim Chowdhury* and his wife visited Aspiration-Ground July 7 and were lifted by Sri Chinmoy . . . The Peace Meditation at the United Nations held a *memorial service for Humayun Rasheed Choudhury*, Speaker of the Bangladesh Parliament, on July 27 . . . *James Parks Morton*, Dean Emeritus of the Cathedral of St. John the Divine and president/founder of the Interfaith Center of New York, was lifted by Sri Chinmoy at Aspiration-Ground on July 31 and presented with the *U Thant Peace Award*.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 32

August 2001 - mid-November 2001

LIFTING PROGRAM POINTS WAY TO PEACE

During August and September Sri Chinmoy continued his program of lifting individuals from all walks of life with his one-arm sitting lift.

Among those lifted were UN Under-Secretary-General Ibrahim Gambari of Nigeria, the Special Advisor to the Secretary-General on Africa (Aug. 4) ...a 101-year-old woman from Long Island City, Genevieve Syring (Aug. 7)...Liberian George Weah, voted world's best soccer player in 1995 (Aug. 11) ...India's top tennis player, Leander Paes (Sept. 8)...and the famous Chinese TV personality and entrepreneur Yue Sai Kan (Sept. 22).

“If we want to bring about peace on earth, then mutually we have to lift one another. I lift you and you lift somebody else,” Sri Chinmoy said.

“Peace is not to be found on the level we are now living at. We have to go higher and bring down peace from there.

“The higher we can go together, the easier it will be for us to have peace not only in our hearts but in our lives.”

THIRD PEACE RUN HELD IN CHINA

MANCHURIA – The Sri Chinmoy Oneness-Home Peace Run crossed here from Russia Aug. 20 – the third time the Run was held in China.

The President of the Sport Committee of Manchuria ran with the Russian runners, and a representative from City Hall attended a ceremony here. Afterwards, some of Sri Chinmoy's Russian students gave a concert for the Chinese during a reception at a local restaurant.

There was also a five-day exhibit of Sri Chinmoy's Jharna-Kala paintings in the city.

The Peace Run first took place in China in 1987 and was held again there last year.

SPECIAL PAINTINGS EXHIBITED AT UN

UNITED NATIONS – A two-week exhibit of titled Jharna-Kala paintings, which Sri Chinmoy completed for his birthday, opened in the lobby of the UN Secretariat on Aug. 20.

Sri Chinmoy attended on Aug. 29 a reception at the exhibit, which was hosted by UN Ambassador Anwarul Karim Chowdhury from Bangladesh.

UNIQUE PERFORMANCE FEATURES 70 PIANOS

JAMAICA, NY – One of the ways Sri Chinmoy celebrated his 70th birthday was by performing on 70 pianos at his meditation park, Aspiration-Ground, on Aug. 16 – a tour de force lasting nearly five hours.

Ten days later he gave another concert, this time performing on 70 different instruments.



MOVING 70 PIANOS IS NO JOKE!

Finding, moving and setting up 70 pianos in an area the size of a tennis court was no easy task.

“We had to get the pianos from different places and have them tuned, polished and ready to move out by around 3 a.m. the day of the concert,” said Sujatri, who coordinated the job.

Things didn't always go according to plan. “One truck got lost, so the driver of another truck – still full of pianos – turned around and went looking for it. Another truckload of pianos got left behind, and we had to rush back to Manhattan to get it.

“Once the pianos were unloaded, we

found various parts missing, so we had to run around for replacements.

“From beginning to end we were fighting the clock. It was quite a miracle that everything was ready when the concert started around noon.”

Taking the pianos down and returning them was also a job. “We had 12 professional movers, but I'm talking about lifting tons and tons of weight. It took hours.

“Afterwards, one of the exhausted movers joked, ‘I don't think I could do this again. When your teacher turns 80, call someone else!’”

70th BIRTHDAY WAS A DAY TO REMEMBER

JAMAICA, NY – Sri Chinmoy commemorated his 70th birthday Aug. 27 at Aspiration-Ground with a day-long series of spiritual events, which lasted far into the night.

It began with a meditative walk-past by hundreds of his students, many of whom had flown in from around the world to be here for the occasion.

As they paused one by one in front of their spiritual teacher's chair – which was surrounded by thousands and thousands of roses from the 77-foot-long bouquet he had been given – Sri Chinmoy presented each of them with a "blessing-flower."

Then he sang 70 new Bengali songs that he had composed especially for his birthday.

Later that afternoon, Addwitiya Roberta Flack honored him with a concert of her own, which she performed in the pouring rain.

There were a number of evening performances by his students, as well as a talk by Gennady Strekalov, who had carried the Sri Chinmoy Oneness-Home Peace Torch up to the Russian space station "Mir" in the year 1995.

As a birthday present, the Russian cosmonaut presented Sri Chinmoy with the space glove he had worn during one of his five trips to outer space.

ASHRITA SETS THREE NEW WORLD RECORDS

Ashrita Furman set three Guinness world records in four days in order to complete his 70th record in honor of Sri Chinmoy's 70th birthday.

"I came up with the idea just a few weeks before his birthday, so I didn't have much time to train," the 47-year-old Queens health food store manager declared.

His 68th record was sack racing for 10 kilometers, which he did in slightly over one hour 22 minutes on a Long Island baseball field on Aug. 23.

"It was a very hot day, and for a while I was slowing down, exhausted. I didn't think I was going to succeed. Then suddenly a burst of energy poured into me, and I sped up."

An hour later, fitted out with a snorkel, he was jumping rope underwater in a nearby pool, using a metal wire as a rope.

"At first I was doing quite well, but then I got these terrible cramps in my calves because I was so depleted from the sack race.

"I had to get out of the pool three times to be massaged."

Still, he managed to do 900 jumps in an hour, setting his second world record of the day.

For his 70th record, he organized the construction of a bouquet made of 70,000 roses, which was completed Aug. 26 and presented to Sri Chinmoy for his birthday.

WORLD LEADERS SEND BIRTHDAY GREETINGS

Sri Chinmoy received birthday greetings from dozens of world leaders.

"Your enormous and significant activities are helping people to live better lives in peace, friendship and love," said President Mikhail Gorbachev.

President Nelson Mandela wrote: "I would like to honor you for the humanitarian work that you have humbly and spiritually performed over a period of more than thirty years. Yours is a voice we all must heed...."

UN Secretary-General Kofi Annan declared: "Your work has linked peace-lovers in more than 100 countries and complemented that of the world Organization...."

Canada's Prime Minister Jean Chrétien said he wanted to "express my appreciation to you for encouraging peace around the world."

SRI CHINMOY RECEIVES HUMANITARIAN AWARD

SKOPJE, MACEDONIA – Sri Chinmoy has been named the recipient of the prestigious Mother Teresa Award.

The Award, presented by the Humanitarian Organization Mother Teresa, a private foundation in Macedonia, is regarded as the country's highest national honor.

Presented annually on Sept. 5, the anniversary of Mother Teresa's death, the Award was first given out last year to Pope John Paul II.

SEVEN NEW NATIONS OFFER THEIR HEART TO SRI CHINMOY

Leaders from seven more countries have recognized Sri Chinmoy's work by symbolically offering him the heart of their country.

They are: Swaziland, Sierra Leone, Vanuatu, Puerto Rico, Guyana, Bhutan and Samoa.

To date, dignitaries from 70 countries have honored him in this way.



The world's largest bouquet, made of 70,000 roses, was presented to Sri Chinmoy for his birthday.

TEN MORE COUNTRIES NAMED PEACE-NATIONS

Ten more countries have recently declared themselves Sri Chinmoy Peace-Blossoms-Nations, bringing the total in this program to 152.

They are: Niue, Rwanda, Bosnia and Herzegovina, Cyprus, Tuvalu, Cameroon, Senegal, Cote d'Ivoire, Lao People's Democratic Republic and Yugoslavia.

POISE + POWER = NEW WOMEN'S CHAMP

Paula Mairer describes herself as calm, unemotional and balanced. When she runs ultra distances, she concentrates on her physical body and avoids the mental struggle that many of her competitors face.

But when she shattered the women's world record this September in the Sri Chinmoy 1,300-miler, even Paula lost her composure.

"I was just laughing and laughing. I couldn't believe it!"

The 42-year-old secretary from Salzburg, Austria, completed what was her first 1,300-mile race in a little more than 17 days 21 hours – breaking New Zealander Sandy Barwick's 1991 record by over an hour and a half.

This meant conquering sleep and resting only a couple of hours a day – once around midnight and an hour around noon.

"That's when they massaged me and taped my feet. I slept right through it," she said. "And there was no time to meditate in my tent. I did my morning



meditation and prayers on the track.

"Beforehand, I had planned to do about 72 miles a day, and I pretty much kept to my plan. If it rained one day and I fell behind, I made up the mileage the following day."

She realized something special was happening for her in this race when she broke Dipali's women's record for the 700 miles.

"I wasn't trying to beat her record. I didn't even know I had done it until Dipali came over and congratulated me."

A few days later, someone told her she might break the 1,300-mile record if she continued at her current pace.

"I was thinking about it, but it didn't seem real to me until I saw my spiritual teacher, Sri Chinmoy, looking at me during one of his visits to the race. Suddenly I had the feeling I could really do it. It was very intense."

Such emotions, though, are rare for Paula, who likes to remain pretty much in the physical consciousness while running. "I try to be always aware of my body – the position of my arms and so on. I don't do anything special inwardly. I just run."

"The final night I didn't sleep at all, but ran virtually straight through. I never look at my watch, but the last few miles I felt myself going faster and faster."

"I don't want to give the impression that it's easy. But afterwards you forget the difficult things and only remember the positive. Also, it's great to have a good helper, and Sarah from Scotland was perfect. She hardly slept

at all. Without her, this would have been impossible."

Paula is a relative newcomer to the world of ultras. She completed her first long-distance race about seven or eight years ago – the Sri Chinmoy 47-miler – and was surprised by how well she did.

After surprising herself several more times in subsequent 12-hour, 24-hour and 48-hour races, she gradually got the confidence to try first the Sri Chinmoy 700-miler and then the 1,000-miler – running and winning both events twice.

She doesn't train much – running only about an hour daily and a little longer on weekends, and warms up for her ultras by doing a 24-hour and 48-hour race earlier in the year.

"People say, 'What's your secret?' But I don't have one. I've learned, though, that you can always do more than you think."

"Also, it's a great gift if the body is strong. If you have injuries, then it becomes hard and you have problems with the mind."

"This time I had just a few blisters and other small problems, but they weren't that bad. I'm so grateful it's possible for me to run and I so rarely get injuries. I feel that gratitude gives strength."

"I'm not normally an emotional person, but sometimes during a race when everything is going very well, I'm so grateful that I start crying out of gratitude and happiness."

MESSAGE OFFERED ON WORLD TRADE CENTER

Sri Chinmoy gave the following message to his students on Sept. 15:

"At this juncture our only bounden Duty is to identify our prayerful hearts with the innocent, harmless and helpless victims and their beloved ones.

"Our tearful eyes and the bleeding hearts of the relatives and friends have already touched the Compassion-Feet of our Absolute Lord Beloved Supreme. He is with His Infinity's Compassion-Affection-Love-Sweetness-Fondness taking care of His supremely chosen children who have recently arrived at His Heaven-Home.

"May America the Beautiful forever shine bright-brighter-brightest in the Heart of God the Creator and God the creation."

He also composed a song dedicated to the victims of the World Trade Center attack.

SANTARU GETS TWO CITIZENSHIP AWARDS

PROVIDENCE, R.I. – Santaru Stephens spends his nights working as a security guard, watching out for vandals and burglars. But in his head he's thinking about chess strategies.

These strategies he has been teaching to inner city kids at local Providence schools on a volunteer basis.

He was recently recognized for his work in citations from both the Providence Mayor and Rhode Island's Lieutenant-Governor.

The Mayor's Award cited his "tremendous contribution" and "extraordinary character and boundless...concern for our children."

The Governor's Award lauded his volunteerism in city schools.

Santaru received the awards earlier this summer in a ceremony at the Governor's Mansion.

TALK OF PARSONS BOULEVARD

Sri Chinmoy participated in the annual *Interfaith Service* with UN Secretary-General Kofi Annan at St. Bartholomew's Church Sept. 13 ...

Asprihanal placed first in the Sri Chinmoy 3,100-mile race this summer; other finishers were *Namitabha* and *Suprabha*, who has completed the race every year since its 1997 inception ... Sri Chinmoy's music has been broadcast recently on *radio programs* in Russia, Germany and the Czech Republic ... At the Aug. 25 disciple circus, Sri Chinmoy did 70 *pushups* and ate *seven raw eggs* ... *Sudhahota Carl Lewis* visited Sri Chinmoy at *Aspiration-Ground* Sept. 10 ... Sri Chinmoy gave a *concert* Oct. 21 in honor of *Karen Karageziyan*, a key figure at the Gorbachev Foundation in Moscow, and his wife *Nina*.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG. U.S. POSTAGE PAID JAMAICA, NY PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 32

Mid-November 2001 - March 2002

HAWAII TRIP FEATURES FIVE LIFTING PROGRAMS

During his two-week visit to Hawaii's island of Kaua'i Nov. 23-Dec. 7, Sri Chinmoy lifted 121 people under his "Lifting Up the World with a Oneness-Heart" program.

In this lift, the liftees stand just above Sri Chinmoy's shoulder on a special platform with a trailing bar, which he then pushes up along a guided track – from a seated position.

Among those lifted were Satguru Bodhinatha Veylanswami of the Nandinatha Sampradaya's Kailasa Parampara lineage... 'big-wave' surfer Titus Kinimaka... and Rekha Sharma, the first woman to climb Ananda Devi, India's highest peak.

PEACE DESCENDS UPON THE KILLING FIELDS

On Dec. 20 Sri Chinmoy visited the notorious "Killing Fields" of Choeung Ek on the outskirts of Phnom Penh, where the Khmer Rouge had executed and buried thousands of Cambodian citizens in the 1970s.

The Master spent several minutes meditating by the genocide monument, a glass enclosure filled with victims' skulls, bringing a sense of peace to this field of horror.



CAMBODIAN LEADER GREETSS SPIRITUAL TEACHER

PHNOM PENH – Prime Minister Hun Sen of the Royal Government of Cambodia warmly welcomed Sri Chinmoy Dec. 22 during a meeting at the Council of Ministers.

After conferring with him privately for a half hour, the spiritual teacher presented Hun Sen with the "Lifting Up the World with a Oneness-Heart Award" in recognition of his "fathomless bravery, matchless strength and limitless sacrifices to lift up the lives" of his people.

At the "Victory Over Genocide Day" rally on Jan. 7, the Award was hailed by Cambodian People's Party Chairman Chea Sim as a "really great honor for Cambodia."

In presenting the Prime Minister with the Award, Sri Chinmoy said, "I

have embraced your country and countrymen as my own, very own."

The Prime Minister declared: "More than ever we really need many more Sri Chinmoys to unite the people on earth to live in harmony, peace and friendship."

The Sri Chinmoy singers sang two of their teacher's songs about Hun Sen and his country. Then Sri Chinmoy lifted the Prime Minister and his wife, Bun Rany.

Afterwards, holding the Peace Torch aloft, the Prime Minister – with Sri Chinmoy at his side – led a procession of cabinet members and other government officials around the Council of Ministers building.

The event was televised live and broadcast internationally several times.



(Above) Cambodian Prime Minister Hun Sen, accompanied by his wife and Sri Chinmoy, leads a Peace Torch procession around the Council of Ministers.

(Left) Sri Chinmoy poses with Samy Vellu, Malaysia's Minister of Works, after lifting him and his daughter and grandchildren Dec. 14 in Kuala Lumpur

BUDDHIST PATRIARCH HONORS INDIAN MASTER

PHNOM PENH – The most venerable Tep Vong, Supreme Patriarch of Cambodia's Mahanikaya Buddhist Sect, presented Sri Chinmoy with the "Light of Lord Buddha" Award on Dec. 26 at the Udnalorm Pagoda.

The Award honored Sri Chinmoy's "lifelong mission to bring peace and enlightenment to humanity."

The Indian Master told the venerable monk: "I shall treasure your blessingful message in the very depths of my heart."

Afterwards, Sri Chinmoy lifted the Supreme Patriarch and presented him with the "Lifting Up the World with a Oneness-Heart" Award.

His students also performed two of his songs about Lord Buddha.



(Above) Buddhist Patriarch Tep Vong and Sri Chinmoy meditate together at the Udnalorm Pagoda in Phnom Penh. (Below) Cambodian Prime Minister Hun Sen greets Sri Chinmoy at the "Victory Day over Genocide" celebration.



40 BUDDHIST MONKS RETURN MASTER'S VISIT

PHNOM PENH – Forty monks from Tep Vong's Udnalorm Pagoda returned Sri Chinmoy's visit on Dec. 29 and were lifted by the Master at the Intercontinental Hotel.

Sri Chinmoy opened the program with a short concert, which included several songs about Lord Buddha. The Sri Chinmoy singers also performed a song about Tep Vong.

Then Sri Chinmoy honored the monks with his seated lift – lifting eight of the monks overhead two at a time, one with each arm, and the rest of them in groups of four (lifting two with each arm simultaneously).

CAMBODIAN ORPHANS MEET INDIAN TEACHER

PHNOM PENH – Some 102 orphans, monks and lay members from a pagoda in a nearby province visited Sri Chinmoy Jan. 1 and were lifted into the air.

Afterwards, the spiritual teacher offered them a short concert, singing several songs and playing on the standing synthesizer.

The children, who came from the Ponnakkettaram Pagoda, then performed one of Sri Chinmoy's songs about the Buddha.

MEDITATION HELD ON VICTORY DAY

PHNOM PENH – Sri Chinmoy joined Prime Minister Hun Sen and other government leaders on Jan. 7 for a celebration of "Victory Day over Genocide" – the 23rd anniversary of the toppling of the Khmer Rouge regime.

The event, held at the national headquarters of the Cambodian People's Party, drew dignitaries from around the country and was broadcast live on national television.

During the program, Sri Chinmoy offered a silent meditation for peace and his students performed a song he had written about Cambodia. Later, the Master joined the Prime Minister and other government officials in releasing a flock of white doves.



Sri Chinmoy releases doves at Cambodia's Victory Day celebration.

THEATER TROUPE FETES FOREIGN VISITORS

HO CHI MINH CITY, Viet Nam – Sri Chinmoy and his students were guests of honor Jan. 15 at a private performance of an English-language play by “The Healing Arts” acting troupe.

After the performance at the Small Stage Theater, Sri Chinmoy lifted the cast and crew, as well as the playwright, Le Duy Hanh.

CONCERT OFFERED AT FRIENDSHIP HOUSE

HO CHI MINH CITY – Sri Chinmoy gave a short concert Jan. 17 at the Ho Chi Minh City Friendship House.

The cultural exchange program was sponsored by the Ho Chi Minh City Union of Friendship Organizations, which extends the hand of friendship to foreign visitors.

Afterwards, Sri Chinmoy lifted Tran Van Tao, president of the government-supported friendship group, and other officials. A special song for the occasion was performed by two separate choirs of Sri Chinmoy's students.

One of the Union's members also performed a song about Sri Chinmoy.

TWO RECORDS SET IN SEATED LIFT

Sri Chinmoy set two new records with his seated one-arm lift, which he has been performing since last March.

On Jan. 29 in Brunei, he lifted his 2,070th person from a seated position, surpassing his previous record of 2,058 lifts in the standing position. The 2,058 standing lifts had taken him a little over 10 years to complete.

Then, on Feb. 13 in Sabah, Malaysia, he lifted a record 112 people in one day. This included his heaviest-ever seated lift: the 369-pound lift of his student, Utthal.

“If you say it is all physical, then you are totally mistaken,” he said. “When you see again and again people are coming to be lifted, you know the body has its limitations. Who has that kind of perseverance and patience? But then Grace descends.”

He said his own mind “is the first to disbelieve or to wonder how” he could lift so many people.



Sri Chinmoy lifts a member of “The Healing Arts” acting troupe.



Driving a golf cart around the hotel grounds in Sabah.

PRAYERS + CREATIVITY HIGHLIGHT ASIAN TRIP

Sri Chinmoy's 12-week visit to Hawaii, Malaysia, Cambodia, Viet Nam and Brunei was a time of enormous creativity and silent spiritual communion.

During the final days of 2001 and the beginning of 2002, he spent a lot of time alone – in a private world of prayer and meditation.

Almost every morning the spiritual teacher composed new prayers, which he read to his students, who then recited them aloud. All told, he completed 568 prayers.

He also composed 393 Bengali and 96 English songs, as well as 156 English/Bengali “rhyming word” songs.

In addition, he completed 7,400 poems, which will be published in his “Seventy-Seven Thousand Service-Trees” series. Now about a third complete, the series will consist of 77 volumes, each containing a thousand poems.

During his trip, Sri Chinmoy also drew 296,162 Peace-Birds and told 240 stories.

And in his “Lifting Up the World with a Oneness-Heart” program, he lifted 1,006 individuals from various countries and walks of life.

TALK OF PARSONS BOULEVARD

Sri Chinmoy joined an old friend for dinner at Annam Brahma Nov. 12, Congressman Gary Ackerman (D-NY) . . . *Tanima's Bengali Singers*, which Sri Chinmoy calls his "oldest and most favorite" singing group, celebrated its 30th anniversary Nov. 21 in P.S. 86 by singing seven songs from their first 50 Bengali song performance . . . That same day, *Queens Councilman-elect Jimmy Gennaro* came to P.S. 86 and was honored for his election victory . . . *Ashrita* set a new *Guinness World Record* in Phnom Penh on Jan. 4 by walking five miles non-stop while twirling a hula hoop around his waist; it took him about two and a half hours . . . During a lifting program Jan. 18 at Ho Chi Minh City's Rex Hotel, Sri Chinmoy lifted the famous AP and UPI war correspondent/photographer *Tim Page* . . . The Master gave a short concert on Jan. 21 for one of

Viet Nam's most famous musical groups, *Phu Dong*; the group had offered a private performance for Sri Chinmoy and his students three days earlier . . . While in Sabah, Malaysia, on Feb. 12, Sri Chinmoy performed 51 songs that he had begun composing just five days earlier . . . He also gave a concert Feb. 20 in P.S. 86 in honor of the Sri Aurobindo Ashram Mother's birthday, which was the following day . . . A special meditation was held at the United Nations March 1 to commemorate the 30th anniversary of Sri Chinmoy's first meeting with the late UN Secretary-General U Thant . . . Sri Chinmoy observed his 26th *esraj* anniversary on Feb. 27 by performing 26 songs on the instrument; concerts were also given March 2 and March 9 in observance of his piano and flute anniversaries, respectively . . . Sri Chinmoy offered a concert for UN Under-Secretary-General Ibrahim Gambari at P.S. 86 on March 4 and also lifted him and a friend . . .

Paree's singing group, *My Rainbow-Heart*, observed its 15th anniversary March 16 with a performance at P.S. 86; at its inception, the girl singers ranged in age from eight to 14.



Ashrita walks five miles while twirling a hula hoop, setting a Guinness world record.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 33

March – July 2002



*The Bhajan Singers perform
at the Indian Consulate.*

CULTURAL PROGRAM HELD AT CONSULATE

NEW YORK – Sri Chinmoy gave a short concert and read his poetry at a reception hosted by the Indian Consulate here on April 11.

The Consulate, where Sri Chinmoy had worked as a clerk when he first arrived in America in 1964, also held an exhibit of his artwork.

After his performance, the spiritual teacher presented one of his paintings to the Consul General, Shashi Tripathi, and also one to the Indian Consulate.

The reception concluded with a short concert by the Bhajan Singers, led by Ranjana, who had coordinated the evening's activities.

CONCERT FEATURES 38 INSTRUMENTS

NEW YORK – As part of the commemoration of the 38th anniversary of his arrival in the West, Sri Chinmoy gave a special concert on April 13 at Aspiration-Ground.

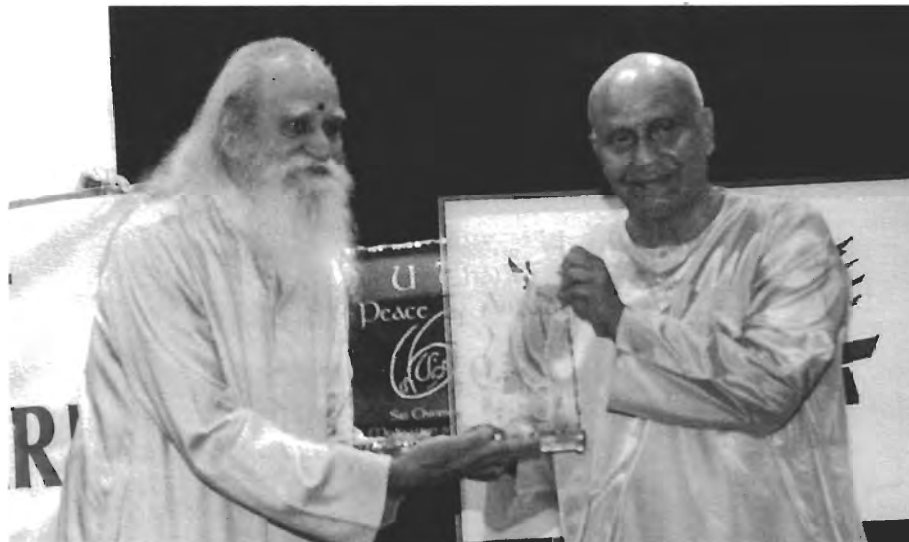
It included performances on 38 different instruments.

SWAMI SATCHIDANANDA GETS U THANT AWARD

NEW YORK – Swami Satchidananda, founder of the worldwide Integral Yoga Institute, received the U Thant Peace Award on April 17.

After Sri Chinmoy presented him with the award on behalf of The Peace Meditation at the United Nations, the 87-year-old yoga teacher declared: "I really do not know how to express my joy and gratitude to you, Sri Chinmoy, for encouraging me with this beautiful award."

Sri Chinmoy told him: "In you I clearly see the Rishis of yore and the Vedic seers of the hoary past. In you I feel Infinity's Peace and Bliss."



Swami Satchidananda receives the U Thant Peace Award.

SIX DAYS OF PAIN... AND GRANDEUR

Her face was puffy and blistered, her feet so swollen she could barely walk. And she was suffering from a bad cold and cough. But none of that mattered to Ishita Dam-Widder, who declared with a big grin, "I've never been happier in my life."

The 38-year-old personnel manager at Madal Bal Zurich had just completed her first Sri Chinmoy Six-Day Race.

"I feel like a newborn baby! All I'm going to do now is eat and sleep – just what a baby does."

From April 28-May 4 she had been running and walking virtually non-stop around a one-mile loop in Flushing Meadow Park, Queens, averaging about 52 miles a day.

"It was like a physical and spiritual transformation," she said. "Because you're moving all the time and things are going faster – even the digestion – the body is throwing off its poisons and getting purified."

"And because things are moving faster on the inner plane also, if you're in a good consciousness you can make enormous spiritual progress. It's like living a whole lifetime in six days."

"When you're running a race like this, the trees and sky seem so beautiful, so alive. Even colors look brighter and more intense. At first I thought I was hallucinating, but other runners said they had similar experiences. I think that because you are purer inside, you see more purity outside."

"And I was so happy when I was running. I didn't think it would be this great. At one point I felt this could be my whole life. Of course, the body won't allow that, but I was ready to go on running forever."

One of the nice things about this kind of race, she said, was the peace of mind she experienced. "Everything was there: food, clothing, medical help – all my needs were taken care of. I have so many mental problems at work, but



during the race I had nothing to worry about except running.

"I saw Guru twice. I was happy to see him, but it wasn't really necessary because I constantly felt his spiritual presence. They kept the light on in his gazebo, and I could see it from way off; so I felt he was always there.

"He's always with us inwardly, but it's only at times like this – when you think about nothing but the basics – that you recognize this so strongly.

"I felt a strong connection with my inner self during the race. I started out with the idea of going to sleep at midnight and waking up at four. But each night something got me up earlier. The mind says you need the sleep, but the inner being says get up and run.

"I don't think I slept more than a few hours during the whole six days. If you had told me in advance that I would be sleeping only 10 or 11 hours in six days, I never would have signed up for the race."

Of course there was pain, she said. In the beginning, her stomach hurt and her face was very swollen. Later on, when her feet began to swell, she wrapped them in cabbage – which drew out the inflammation – and had to run in oversized shoes.

"I was often sick as a child, so I'm used to body pain. With each difficul-

ty I told myself, 'This is just another new challenge, an experience that will come, then go.'

"Each time I had a serious problem there was always somebody to solve it – either one of the runners who had gone through the same difficulty, or the medical people. They told me, 'Oh yes, everybody has that. It's normal.' So it didn't bother me, because I knew it would disappear.

"Nobody can run a multi-day race and not go through pain. But when the race ends you forget all the suffering and remember only the good things."

One of the good things she remembers is her new understanding of her spiritual teacher's philosophy.

"When you see so many runners from different countries coming together to do the same thing, you begin to understand Sri Chinmoy's vision of a oneness-world-family.

"In everyday life we don't see the common goal we share with everyone because the world is too big and contains too much variety. But the race reduces our world to a small scale, and it's very apparent that we're all running the same loop. For me, this was a first step toward growing into the consciousness of a oneness-world-family."

Ishita began the race with no expectations. "I've run the Sri Chinmoy 47-miler many times, and each time I wanted to exceed my previous time. But in this race I didn't have even one expectation – except to do my best, avoid serious injury and try to stay happy. Those were my only goals. I didn't compete, not even with myself. I just wanted to run; I just wanted to be.

"For 10 months I was looking forward to the race. I had such an inner feeling of wanting to do it. Now that it's over, I feel I really achieved something. You get so much more than you give. And if you don't spoil it, you're able to keep the things that you achieved.

"My first night in a normal bed I felt so sad that it was over. I wanted to go back and continue running. I can't explain it, but even when I was sleeping, in my mind I was still running."

MACEDONIAN PRESIDENT VISITS SRI CHINMOY

The President of the Republic of Macedonia, Boris Trajkovski, visited Sri Chinmoy and his students at Aspiration-Ground on May 8.

Sri Chinmoy welcomed the Macedonian leader with an esraj performance, and afterwards lifted him into the air as part of his "Lifting Up the World with a Oneness-Heart" program.

The spiritual leader then presented President Trajkovski with the U Thant Peace Award for his "signal contributions to the entire peace-starving humanity."

The Master hailed him as "a supremely choice son of your beloved Motherland," as well as "the resplendent rising sun of Macedonia."

The President called the U Thant Peace Award the highest honor he has received since becoming President of his nation.

It comes, he said, "at a moment of destiny and great importance to my country," as a gesture of the support of the entire "spiritual peace-loving world."

He went on to pledge that "as long as I live, I will...work for peace, happiness and love among people."



Macedonian President Trajkovski visits Sri Chinmoy at Aspiration-Ground.

SRI CHINMOY RECEIVES MOTHER TERESA AWARD

During his May 8 visit to Aspiration-Ground, President Trajkovski of Macedonia presented Sri Chinmoy with the Mother Teresa Award in recognition of his work for “the affirmation of the humanitarian and peaceful values” she embodied.

Mother Teresa was born in Macedonia and lived there for 18 years.

The President told Sri Chinmoy that he hoped the Award will “encourage you...in your noble mission” and serve as “an invitation from my people and my country” to visit Macedonia this year.

“Mother Teresa was, is and forever shall remain in my heart as the mother of compassion and the sister of affection,” Sri Chinmoy replied.

“For me, Beloved President, these are Mother Teresa’s blessings that I am receiving from you.”



Above: President Trajkovski of Macedonia presents Sri Chinmoy with the Mother Teresa Award while Stoyan Trenchevski, head of the Mother Teresa Foundation that sponsors the Award, looks on.

Left: Sri Chinmoy offers the President the “Lifting Up the World with a Oneness-Heart” Award.

Below: Sri Chinmoy shows the President the words to the song that he has written about him.



INDIAN ATHLETE GETS SPIRITUAL POINTERS

The famous Indian sprinter Milka Singh and his son, Chiranjeev – India’s top golfer – visited Aspiration-Ground June 8 to be lifted by Sri Chinmoy.

The son, in town for the U.S. Golf Open, also received some spiritual tips.

Sri Chinmoy told him to keep his mind free of thoughts “so your power of concentration will be most intense.”

Then, the Master continued, “you get tremendous will power...and nobody can defeat you.”

He also told the golfer not to think of his rivals but to feel that “there is only you and your goal, and...nobody in between” and that God “is waiting for you at the end of the game to garland you.”



ARLO GUTHRIE SHARES HIS HEART'S WISDOM

Arlo Guthrie, his wife and son came to Aspiration-Ground July 13 to be lifted by Sri Chinmoy.

The Sri Chinmoy Singers performed several songs the Master had written about him, as well as to his words, plus a song about his late father, Woody Guthrie. The folk singer, in turn, performed one of his own songs.

"It's so wonderful to be in the presence of such a great man and a great teacher," Arlo Guthrie declared. "It makes my heart bigger, and the next time I'm on the stage there will be a piece of this day and this man in all of the songs that I sing."

Addressing Sri Chinmoy's students, he said: "I sometimes think we're just shadows of a greater thing." He called the spiritual life "the only thing worth doing."

He went on to say: "Every time you open your heart to something else, it has to get bigger. And every time your heart gets bigger, there's more heart in the world."

NEW RECORDS SET AT 3,100-MILER

NEW YORK – Madhupran Schwerk, a 47-year-old instrument maker from Solingen, Germany, set a new world record when he completed the Sri Chinmoy 3,100-Mile Self-Transcendence Race on July 28. It was also his 47th birthday.

Averaging over 72 miles a day, Madhupran smashed Istvan Sipos' 1998 record by over four days, completing the



While his wife looks on, Arlo Guthrie displays the cake that Sri Chinmoy presented to him in celebration of his recent birthday.

distance in 42 days 13 hours 24 minutes.

Calling the half-mile loop that marked the race course "a holy ground," Madhupran said that when you go deep within and open your heart, "you get energy enough for everything."

At a brief victory celebration, Sri Chinmoy told Madhupran that his performance was "an unprecedented achievement not only for you but for the whole world." Running legend Ted Corbitt also showed up to congratulate him.

Afterwards, Madhupran returned to the course to complete another 13 laps to break the record for 5,000 kilometres. All told, he set 74 various distance-records since beginning his run on June 16.

TALK OF PARSONS BOULEVARD

Sri Chinmoy lifted *Stoyan Trenchevski*, head of the Mother Teresa Foundation in Macedonia, on May 11 . . . Sri Chinmoy held a private *birthday party* for Arizona Diamondbacks centerfielder *Steve Finley* June 12 at The Smile of the Beyond; later, in the afternoon, the ballplayer had one of the best days of his career, which included hitting two home runs . . .

Maestro Sri Chinmoy gave an *outdoor concert* of prayerful music June 29 at a "Joy Day" at the Yonkers home of Pulak's mother, who had recently passed away. The concert was followed by a hilly four-mile run and picnic, which *Pulak* hosted.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 33

August – Mid-November 2002

CONCERT AND LIFTS LIVEN CHICAGO TRIP

CHICAGO – Sri Chinmoy offered a concert of prayerful music at the Palmer House here on Aug. 3, which he dedicated to Swami Vivekananda.

The following day there was a "Lifting Up the World with a Oneness-Heart" program, in which he honored several members of the late Jesse Owens' family by lifting them into the air – from a seated position – as they stood above him on a special platform.

Among those lifted were Beverly Owens Prather and Marlene Owens Rankin, two of Jesse Owens' daughters, and his grandson, Stuart Rankin, Jr., as well as Olympic swimmer Adolf Kiefer and track and field champion Willye White.

TWO OSCAR WINNERS LIFTED IN NEW YORK

Stage and film actress Mercedes Ruehl, who won an Oscar for her role in "The Fisher King," was lifted by Sri Chinmoy on Aug. 29 at Aspiration-Ground.

That same day, the spiritual leader also lifted film producer and director Ismail Merchant, whose movies have won several Oscars.

NEW MARATHON LAUNCHED UPSTATE

The first Sri Chinmoy Self-Transcendence Marathon, held Aug. 30 in Rockland Lake State Park in upstate New York, drew more than 800 runners from around the world.

Dhima Bogush, 31, from Moldova, sprinted to the finish in a neck-to-neck race with second-place finisher Gyula Szabo, 32, of Hungary, for a winning time of 2:43.

The top woman runner was New Zealander Anna Webster, 25, whose time was 3:08.

SPIRITUAL TEACHER SEES WHO'S THE BOSS

Actress Judith Light, who had played the role of Angela in the long-running television series "Who's the Boss," visited Aspiration-Ground Sept. 17 to participate in Sri Chinmoy's "Lifting Up the World with a Oneness-Heart" program.

"My dear sister Angela, you have inspired millions and millions of people by offering them innocent joy and innocent delight," the spiritual teacher said. He called her "self-giving heart and life" a tremendous help to all aspiring human beings.

He also sang a song he had composed in her honor, entitled, "Who is the Boss."

Commenting on his lifting program, Sri Chinmoy said, "This is a group effort – you help me; I help you. But

to tell the truth, only God can help us....We cannot help anybody, but we can pray to God to act in and through us so that our dedicated service can blossom every day, every hour, every minute, every second."

The actress replied: "I want to thank you from my heart....I'm grateful to you for everything that you're doing for the world – the demonstration that you are, the inspiration that you are, the model that you are."

She also told him that when he was lifting her, "I could feel you underneath me before you lifted me up. I could feel your energy. It was a very powerful experience for me."

During the program, Sri Chinmoy also lifted her husband, soap opera star Robert Desiderio, and her two managers.



Actress Judith Light visits Sri Chinmoy at Aspiration-Ground.

TWO INDIAN MUSICIANS GET UPLIFTED

Two well-known Indian classical musicians were lifted recently by Sri Chinmoy at Aspiration-Ground.

Pandit Jasraj, one of India's leading classical vocalists, was lifted on Sept. 18. During the program, Pandit Jasraj and Sri Chinmoy each

sang a song for one another.

The following month, on Oct. 30, Sri Chinmoy lifted classical virtuoso Vishwa Mohan Bhatt. The slide guitarist called the experience "the greatest honor of my life because a living saint lifted me today."

RAVI SHANKAR GETS U THANT PEACE AWARD

DEL MAR, CA – Legendary Indian sitarist Ravi Shankar was presented with the U Thant Peace Award Sept. 20 by Sri Chinmoy on behalf of The Peace Meditation at the United Nations.

"Your music not only elevates our consciousness...very, very high but also intensifies our aspiration...very, very deep," Sri Chinmoy declared.

"Something more, to our greatest delight, we see divinity streaming from your God-dreaming eyes, lightning-speed fingers and towering confidence-hands and arms."

Ravi Shankar replied, "I am so overwhelmed and emotionally I feel choked with the love that you have shown towards me and by this great honor that you have given me."

Afterwards, Sri Chinmoy lifted Ravi Shankar, his wife Sukanya and his daughter, Anoushka.

As he was leaving, Ravi Shankar told the audience of Sri Chinmoy's students, "You are so lucky to have him as your guide in life."

SRI CHINMOY MEETS ATHLETES AND MONKS IN CALIFORNIA

During his weekend trip to southern California Sept. 20-22, Sri Chinmoy lifted several well-known athletes and visited Paramahansa Yogananda's Ashram in Encinitas.

On Sept. 21 he lifted runner Stu Mittleman, bodybuilder Frank Zane, triathlete Scott Tinley and Dr. Penny Lee Dean, who currently holds the women's record for the fastest English Channel swim.

The next morning, Sudhahota Carl Lewis visited the spiritual teacher at his hotel and answered questions from his disciples.

That same afternoon, Brother Mitrananda, one of the head monks at the Yogananda Ashram, escorted Sri Chinmoy around the Ashram grounds. Ravi Shankar, who had invited the Master to the Ashram, accompanied them.

WORLD RECORD SET AT ULTRA TRIO RACE

Paula Mairer, 43, of Salzburg, Austria, finished the 700-mile Race in the Sri Chinmoy Self-Transcendence Ultra Trio in a record-breaking eight days 15¹/₂ hours.

She now holds the women's world record for two of the three Ultra Trio distances. Last fall she set a record in the 1,300-miler.

The Ultra Trio, consisting of concurrent 700-mile, 1,000-mile and 1,300-mile races with staggered starts, was held this year from Sept. 10-29 in Flushing Meadow Park, Queens.

BENGALI NOVELIST VISITS SRI CHINMOY

The renowned Bengali novelist and journalist Mani Sankar Mukherji spent several days in New York in late September and early October meeting and talking with Sri Chinmoy.

During his final visit to Aspiration-Ground on Oct. 2, the author called his visit a pilgrimage, saying "I never realized that in this city of New York there is so much love, so much affection, so much bhakti."

He called Sri Chinmoy a spiritual treasure that he and the Master's students share, saying he was taking half the treasure home with him and leaving the other half in New York.

RAVI SHANKAR OFFERS SPECIAL CONCERT AT ASPIRATION-GROUND

It was an exchange of feeling, a sharing of the heart's love.

On Oct. 10 Sri Chinmoy and his students performed for Ravi Shankar and his wife, Sukanya, at P.S. 86 in Queens.

Sri Chinmoy played on a new esraj-like instrument that Sumadhur, one of his students, built for him. Ravi Shankar later blessed and named the instrument "Chinmoy Beena". There were also several musical performances by Sri Chinmoy's students.

The following evening, Ravi Shankar and his daughter, Anoushka, reciprocated, performing a special concert for Sri Chinmoy, his students and invited guests under a huge tent at Aspiration-Ground.

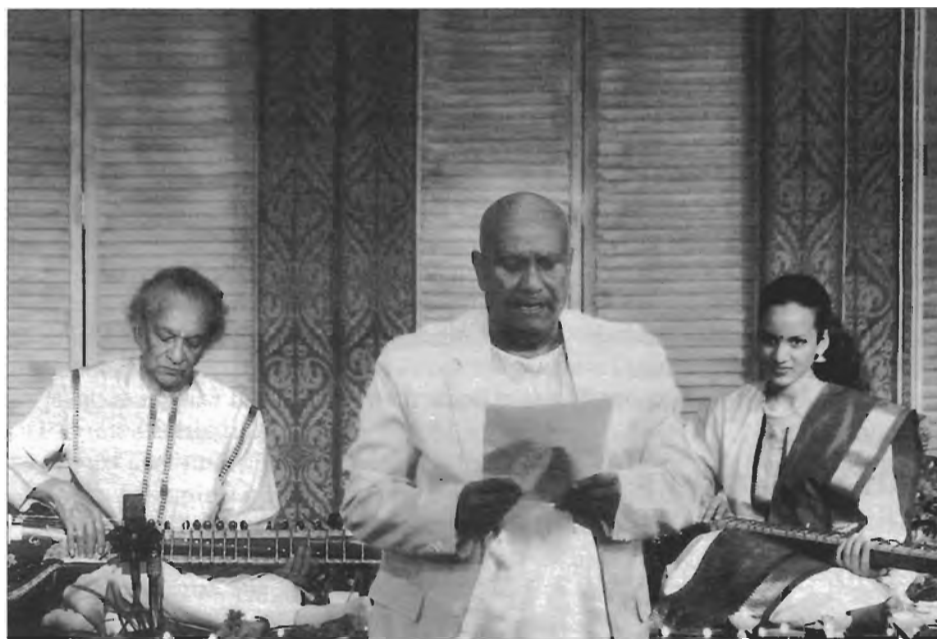
At the start of the concert, Sri Chinmoy told the classical virtuoso: "When you play, your heart becomes a Heaven-climbing flame...and your Inner Pilot speaks to you from His transcendental Summit."

He added: "Each time you play, you unreservedly inspire us to drink deep Nectar-Delight far beyond this world."

To Anoushka he said, "When you play, your aspiration-heart becomes a God-Beauty-revelation and your dedication-hands become a God-Duty-manifestation."



Sri Chinmoy and Ravi Shankar leave P.S. 86 after the spiritual Master's Oct. 10th performance.



Left, Sri Chinmoy introduces Ravi Shankar and Anoushka before the concert.
Above, Ravi Shankar during his performance

5,000th LIFT COMPLETED

Sri Chinmoy completed his 5,000th lift in his "Lifting Up the World with a Oneness-Heart" program on Oct. 12 when he raised Vladimir Petrovsky, former Director-General of the UN Office in Geneva.

He did the lift in the Aspiration-Ground tent, where Ravi Shankar had performed the previous evening.



Milan Roskopf juggles three shot-put "balls" at the Impossibility-Challenger games.

SHOT PUT JUGGLING... HOOLA HOOP FRENZY: THE GAMES ARE BACK!

MUNICH – A Slovakian strongman juggled three 16-pound shot-put "balls" for 52 seconds.

An Ethiopian jokester laughed continuously for 100 minutes.

An Albanian juggler bounced a soccer ball with his head for 15 kilometers.

These are some of the feats witnessed at the Sri Chinmoy Marathon Team's newly revived Impossibility-Challenger games held here the weekend of Oct. 27.

One of the highlights was Ashrita Furman's "Guinness Triathlon," in which he set three world records one after another: running a mile in 18 minutes seven seconds while twirling a hoola hoop around his waist...doing a mile of lunges (taking a step with one leg while keeping the opposite knee on the ground, and then reversing) in 30 minutes 52 seconds...and standing on a large plastic gymnastic ball for two hours 20 minutes.

In other events, 13 young women from the Sri Chinmoy International Singers, led by Tirtha, sang their spiritual teacher's songs for 21 hours. And Shamita performed 3,100 of Sri Chinmoy's songs on the cello.

CARS AND EXCAVATORS TAKE A RIDE

In early November Sri Chinmoy traveled around the New York metropolitan area lifting various objects into the air, using the calf muscles in his legs.

On Nov. 2 he visited central New Jersey, where he lifted an excavator, roller, loader and pickup truck, as well as two helicopters. Some of the construction equipment weighed over three tons.

Two days later he went to Nyack, NY, where he lifted six vintage autos, and on Nov. 5 he lifted five planes from a private airport in Long Island.

Then, on Nov. 7 at Coney Island he lifted a children's train and six-seat ferris wheel.

The objects were placed on a large wooden platform that was attached to the shoulder bars of a standing calf-raise machine. When he placed his shoulders under the bars and flexed his calves, the bars were raised and the platform rose into the air.

ABDOMINAL LIFT DEFIES MEDICAL SCIENCE

With a crushing 371 pounds of weight resting on his lower abdomen, Sri Chinmoy completed 30 abdominal lifts on Nov. 5.

SPIRITUAL ATHLETE FLEXES HIS MUSCLES

In a remarkable weightlifting demonstration, Sri Chinmoy on Nov. 9 hoisted a total of 126,902 pounds – or more than 63 tons.

It began that morning at Aspiration-Ground, where he lifted a four-ton elephant ridden by Mahasamrat Bill Pearl, using a modified calf-raise machine. He also lifted two horses, a sailboat and a small house with his calf muscles.

At an indoor function that evening, some of his more spectacu-

lar lifts included simultaneously raising 300 pounds with each arm from a supine position and 270 pounds with each arm from a seated position, and lifting a record-breaking 1,900 pounds on the standing calf-raise machine.

The program, called "The Body's Fitness-Gong and the Soul's Fulness-Song," included 96 different lifts. It was dedicated to his brother Mantu, whose 75th birthday is Nov. 17.

SPIRITUAL LEADER WINS JESSE OWENS AWARD

CHICAGO – The Jesse Owens Foundation presented Sri Chinmoy with the Jesse Owens Humanitarian Award at a black-tie dinner Nov. 15.

Deeply thanking the Owens family and Foundation, Sri Chinmoy said the immortal athlete "was, is and forever shall remain my life's champion supreme and my heart's hero supreme for his deathless jumps, his breathless speed and his ceaseless self-offering."

Generation after generation, he continued, "his Olympian voice will reverberate in the hearts of aspiring athletes...."



TALK OF PARSONS BLVD.

On Aug. 7 Sri Chinmoy lifted a 108-year-old woman, Maude Scott, from the Hollis Park Manor Nursing Home in Queens... *Vedika* successfully swam the English Channel for the fourth time on Aug. 21-22... *Oleg Lebedev* from Ukraine and *Dipali* from Australia were the winners of the 47-mile Run held Aug. 27 in honor of Sri Chinmoy's birthday... That same day, Sri Chinmoy's students, led by *Hijamallar*, acted out – in Bengali – a 186-line Bengali poem their teacher had written at the age of 13, based on Sri Aurobindo's story "The Ideal of Forgiveness"... During a trip to Europe Sept. 4-15, Sri Chinmoy visited several "divine enterprises," businesses owned and run by his students, in Vienna, Munich, Augsburg and Zurich... On Oct. 9 *Mokshagun Clarence Clemons*, saxophonist in Bruce Springsteen's E Street Band, visited Sri Chinmoy at Aspiration-Ground... *Matt Petersen*, President and CEO of Global Green USA, the American division of Green Cross, was lifted Oct. 22... A concert of prayerful music was offered by Sri Chinmoy Nov. 8 at P.S. 86... Grammy-award winning singer, composer and conductor *Bobby McFerrin* was lifted Nov. 12... The next morning, the Master lifted surfer-singer *Jack Johnson*, who dedicated one of his songs to Sri Chinmoy during his Roseland concert that night.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

"the soundless sound"



Volume 34

November 2002 – March 2003



1,000 LAMBS LIFTED

During his visit to New Zealand last year, Sri Chinmoy lifted 1,000 spring-born lambs into the air as part of his "Lifting Up the World with a Oneness-Heart" program.

"My goal is to inspire people... to try to fulfill their own goals," he explained.

Between Nov. 28 and Dec. 6, he visited six sheep ranches around Hamilton, Waitomo and Taupo on the North Island to perform the lifts.

The lambs were placed in cages – usually two or three per cage – which were then positioned on a platform above Sri Chinmoy's shoulders. From a seated position, he then pushed up on two bars, lifting the platform...and the lambs.

Why lambs? "The Saviour Christ had a very special affection, love and fondness for the lambs," Sri Chinmoy said. "If I can identify myself with the heart of the lamb, then I feel that I am coming closer and closer to God. We all want to be God's lamb-children."

PRECIOUS MCKENZIE ALSO GETS A LIFT

AUCKLAND – One of New Zealand's greatest strongmen, Precious McKenzie, was honored by Sri Chinmoy Nov. 30 in his "Lifting Up the World with a Oneness-Heart" program.

After McKenzie and his wife, Liz, were lifted with one arm, the power-

lifter declared: "It is a great honor for me to be lifted up."

McKenzie added: "If the world could be half as good as Sri Chinmoy...it would be a beautiful world."

Also lifted that day was New Zealand cricket legend Danny Morisson.



Above, former powerlifting champion Precious McKenzie chats with Sri Chinmoy after being lifted into the air. Below, Sri Chinmoy and 'Pine Tree' Meads.

'PINE TREE' MEADS STANDS EVEN TALLER

TAUPO, N.Z – Rugby legend Colin Meads, known as 'Pine Tree' Meads, stood a head taller Dec. 7 when Sri Chinmoy lifted him into the air with one arm as he stood on a specially constructed platform.

Dominating his sport for 14 years on New Zealand's 'All Blacks,' Meads had been named "All Black of the Century."

After he and his wife, Verna, were lifted, Meads said that if anyone deserves lifting, it is Sri Chinmoy. "The effort that he has done throughout the world is tremendous."





100 JERSEY COWS GO AIRBORNE

Sri Chinmoy lifted 100 Jersey milk cows into the air on a special weightlifting apparatus at a small milk farm near Taupo, New Zealand.

He completed the lifts in three sessions between Dec. 10 and 16. His heaviest lift – 1,452 pounds – took place the last day when he hoisted Glenda, the family cow, and three of the farmer's children.

Before seeing this with his own eyes, Henry Van der Hulst, the farm owner, declared, "I would have said it was impossible for a human being to lift up a cow like this!"

Sri Chinmoy said one of the reasons he wanted to lift cows is because Indians feel that the cow has a very sacred significance.

The animals were placed in a cage on a shoulder-level platform. Standing in front, with his shoulders resting on a padded bar extending out from the platform, the 71-year-old fitness master raised the cows by flexing his calf muscles and going up on his toes.

MOUNTAIN CLIMBERS REACH NEW HEIGHTS

CHRISTCHURCH, N.Z. – Lydia Bradey, the first woman to climb Mt. Everest without oxygen, was lifted into the air by Sri Chinmoy on Dec. 22.

Guy Cotter, who climbed Mt. Everest twice and is considered one of the top Everest guides, was also lifted.

Four days later Sri Chinmoy lifted another mountaineer, Dr. Roddy Kirkwood, who climbed Mt. Everest in 1994.

COMPOSER COMPLETES 17,000th SONG

CHRISTCHURCH, N.Z. – Sri Chinmoy composed his 17,000th song here the morning of Jan. 3, just before departing for Australia.

Almost two-thirds of his songs are in Bengali, and all but a handful of the rest are in English.

CHANNEL SWIMMER LIFTED FOUR TIMES

SURFERS PARADISE, Australia – Alison Streeter, who has swum across the English Channel 40 times – more than anyone else in history – was lifted four times by Sri Chinmoy on Feb. 8.

She was the first woman to do a double crossing and the only woman to do a triple crossing.



Alison Streeter, perhaps the world's greatest long-distance woman swimmer, receives an award from Sri Chinmoy after being lifted.

FOUR CONCERTS GIVEN IN NEW ZEALAND

During his six-week goodwill tour of New Zealand, Sri Chinmoy offered several public concerts of prayerful music.

The first was held Nov. 30 in Auckland Town Hall, followed by concerts in Taupo on Dec. 13, in Wellington Town Hall on Dec. 17 and in Christ Church Cathedral on Dec. 27.



...AND THREE GIVEN IN AUSTRALIA

During his six-week visit to Australia, Maestro Sri Chinmoy gave three more public concerts – on Jan. 18 in Cairns, Feb. 1 in Main Beach and Feb. 13 in Surfers Paradise.

The Feb. 13 concert was the first of a series he said he would offer on the 13th and 27th of each month.

CHRISTMAS TRIP WAS TIME OF CREATIVITY

During his 12-week visit to New Zealand and Australia, Sri Chinmoy composed over 500 new Bengali and English songs...wrote more than 6,000 poems...drew some 43,000 birds...and offered 570 prayers.

There were also many hours of "driving meditations" – during which he drove three small electric carts and pedaled four tricycles around the perimeter of the function hall or outdoors, while remaining in a deep meditative consciousness.



Sri Chinmoy takes a "driving meditation."

PARLIAMENT MEMBERS LIFTED IN ICELAND

REYKJAVIK – Sri Chinmoy honored 12 Members of Parliament, including its President, Halldor Blondal, on March 6 when he lifted them into the air with one arm from an overhead platform as part of his "Lifting Up the World with a Oneness-Heart" program.

"I hope that your hard work will bring blessings to all nations," President Blondal declared.

ASHRITA SETS THREE MORE WORLD RECORDS

Ashrita Furman set three new Guinness world records while accompanying his spiritual teacher, Sri Chinmoy, to New Zealand and Australia this winter.

On Dec. 18 he set an underwater juggling record, keeping three lead-filled balls in the air for 48 minutes 36 seconds as sting rays, turtles and other sea creatures swam by.

He performed the feat in an aquarium in Wellington, N.Z., using scuba gear.

His second record came 10 days later in Christchurch, when he ran a mile in nine minutes 24 seconds while balancing a pint bottle of milk on his head.

And for his third record, "hula racing," at Australia's Ayers Rock he completed a mile in 15 minutes 25 seconds, while spinning a hula hoop around his waist.



In Reykjavik, Sri Chinmoy greets Steingrímur Hermannsson, whom he lifted into the air on March 6. Sri Chinmoy had previously lifted him 14 years ago during his tenure as Iceland's Prime Minister.

ROCK STAR 'STING' GETS UPLIFTED

Rock and roll superstar 'Sting' and members of his family met with Sri Chinmoy for **about** an hour and a half on March 11 **in** Manhattan.

Sri Chinmoy opened the program with a short meditation and esraj performance, **followed** by a song he had composed **about** the singer.

Later he **lifted** Sting and his wife, Trudie, into **the** air, as well as their two young **children**.

"When I walked into Sri Chinmoy's presence," Sting said, "I felt a deep

vibration in my chest...a profound vibration, which I can only describe as love."

He added: "With the terrible discord and very ugly music outside of this room...that deep love was exactly what I needed."

His wife Trudie said: "I'll never forget today as long as I live. We've been given some awards for this work that we do, but I can tell you from the bottom of my heart, this one means more to me than anything."



Sting and his wife, Trudie, pose with Sri Chinmoy after the 'lifting' ceremony.

MEETING THE CAST OF “THE EXONERATED”

NEW YORK – Sri Chinmoy and about 200 of his students were guests of honor March 25 at the 200th performance of the off-Broadway hit “The Exonerated,” for which Harit Allan Buchman is lead producer.

Afterwards, Sri Chinmoy met and lifted several current and previous cast members – including Brooke Shields, Robert Vaughn, Jill

Clayburgh and Montel Williams – and other celebrities who had come for the occasion, as well as five of the former death row inmates who had been portrayed in the play.

The program included a song Sri Chinmoy had written about the exonerated prisoners, as well as a short esraj concert by Sri Chinmoy.



Delbert Tibbs, left, one of the death row inmates portrayed in the play, and Academy Award winning actress Marisa Tomei, right, pose with Sri Chinmoy after being lifted.



TALK OF PARSONS BLVD.

On Nov. 29 in Hamilton, N.Z., Sri Chinmoy lifted former squash champion *Leilani Rorani* and New Zealand’s No. 1 race walker, *Craig Barrett* . . . During his stay in Taupo, N.Z., Sri Chinmoy lifted New Zealand’s first woman jockey, *Linda Jones*, on Dec. 11 and the visiting Brazilian track and field star, Olympic gold medallist *Joaquim Cruz*, on Dec. 14 . . . Sri Chinmoy gave three private *organ recitals* in Christchurch, one on Dec. 23 and two on Dec. 26 . . .

Sri Chinmoy and his disciples took a *boat ride* to Green Island on the Great Barrier Reef on Jan. 6 . . . A *private organ recital* was given by Sri Chinmoy in Reykjavik, Iceland, on March 7 at Hallgrímskirkja – the Church of Hallgrímur . . . *Harvard Professor Sugata Bose*, grand nephew of the Indian patriot *Netaji* (Subhash Chandra Bose), was lifted by Sri Chinmoy at Aspiration-Ground on March 29. The program included several songs by the Sri Chinmoy singers about Netaji and his family and a play about Indian patriots.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 34

April – July 2003

JEFF GOLDBLUM GETS INNER AND OUTER BOOST

JAMAICA, NY – Jeff Goldblum received an inner and outer boost April 4 when Sri Chinmoy lifted him at Aspiration-Ground and presented him with the “Lifting Up the World with a Oneness-Heart” Award.

After meditating with the actor, Sri Chinmoy told him that in the inner world he was a “most aspiring heart ...and a most illumining soul.”

He added: “From on, my prayerful love, joy and concern shall be always with you, in you and for you.”

Goldblum replied, “Wow! Gosh! I am overwhelmed with this honor...and your prayer and your beautiful words and all your beautiful faces....I feel so humble and grateful to be with you....I’ll never forget this moment.”

Later that day, Sri Chinmoy lifted other luminaries in the art and music world, including artist Peter Max.

FILM AND SPORT WORLDS CONVERGE IN QUEENS

JAMAICA, NY – Actors and civil rights activists Ossie Davis and his wife, Ruby Dee, were lifted by Sri Chinmoy at Aspiration-Ground April 16 as part of the “Lifting Up the World with a Oneness-Heart” program. Also lifted that day was New York Knicks superstar Walt Frazier.

“Part of my heart will always be in this garden where we find what the world hungers for...so beautifully illustrated in the life and person of Sri Chinmoy,” Davis said, after being lifted.

Ruby Dee declared: “It is with deepest gratitude and a sense of truly being lifted up in spirit that we stand here now.”

Walt Frazier said: “I thought I’ve been to the pinnacle...in basketball with championships, but this was a different feeling, a very galvanizing experience.”

NOTED PRIMATOLOGIST GIVEN A LIFT

JAMAICA, NY – The renowned animal researcher and environmentalist, Dr. Jane Goodall, famous for her studies of chimpanzees in the wild, visited Sri Chinmoy April 18 at Aspiration-Ground.

After being lifted by the spiritual leader, Dr. Goodall said: “I feel very grateful, very humble and very happy to be here.”

Sri Chinmoy called her “a supreme messenger of peace and hope.” He added: “With hope we are still alive, and with hope we shall be able to fulfill our promise...of a oneness-world.”

Before leaving, Dr. Goodall demonstrated a chimpanzee greeting call.

Below: Sri Chinmoy presents a book to actor Jeff Goldblum, left, at Aspiration-Ground, and to chimpanzee researcher Dr. Jane Goodall, right, at Pilgrim-House.



SUSAN SARANDON VISITS 'GARDEN OF HOPE'

JAMAICA, NY – Actress Susan Sarandon came to Aspiration-Ground April 23 to be lifted by Sri Chinmoy.

"It strengthens and moves me to know that in this garden of unexpected peace and hope...you people are doing what you're doing," she said afterwards. "I thank you for this great honor."

FAMOUS COMEDIANS FIND HUMOR AND INSPIRATION ...UP IN THE AIR

LOS ANGELES – Sid Caesar, Red Buttons, Nanette Fabray and Neil Simon were among the famous comedians and comic writers lifted into the air April 26 at a dinner reception hosted by Sri Chinmoy here.

After listening to a song Sri Chinmoy had composed in his honor and a short concert by the spiritual teacher, Caesar said, "This is most extraordinary...a thrill. I couldn't dream this up in a million years."

After he and his wife were lifted, the comedian thanked Sri Chinmoy "for this wonderful, wonderful moment in my life."

To the delight of the audience, Sid Caesar also performed during the evening.



Sid Caesar poses with his "Lifting Up the World with a Oneness-Heart" Award.

ACADEMICIANS HONORED IN NEW LIFTING VENTURE

Sri Chinmoy brought his "Lifting Up the World with a Oneness-Heart" program to Yale University May 7 in the start of a new venture aimed at honoring professors in the academic world.

Continuing this initiative, on May 20 he visited Brown University and, later that day, Harvard University, where he lifted four Nobel Laureates and the Dean of the Harvard Divinity School, William Graham.

Other lifts were held at Columbia University on May 27, the University of Pennsylvania on June 10, SUNY at New Paltz on June 16, St. John's University on June 17, New York University on June 20 and Princeton University on July 28.

SPIRITUAL MUSICIANS EXCHANGE 'NOTES' FROM THE HEART

JAMAICA, NY – Sri Chinmoy and Paul Horn offered concerts for one another on May 11 in a musical exchange from the heart.

Sri Chinmoy performed in the afternoon, and then lifted the flautist, who is known for his spiritual-musical odysseys around the world.

Later, the musician said, "I have received a few honors and awards in my lifetime, but this is by far the most wonderful and most appreciated, coming from a man...who is music itself and who wants a oneness-community in the world."

That evening, the flautist gave a one-man concert of meditative music for Sri Chinmoy, his students and invited guests.

In introducing this concert, Sri Chinmoy said: "Your sublime flute music is born inside the silent depth of your meditation...and transports your listeners far beyond this mortal world into the very heart of silence."

EAST AND WEST ARE RAISED TOGETHER

JAMAICA, NY – Two great musicians, American folk singer Richie Havens and Indian santur player Shiv Kumar Sharma, were lifted singly and together May 19 at Aspiration-Ground.

Afterwards, Richie Havens thanked Sri Chinmoy and performed a song for him and his students.

Shiv Kumar Sharma was also appreciative. "I have no words to express my feelings at this moment," he said, calling himself only an instrument through whom God is offering His Message of peace.

IT WAS A LOVE MATCH WITH BILLIE JEAN KING

JAMAICA, NY – It was a sharing of the heart's love when Sri Chinmoy lifted tennis champion Billie Jean King at Aspiration-Ground on May 22.

"Thank you for everything you have done to bring...oneness to this world," the tennis player declared afterwards. "I think all of us have the same prayer that you have taught us through your actions, your words, your art and your music."



Flautist Paul Horn and Sri Chinmoy enter Aspiration-Ground together on May 11.

GRAMMY WINNERS' LIFT

JAMAICA, NY – Five-time Grammy Award-winning rhythm and blues singer Al Jarreau was lifted by Sri Chinmoy at Aspiration-Ground on June 4.

That same day, the spiritual leader also lifted four-time Grammy Award-winning musical producer Joel Dorn.

A few weeks later, on July 1, Arif Mardin was lifted. The nine-time Grammy-Award winner is Norah Jones' musical producer.

MUHAMMAD ALI BECOMES 6,000th LIFTEE

WASHINGTON, D.C. – Muhammad Ali became the 6,000th person that Sri Chinmoy has honored in his "Lifting Up the World with a Oneness-Heart" program.

The spiritual teacher began the program in June 1988, using a standing one-arm lift, switching to the more difficult seated one-arm lift in 2001.

Muhammad Ali and his wife, Lonnie, were lifted June 12 at the Oneness-Family School here as part of the seated one-arm lift series.

Over the years Sri Chinmoy has met with the boxing great on a number of occasions since their first meeting in Puerto Rico in January 1975.



Actress Helen Hunt receives a medallion after being lifted at Aspiration-Ground on June 19.

PROFESSORS, POLITICIANS HONORED IN EUROPE

Sri Chinmoy began his six-day European trip with visits to Slovakia and the Czech Republic, where he lifted several professors and politicians.

The evening of June 21 in Bratislava, he lifted a number of academicians, film director Jozef Vitek and Slovakia's former President, Michal Kovac.

"I would like to thank Sri Chinmoy for the seeds that he has sown in our country....We all treasure this award," said President Kovac.

Linguistics Professor Peter Kuklika of Bratislava's Comenius University said that Sri Chinmoy travels around the world like the Pope "carrying the message of peace,

brotherhood, friendship and mutual understanding."

Thanking him on behalf of his country and its people, the Professor said he would "do my very best to make this understanding between people and nations deep and everlasting."

Two days later in Prague, Sri Chinmoy lifted several Czech Senators, including the Chancellor of the Senate, as well as Ambassadors and UN officials, during an afternoon lifting program held in the national Senate.

That evening, in the New Town Hall, he lifted a number of academicians and also British film director Terry Gilliam, former animator of Monty Python's Flying Circus.

LADY MOUNTBATTEN UPLIFTED IN LONDON ...AS WELL AS STARS OF STAGE AND SCREEN



Lady Mountbatten receives the lifting award from Sri Chinmoy on June 24.

LONDON – Patricia Mountbatten, daughter of Lord Mountbatten of Burma, was lifted by Sri Chinmoy in Central Hall, Westminster on June 24.

Afterwards, she expressed her "admiration to Sri Chinmoy... for the way he constantly strives... to do everything possible" for a better world.

The spiritual teacher also presented her with a sculpture of her and her late father, which was made by Kailvalya, one of his students.

Lady Mountbatten appreciated the sculpture deeply.

Later in the day, Sri Chinmoy lifted actor Ralph Fiennes, one of the stars of the movie *Schindler's List*; Shakespearean actor Brian Blessed; actress Brenda Blethyn; Oscar-winning screenwriter (*The Pianist*) Ronald Harwood, Indian classical musician Nishat Khan and others.

Also lifted was anti-land mine activist Heather Mills, wife of Paul McCartney.

In another lifting program held in London four days later, Sri Chinmoy lifted actor Patrick Stewart (*Star Trek* Captain Picard), who told Sri Chinmoy he was "honored, touched and grateful for what you have given me this morning and what you are giving to the world at large."

That same day Sri Chinmoy lifted the actress and model Jerry Hall, ex-wife of Mick Jagger.

SCHOLARS HAILED AT OXFORD AND CAMBRIDGE

Sri Chinmoy brought his "Lifting Up the World with a Oneness-Heart" program to Oxford University and Cambridge University this summer.

On June 26 he visited Lady Margaret Hall in Oxford, lifting 16 professors.

History of Art Professor Martin Kemp, a Leonardo da Vinci scholar, said he had spent his life studying the work of one universal man and now had the "privilege" of meeting another.

International Relations Professor Avi Shlaim said he identified with Sri Chinmoy's efforts to "bring people of different cultures together in a spirit of open minds and open hearts."

Economics Professor John Knight said: "If all the people in the world could hear...and accept your message, what a much better place it would be."

The following day, the spiritual leader visited King's College at Cambridge University, where he lifted King's College Provost Sir Patrick Bateson.

The 16 liftees included Virology Professor Tony Minson, who called Sri Chinmoy "a breathtaking individual who has done some amazing things."

Sri Chinmoy's visit to Britain also included a program at Edinburgh University, where the spiritual leader lifted 14 professors, including the Rt. Rev. Professor Iain Torrance, head of the Church of Scotland (Moderator of the General Assembly).

TWO DREAMERS SHARE THEIR WORLDS

JAMAICA, NY - Two dreamers of a better world shared their magic recently when illusionist David Copperfield came here June 30 to be lifted by Sri Chinmoy.

"You don't expect to have this amount of love given to you all at once," Copperfield said afterwards.

Like Sri Chinmoy's work, Copperfield said, "my work is about making people dream...(and) showing people there are no limits to what we can do. I think it provides hope like you provide here."

In Sri Chinmoy's guest book, Copperfield wrote: "You are the real magic."



David Copperfield shares a laugh with Sri Chinmoy.

113 PILOT LIFTS MARK FLIGHT CENTENARY

SEATTLE - Over 100 airline, military fighter, test, and search and rescue pilots, many of them pioneers in aviation history, were lifted in Boeing Field Auditorium here July 13 to commemorate the 100th anniversary of the Wright Brothers' first flight at Kitty Hawk.

Afterwards, a representative of the U.S. Air Force made Sri Chinmoy an honorary member of the Civil Air Patrol.

The following day at the University of Washington, the spiritual teacher lifted 54 professors, including two Nobel Laureates.

TALK OF PARSONS BLVD.

Deepa and Irmgard Gilch won the 12-hour walk on April 13... During a visit to San Francisco on April 27, Sri Chinmoy lifted several doctors, as well as Helen Klein, who ran a 4:30 marathon at the age of 80... Sri Chinmoy offered his first sitar concert on June 14 at P.S. 86... Ashrita set his 80th world record July 7 by balancing himself on a Swiss exercise ball for two hours 15 minutes in front of Stonehenge in England... On July 23 Sri Chinmoy lifted fitness proponent Bill Phillips and actor David Strathairn.



Sri Chinmoy lifted Utthal with each of his hands on July 23 - his heaviest lift yet in the series. Total weight: 404 lbs.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21

anahata nada

“the soundless sound”



Volume 34

August – Mid-November 2003

SOCCER CHAMPS LIFTED AT GIANT STADIUM

Sri Chinmoy lifted several members of the A. C. Milan Football Club, the European champions, after a team practice Aug. 2 at New Jersey's Giants Stadium.

It was part of his “Lifting Up the World with a Oneness-Heart” program.

Among those lifted was the club captain, the legendary Paolo Maldini.

BAPTIST MINISTER LIFTED BY LOVE

JAMAICA, NY – Sri Chinmoy lifted a 588-pound Fundamentalist Baptist Minister from Chattanooga, TN, on Aug. 16 at Aspiration-Ground.

“I have never known so many people to gather together with one thought, one heart: to serve,” Daniel Deane said afterwards.

“The world has a lot to learn from you folks.”

Sri Chinmoy lifted Deane in recognition of his lifetime of ministry to the deaf and disadvantaged.

For this event, Sri Chinmoy used a new apparatus that allowed him to lift the honoree using both arms.

The awards ceremony included the performance of a song the 72-year-old Indian spiritual teacher had composed in Deane's honor, as well as several songs he had written to the words of the Christ.

The minister, in turn, was given a chance to bear witness to his beliefs by singing three Christian hymns, including “Love Lifted Me.”

The following day, Deane was guest of honor at a concert Sri Chinmoy offered.

Afterwards, the minister said he would “treasure these two days for the rest of my life and always remember this Indian teacher who showed me such Christian love and self-giving.”

SUPRABHA VIRTUALLY CIRCLES THE WORLD

After completing her latest 3,100-mile Sri Chinmoy Self-Transcendence Race this August, Suprabha Beckjord of Washington, D. C. could say that she has run virtually the circumference of the earth.

Since 1996, she has spent her summers running the Sri Chinmoy multi-week races – completing all seven of the 3,100-mile races, plus a predecessor race, the Sri Chinmoy 2,700-miler.

That's a total of nearly 25,000 miles that she has run.

CELEBRITIES HONORED IN LIFTING CEREMONY

Several sports and entertainment celebrities were honored in late summer as part of the “Lifting Up the World with a Oneness-Heart” program.

On Aug. 20 at Aspiration-Ground, Sri Chinmoy lifted the world's No. 1 surfer, Kelly Slater, and Academy Award-winning actor F. Murray Abraham.

The following month, he lifted several sumo wrestlers – six Canadians on Sept. 6 in Toronto and two Americans, including North American heavyweight sumo champion Casey Burns, on Sept. 20 at Aspiration-Ground.

COMPOSER PHILIP GLASS GETS AN INNER BOOST

JAMAICA, NY – The well-known American composer Philip Glass fulfilled a long-time dream when he met Sri Chinmoy here Sept 8.

“I have been longing for years to meet you,” he declared, after being lifted into the air by the spiritual teacher.

“I feel very honored to be part of your household this afternoon.”



Baptist Minister Daniel Deane poses with Sri Chinmoy after being lifted into the air as part of the “Lifting Up the World with a Oneness-Heart” program.



In a visit to Bratislava, Slovakia, Sept. 12, Sri Chinmoy presented the Pope with the "Lifting Up the World with a Oneness-Heart" award, and a copy of a book he had written about the Pontiff.

RICKY MARTIN FEELS THE LOVE

JAMAICA, NY – Pop superstar Ricky Martin was deeply moved after Sri Chinmoy lifted him at Aspiration-Ground on Sept. 23.

"Since I've been sitting here, all I've felt is love...beautiful things, beautiful emotions," he declared.

He added: "I've met beautiful people...incredible leaders...people that have done a lot for society....But definitely you are on the top of the list."



Ricky Martin pays his respects to Sri Chinmoy after being lifted on Sept. 23.

POLITICAL LEADERS UPLIFTED IN SPIRIT

A number of government leaders received a spiritual boost recently when Sri Chinmoy lifted them into the air.

Macedonia's first President, Kiro Gligorov, was lifted at Aspiration-Ground on Sept. 23.



Former Soviet President Mikhail Gorbachev warmly greets Sri Chinmoy during a meeting at Manhattan's Plaza Hotel on Sept. 29. His daughter Irina was also present.

TWO WRESTLING STARS GO FLYING

Two of the world's greatest wrestlers were lifted off their feet Oct. 6 during a program at Aspiration-Ground.

Sri Chinmoy lifted Asashoryu Dagvadorj, the world's No. 1 sumo wrestler. The "Yokozuna," or Grand Champion, flew in from Asia for the event.

The spiritual teacher also lifted Asashoryu's brother, Sumiyabazar, who is Mongolia's top free-style wrestler.

The two Mongolian athletes were lifted separately, then together.

"I am so excited," Asashoryu said later. "I don't have any words to express it."

Sri Chinmoy ended the program with a concert.

(See photo next page)



Asashoryu (left) and his brother Sumiyabazar (right) jubilantly congratulate Sri Chinmoy after the spiritual teacher lifted them into the air.

CONCERT HONORS SLOVAKIAN LEADER

JAMAICA, NY – Former Slovakian President Michal Kovac, joined by his wife and son, were honored at a private concert Sri Chinmoy and his students offered here Oct. 13.

Beforehand, the President and his family were Sri Chinmoy's dinner guests at Annam Brahma Restaurant.

Several years earlier, in November 1993, President Kovac had invited Sri Chinmoy to his castle in Bratislava for an official visit and a private interview. During the meeting, the spiritual teacher meditated with the President and played the cello.

Afterwards, the Slovakian leader hosted a banquet for Sri Chinmoy and his students.

MACEDONIAN AWARD GOES TO SRI CHINMOY

SKOPJE, MACEDONIA – President Boris Trajkovski presented Sri Chinmoy with his nation's highest honor, the Presidential Medallion, during a meeting Oct. 15 in the Presidential Office.

The ceremony was later broadcast over national TV.

"I am offering this award as President and also as . . . your friend," the Macedonian leader said. "Please keep me in your blessings."

TWO PRESIDENTS ATTEND MACEDONIAN CONCERT

SKOPJE, MACEDONIA – Both the current and former Presidents of Macedonia attended Sri Chinmoy's concert of prayerful music here the evening of Oct. 15.

President Boris Trajkovski, along with former President Kiro Gligorov, were guests of honor.

At the end of the concert, the spiritual leader presented President Trajkovski with the "World-Harmony-Dreamer" award.

18-K RACE HONORS MOTHER TERESA

SKOPJE, MACEDONIA – Sri Chinmoy's students organized an 18-kilometer race through the center of Skopje Oct. 16 to commemorate the 18 years Mother Teresa lived there. Several hundred runners from many countries participated.

The race began and finished in Macedonia Square, where Mother Teresa's house used to be.

At the start of the race, the President of the Macedonian Olympic Committee, Vasil Tupurkovski, presented the spiritual leader with "The Spirit of the Ancient Olympic Games Award."

POLITICIANS TAKE A MUSICAL BREAK

SKOPJE, MACEDONIA – Several Members of Parliament took a break from the business of government Oct. 16 to attend a short esraj concert and meditation Sri Chinmoy offered inside the national Parliament.

Later that afternoon, Sri Chinmoy gave a talk at the opening of his Jharna-Kala painting exhibit at the Macedonia Academy of Sciences and Arts.



Sri Chinmoy presents Macedonian President Trajkovski with the "World-Harmony-Dreamer" award after his concert of prayerful music on Oct. 15.

CONCERTS HELD IN LONDON AND PARIS

Sri Chinmoy offered four concerts of prayerful music during a five-day visit to London and Paris this fall.

On Oct. 17, he performed to a capacity audience at London's famous Royal Albert Hall.

In Paris, there were concerts at the Sorbonne on Oct. 18, at a public hall on the 19th and at the Eiffel Tower on the 20th.

MEETING HELD WITH PIR VILAYAT KHAN

SURESNES, FRANCE – Sri Chinmoy met with Sufi leader Pir Vilayat Khan at his ancestral home in this Parisian suburb on Oct. 19.

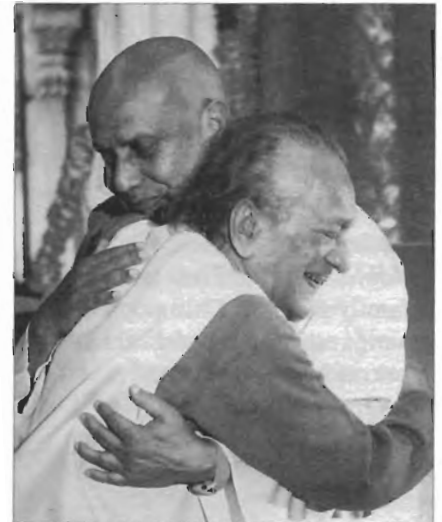
During the visit, he played the esraj, flute and Hawaiian guitar for the Sufi leader and his wife, and joined them for lunch.

TALK OF PARSONS BLVD.

Opera singer *Marilyn Horne* was lifted at Aspiration-Ground on June 9 . . . *Vasanti*, 46, finished third among the women in the July 25-27 *World Championship Triple Iron Man* competition in Lensahn, Germany – swimming seven miles, biking 335 miles and running three back-to-back marathons in 54 hours 44 minutes . . . Sri Chinmoy lifted a number of

professors at New Jersey's *Rider University* on Aug. 8 . . . The renowned Indian sitarist, *Uma Shankar Mishra*, gave a private concert for Sri Chinmoy and his students at Aspiration-Ground on Aug. 31; accompanying him was tabla player *Samir Chatterjee* . . . *Ashrita* established a new Guinness record Aug. 31 by completing a marathon in British Columbia, Canada, in 5 hours 55 minutes – *skipping* the entire distance . . . The popular singer *Addwitiya Roberta Flack* visited Sri Chinmoy at Aspiration-Ground on Sept. 3 . . . During a *Centre Sports Day* Sept. 5 at Astoria Park, Queens, *Sri Chinmoy* participated in the shot put, discus, javelin, softball throw and 100 meters . . . *Walt Koken* on the banjo and *Clair Milliner* on the fiddle gave a performance of "Old Time Music" at Aspiration-Ground Sept. 21; afterwards, Sri Chinmoy offered a concert of his spiritual music . . . Sri Chinmoy went to *WPIX-TV* on Sept. 24 to lift the host of the *morning show*, John Muller, and the weather reporter, Marisol Castro . . . Macedonian President *Boris Trajkovski* met privately with Sri Chinmoy in New York on Sept. 25 . . . Baseball star *Steve Finley* and his family visited Sri Chinmoy at Aspiration-Ground on Oct. 4 . . . One of the instruments Sri Chinmoy played during a private concert on Oct. 27 in

Queens was a *flute* given to him as a gift by flautist *Paul Horn* . . . Sri Chinmoy attended a concert by his dear friend, *Ravi Shankar*, in Newark, NJ, Oct. 31 . . . At the Nov. 9 *Impossibility-Challenger* games in Starnberg, Germany, *Ashrita* set a new world record running the fastest mile with a *pint bottle of milk* balanced on his head; and *Stephan Ehrenfell* from Vienna set a record for completing the fastest mile of *lunges* . . . On Nov. 16 *Ravi Shankar*, his wife *Sukanya* and his daughter *Anoushka* were guests at a *spiritual program* hosted by Sri Chinmoy in Queens; actor *Edward Norton* also attended . . . Movie star *Richard Gere* was lifted Nov. 18 at Aspiration-Ground.



Ravi Shankar embraces Sri Chinmoy at the Nov. 16 program in Queens.

Anahata Nada
P.O. Box 32433
Jamaica, NY 11432

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JAMAICA, NY
PERMIT NO. 21