

anahata nada

“the soundless sound”



Volume 35

Mid-November 2003 – March 2004

CONCERT AND LIFTING MARK SINGAPORE VISIT

SINGAPORE – Sri Chinmoy lifted several eminent writers, musicians and cultural luminaries of Singapore the afternoon of Nov. 28 as part of his “Lifting Up the World with a Oneness-Heart” program.

He also offered a concert of spiritual music that evening.

PRAYERFUL CONCERT GIVEN FOR INDONESIAN KING

SOLO, Indonesia – Sri Chinmoy offered a concert of prayerful music for the King of Surakarta during a visit to the King’s Palace Dec. 10.

The spiritual teacher lifted King Pakoeboewono XII with both his right and left hand.

“You have ruled your country for 60 long years with your love, concern, compassion, wisdom and self-giving,” the spiritual leader said.

The 81-year-old monarch, known by the honorific name ‘Sinoehoen,’ said that he had first seen and met Sri Chinmoy “in the spiritual world 25 years ago – and many times since then.

God brought us together. Sri Chinmoy guided me and told me many important things that came true.”

The King also hosted a banquet for Sri Chinmoy and about 300 of his students, who had accompanied him to the Palace.

Indonesia’s kings are responsible for maintaining their country’s spiritual and cultural heritage and serve as advisors to the country’s political leaders.

Sinoehoen is Indonesia’s oldest and most respected king. His kingdom includes the city of Solo and the surrounding region on the island of Java.

HOLY MAN BECOMES A ROYAL PRINCE

Deeply moved by his meeting with the spiritual teacher whom he had been seeing in visions for many years, Sinoehoen bestowed upon Sri Chinmoy the title of ‘Prince of the Royal Family.’

“Sri Chinmoy has the key to open up the heart of the whole world,” the King declared.

SRI CHINMOY RECEIVES UNIVERSITY AWARD

Sebelas Marat University in Solo, Indonesia, presented Sri Chinmoy with an Award naming him an “Honorary Fellow” of the University.

The Award was presented by a University official on behalf of the Rector on Dec. 22 after a lifting program in Yogyakarta.

MEETING HELD WITH KING IN YOGYAKARTA

YOGYAKARTA, Indonesia – Paduka Paku Alam, who is the Deputy Governor-General and one of the kings of Yogyakarta, invited Sri Chinmoy to perform his meditative music Dec. 24 at the Keraton (King’s Palace).

In welcoming the spiritual leader, the King said: “It is a pleasure for me and all the people of Yogyakarta to receive Sri Chinmoy...who is very active in spreading world harmony and friendship among cultures. This is exactly what humanity really needs now.”

The program included a banquet hosted by the King for the spiritual leader and his students and the presentation to Sri Chinmoy of a special medallion.



Sri Chinmoy discusses prayer and meditation with the King of Surakarta, known as Sinoehoen, during one of their meetings.



Yogyakarta King Paku Alam displays his “Lifting Up the World with a Oneness-Heart” Award.

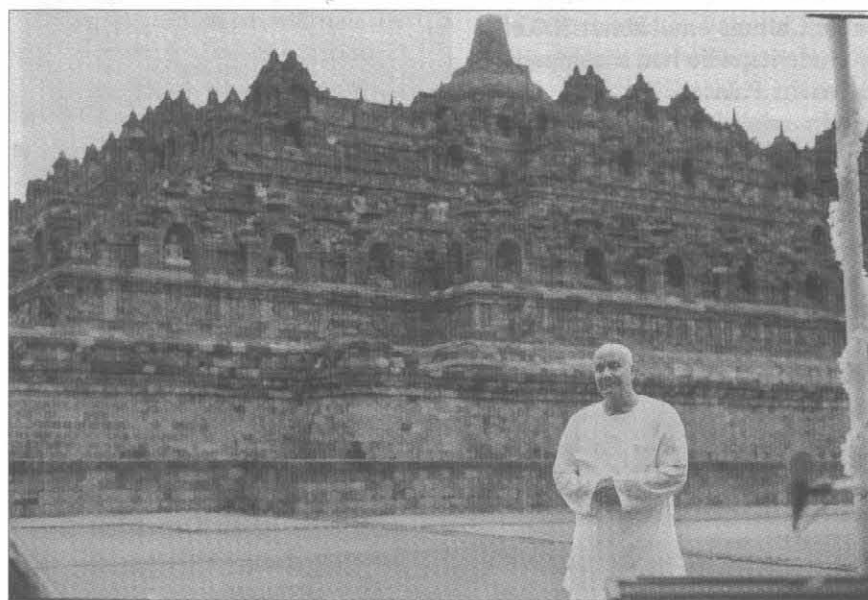
CHRISTMAS CONCERT HELD AT BOROBUDUR

Sri Chinmoy offered a spiritual concert on Dec. 25 at the great Buddhist temple of Borobudur.

During the concert he sat prayerfully facing the monument, with his back to the audience. He also spontaneously composed and sang seven new songs about Lord Buddha.

The 8th century temple, containing hundreds of statues of Lord Buddha, was unearthed in the early 1800s in the middle of Indonesia's jungle and eventually restored and relocated to its present location.

It is considered one of the wonders of the world.



Sri Chinmoy meditates against the backdrop of Borobudur during his Dec. 25 visit.

WORLD'S OLDEST WOMAN LIFTED INTO THE AIR

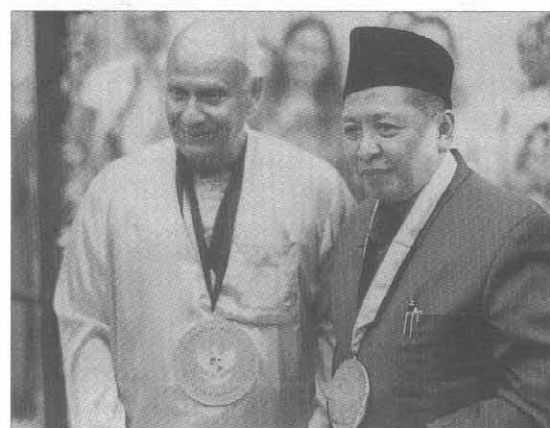
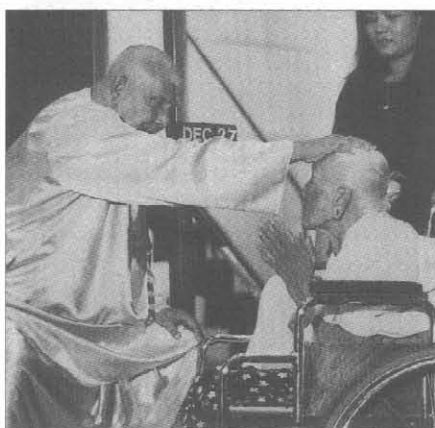
YOGYAKARTA, Indonesia – Sri Chinmoy lifted a 126-year-old great great grandmother, believed to be the world's oldest living woman, as part of a "Lifting Up the World with a Oneness-Heart" program on Dec. 27.

Somo Santono called it "the most memorable moment of my life."

INDONESIA GIVES AWARD TO SPIRITUAL LEADER

JAKARTA – The Indonesian Government presented Sri Chinmoy with its highest award, the Presidential Medallion, "for service to humanity" in a ceremony held here on Jan. 20.

Indonesian Vice President Hamzah Haz made the presentation.



Far left, Sri Chinmoy blesses the world's oldest living woman.

Left, Sri Chinmoy poses for the cameras with Vice President Hamzah Haz after receiving the Indonesian Government's highest award.

TIMOR-LESTE WELCOMES SPIRITUAL TEACHER

DILI, Timor-Leste – Sri Chinmoy was invited to this newly established nation on Jan. 30 for an official government visit.

As soon as his chartered plane landed, the spiritual leader was interviewed by national television and then escorted to the Prime Minister's Office for a private meeting with Prime Minister Mari Alkatiri.

The two then went to the Hotel Timor, where Sri Chinmoy met privately with several dignitaries, including Nobel Peace Laureate Bishop Carlos Belo.

Later, in a ceremony attended by the Chief Justice, the President of Parliament and the Government Ministers, the Prime Minister presented Sri Chinmoy with his country's highest honor, the Medal of Freedom, for his "lifetime of service for world betterment and oneness."

The spiritual teacher was the first recipient of this Medal.

Afterwards, Sri Chinmoy offered the Prime Minister the "World-Harmony-Dreamer" Award.

"You are a man of heart," the spiritual teacher said. "The world needs leaders like you to steer the boat of our world-unity."

He said that once the Prime Minister had dreamt of national independence. "Now you are dreaming a oneness-world-harmony-dream, and this also God will fulfill at God's choice Hour."

During the program Sri Chinmoy also gave a meditative concert.



Prime Minister Mari Alkatiri of Timor-Leste warmly greets Sri Chinmoy.

EIGHT BALINESE KINGS VISIT SRI CHINMOY

NUSA DUA, Indonesia – Bali's eight major kings made a pilgrimage to this seaside resort on Feb. 6 to receive the blessings of an Indian spiritual teacher and be honored by him.

The assembly of eight Hindu kings, led by Sinoehoen, a Muslim king, came with their wives and children to the Bali Convention Center to pay their respects to Sri Chinmoy and be lifted into the air by him.

During the event, Sri Chinmoy presented Sinoehoen with the "World-Harmony-Dreamer" Award and offered a concert of prayerful music.

The six-hour program also included performances by the spiritual teacher's students and performances by members of Sinoehoen's royal family of a song about Sri Chinmoy, and also a dance.

SINOEHOEEN EXTENDS HIS VISIT TO BALI

NUSA DUA, Indonesia – Sinoehoen extended his visit to Bali by an extra nine days so he could spend more time with Sri Chinmoy.

Including their earlier meetings in Solo, the spiritual leader and Muslim king spoke and meditated together on 11 occasions. Seven of their meetings were private.

INDIAN TEACHER VISITS UDAYANA UNIVERSITY

JIMBORAN, Indonesia – Sri Chinmoy visited Udayana University in Bali on Feb. 10 to lift the Rector and other University officials and offer a concert of prayerful music.

During the event, Dr. I. Wayan Wita, the Rector, presented the spiritual teacher with the University's Medallion of Honor in recognition of "his work for culture, humanity, art and literature."

HINDU LEADER GETS LIFTING AWARD

NUSA DUA, Indonesia – Bali's head Hindu Priest, Ida Pedanda Nabe, was lifted into the air and presented with the "Lifting Up the World with a Oneness-Heart" Award on Feb. 11.

THE COOK ISLANDS HONORS SRI CHINMOY

NUSA DUA, Indonesia – The Cook Islands offered Sri Chinmoy its highest award, the Medal of Honor, on Feb. 12 at a ceremony at the Bali Convention Center.

The country's Deputy Prime Minister, Ngamau Munokoa, known as "Auntie Mau," made the presentation while on a visit to Bali.

7,000th LIFT COMPLETED

NUSA DUA, Indonesia – Sri Chinmoy completed his 7,000th lift during a "Lifting Up the World with a Oneness-Heart" program at the Bali Convention Center on Feb. 13.

It was the last of several lifting programs held in Bali this winter.

The spiritual teacher first began the lifting series in June of 1988.

BALI VISIT INCLUDES THREE PUBLIC CONCERTS

During his visit to Bali, Sri Chinmoy offered public concerts of meditative music on Jan. 17 in Denpasar, on Jan. 27 in Sanur and on Feb. 6 in Nusa Dua.

ASIAN TRIP WAS A TIME OF CREATIVITY

During his 12-week visit to Singapore and Indonesia, Sri Chinmoy wrote more than 6,000 poems and over 700 prayers.

He also composed some 550 English and Bengali songs, which brought his total number of songs to more than 18,000.

His favorite song, he said, is *Jago amar swapan sathi* ("Arise, Awake, O Friend of My Dream").

He also completed more than a quarter million "Dream-Freedom-Peace-Birds," small bird drawings depicting different aspects of the human soul, as well as 35 larger Jharna-Kala paintings.

MEMORIAL HELD FOR MACEDONIAN PRESIDENT

JAMAICA, NY – Sri Chinmoy held a special memorial Feb. 28 for his dear friend, President Boris Trajkovski of Macedonia, who had recently died in a plane crash.

"My beloved President Trajkovski, I bow to your soul, I bow to your heart and I bow to your life," he said.

Then he sang a song he had composed for the President, entitled "Your Death is Not the End."

ARCHBISHOP TUTU LIFTED AT NEW YORK HOTEL



Archbishop Tutu and Sri Chinmoy.

NEW YORK – Archbishop Desmond Tutu of South Africa, the Nobel Peace Laureate, was lifted by Sri Chinmoy on March 16 at the United Nations Millennium Hotel.

Afterwards, the Archbishop told the spiritual teacher: "Looking on all the spiritual work that you do..., God smiles and says, 'Thank you, for you are vindicating me.'"

He went on to say, "Perhaps the world continues its existence only

because of people like you...."

During their meeting, Sri Chinmoy presented the Archbishop with a book he had written about him.

The Archbishop also autographed a copy of his own newly published book, "God Has a Dream," with this inscription: "Sri Chinmoy, thank you so very much for all you mean for God's world and God's children. God bless you richly."



Sri Chinmoy lifted Yoko Ono March 30 at Aspiration-Ground. Addwitiya Roberta Flack, who was also present, performed John Lennon's song "Imagine" for the audience.

TALK OF PARSONS BLVD.

Ashrita set a Guinness World Record Dec. 29 in Yogyakarta by *balancing on a Swiss Ball* for three hours 38 minutes . . . Sri Chinmoy received the "Heart and Soul of Hinduism" award on Jan. 31 from Jakarta's Ministry of Hinduism, Lembaga Dhama Duta . . . *Ashrita* set another Guinness Record Feb. 12 at Borobudur by running a mile in seven minutes 47 seconds with a *glass bottle of milk* on his head . . . Flautist *Paul Horn* gave a private concert for Sri Chinmoy and his students on Feb. 18 at P.S. 86 in Queens . . . Sri Chinmoy celebrated his 30th *esraj anniversary* on Feb. 19 by performing 30 songs . . . Rock music star *Sting* and his wife, *Trudie*, invited Sri Chinmoy to their Manhattan apartment March 6 to hold a meditation for them . . . On March 16 Sri Chinmoy lifted *Jenny Craig*, who runs a chain of exercise and weight loss centers . . . *Ashrita* set a third Guinness Record March 24 when he completed 8,555 *abdominal crunches* on an abdominal frame in a single hour in front of the Eiffel Tower in Paris.

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 35

April – July 2004

FITNESS MASTER LIFTS BODYWEIGHT 100 TIMES

JAMAICA, NY – As part of a major lifting program on April 10 commemorating his 40th anniversary in the West, Sri Chinmoy lifted his own 177-pound bodyweight 100 times from a seated position, using only one arm.

He also individually lifted 22 cars with a standing calf-raise machine.

FOUR LIFTING RECORDS SET IN A SINGLE DAY

JAMAICA, NY – Sri Chinmoy set four weightlifting records on April 12.

He raised 1,200 pounds with the seated calf-raise machine and 2,300 pounds with the standing calf-raise machine.

He also hoisted 800 pounds in his seated double-arm lift and completed 10 abdominal crunches with 400 pounds of weight on his stomach.

MANY LAUD TEACHER ON 40th ANNIVERSARY

JAMAICA, NY – Congratulatory messages came from around the world as Sri Chinmoy celebrated the 40th anniversary of his arrival in the West on April 13.

“Blazing with brilliance” among the saints and sages who have guided humanity through the ages “is Sri Chinmoy, whose messages of Love and Harmony are solace to the millions of people all over the world,” said Dhru S. Mehta, Executive Secretary of the Bharatiya Vidya Bhavan in India.

Former U.S. President Bill Clinton wrote: “Your compassion and kind spirit shine through your prose and poetry, your music and paintings, and your commitment to alleviate suffering throughout the world.”

U.S. Senator Joseph Lieberman told him that his life is a “gift to all who have been inspired by your message of peace, understanding and the potential of the human spirit.”

POLITICAL LEADERS LIFTED IN CANADA

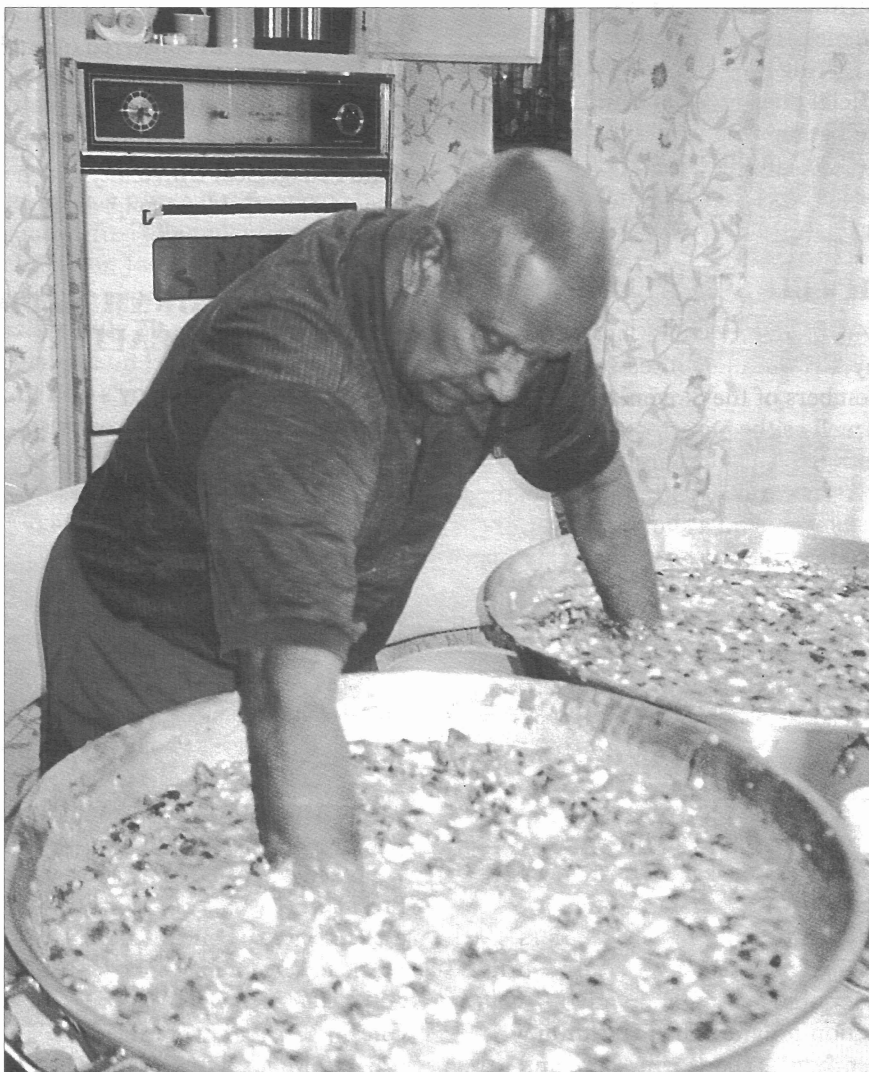
OTTAWA – Sri Chinmoy lifted a Cabinet Minister, six Senators, eight Members of Parliament and several members of the diplomatic community during a visit to the West Block of Parliament Hill on April 27.

He also lifted former Canadian Prime Minister Jean Chretien at his office.

SLOVENIA VISIT FEATURES CONCERT AND LIFTS

LJUBLJANA, Slovenia – Sri Chinmoy lifted several athletes, including long-distance swimmer Martin Strel, who swam the length of the Danube and Mississippi Rivers, and Tomaz Humar, famous for his climbs in the Himalayas, at a lifting program here on April 30.

Sri Chinmoy then offered a concert of prayerful music.



Sri Chinmoy personally prepared some special food, which he handed out as prasad, to celebrate his record-breaking 1,400-pound seated calf-raise lift on April 24. His prayer for that day: “My Lord Supreme, may Thy Victory be proclaimed in and through me at every moment in my life.”

THREE BORDERS JOINED IN A ONENESS-HEART

In a gesture of unity, Sri Chinmoy on May 1 simultaneously lifted the Mayors from three cities in Slovenia, Austria and Hungary at a spot in the countryside where the nations' three borders intersect.

A team of runners from each of the countries, carrying their national flags and a flaming torch, converged at the common border, where Sri Chinmoy meditated and did the lifts.

The Mayors of Kuzma (Slovenia), Felsőszolnok (Hungary) and St. Martin an der Raab (Austria) then joined the spiritual teacher in unveiling a plaque dedicating the spot to world harmony as part of the spiritual leader's new "World-Oneness-Heart" program.

During the ceremony, a Hungarian official presented Sri Chinmoy with the nation's highest cultural award, the Pro-Cultura Hungarica Medallion, for his work in spreading peace through culture.

MPs LIFTED IN MARIBOR

MARIBOR, Slovenia – Later that same day, Sri Chinmoy lifted several Members of the Slovenian Parliament, as well as the Director of the Slovenia National Theater here.

Afterwards, he offered the opening meditation and a short esraj performance at the start of an international concert, organized by the Theater, featuring conductors and opera singers from 11 EEC countries.

TALKS AND CONCERTS GIVEN IN ST. PETERSBURG

ST. PETERSBURG, Russia – Sri Chinmoy offered a series of lectures and short musical performances at many of St. Petersburg's major universities and medical centers during his three-day visit this spring.

It coincided with a Humanitarian Action program the Sri Chinmoy Centre was sponsoring here and in Moscow called "Healthy Children – Healthy World."

Sri Chinmoy gave talks and musical performances at the Herzen

State Pedagogical University of Russia and St. Petersburg Pavlov State Medical University on May 25, at the Smolny Institute of Liberal Arts and Sciences in St. Petersburg State University on May 26 and at the National Institute of Health on May 27.

He also offered evening concerts on May 25 and, after a lifting program, on May 26 in St. Petersburg.

SPIRITUAL LEADER GETS TWO HONORARY DEGREES

ST. PETERSBURG – The International Academy of Ecology, Man and Protection Sciences named Sri Chinmoy an "Honorary Academician" in a ceremony held the evening of May 26.

The following day, Russia's National Institute of Health conferred upon the spiritual leader the academic degree of "Honorary Doctor."

Sri Chinmoy also received Herzen State Pedagogical University's highest honor, "The Golden Owl," during his visit.

VARIED PROGRAM HELD IN RUSSIAN CAPITAL

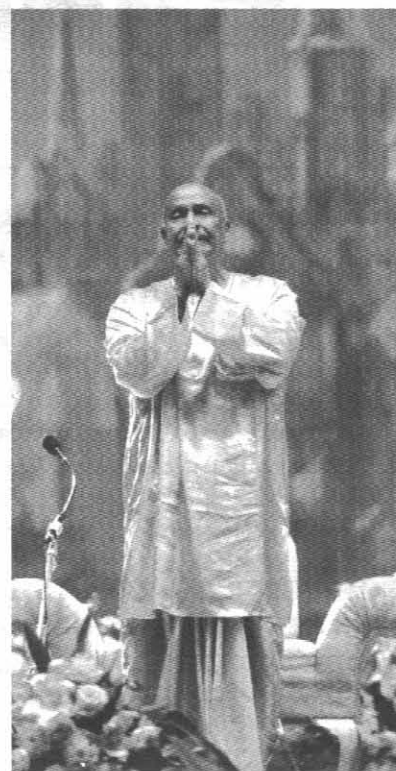
MOSCOW – Sri Chinmoy's visit to Moscow also included appearances at a number of universities and concert halls.

The spiritual teacher spoke and performed his music at the International University (in Moscow) on the morning of May 28 and gave a concert of prayerful music at Moscow's renowned Concert Hall "Russia" that evening.

Highlights of his visit included his lecture the morning of May 31 at the nation's most prestigious university, Lomonosov Moscow State University, which he dedicated to former Soviet President Mikhail Gorbachev, and the lecture and concert of prayerful music he gave that evening at the Great Concert Hall of the Russian Gnesins' Academy of Music.

Sri Chinmoy's final lecture here took place at the Russian Pediatric Clinical Hospital on June 1.

He also met privately with President Gorbachev on May 27.



Meditating at St. Petersburg concert.

MOSCOW INSTITUTIONS HONOR SRI CHINMOY

MOSCOW – The Rector of the International University (in Moscow), Professor S. N. Krasavchenko, presented Sri Chinmoy with the Gold Medal of Honor on May 28, saying: "With this award we accept Sri Chinmoy into the family of our University and we join Sri Chinmoy's worldwide family."

Then, in a ceremony held June 1, the Research Institute of Pediatric Hematology of Russia's Ministry of Health named him an "Honorary Professor" of the Institute.

ARTIST OPENS THREE RUSSIAN EXHIBITS

Sri Chinmoy opened exhibits of his Jharna-Kala paintings on May 24 at St. Petersburg's Dyagilev Center of Arts and on May 29 at Moscow's Museum of Russian Contemporary History, where he presented one of his original paintings to the Museum.

He also attended the Jharna-Kala opening May 31 at the Indian Embassy in Moscow, which was hosted by the Indian Ambassador.



Sri Chinmoy lifted several cosmonauts, academicians and sports figures during his visit to Moscow.

RUSSIAN LUMINARIES GET AN INNER BOOST

Sri Chinmoy lifted a number of luminaries as part of his "Lifting Up the World with a Oneness-Heart" program during his visit to Russia.

He lifted academicians, sports figures and others, including Russian cosmonaut L. D. Kizim, head of the Military Space Engineering Academy, on May 26 in St. Petersburg.

Several sports champions and cosmonauts, including G. M. Strekalov, who went on six missions to outer space, were lifted May 29 at the Russian State University of Physical Culture in Moscow.

Among those lifted the next day at the Moscow Gorky Art Academic Theater were children's songwriter Y. S. Entin, poet A. A. Voznesensky, artist N. Safronov, sports commentator A. A. Kurashov and sculptor Z. K. Tsereteli, whose work "Good Defeats Evil" stands at the United Nations' headquarters in New York.

HUMANITARIAN AID DELIVERED TO RUSSIA

In connection with Sri Chinmoy's visit, "The Oneness-Heart Tears and Smiles" – the humanitarian service team inspired by the spiritual leader – brought medical supplies, children's toys and other aid to a number of medical institutes, hospitals and orphanages in St. Petersburg and Moscow.

Since 1990 the group has coordinated the distribution of millions of dollars of assistance to needy organizations throughout Asia and Europe.

FLORIDA CONCERT HELD

CLEARWATER, Florida – Sri Chinmoy offered a concert at the Ruth Eckerd Hall here on June 18.

About 2,000 people attended.

3,100-MILE RACE HAS LARGEST FIELD EVER

JAMAICA, NY – This year's Self-Transcendence 3,100-mile Race around a half-mile loop here has the largest field ever – 12 runners from nine countries.

Sri Chinmoy started the race June 13 with a short meditation.

SRI CHINMOY OFFERS TWO PRAYERFUL CONCERTS IN SOUTHERN CALIFORNIA

Sri Chinmoy gave a concert of meditative music in Santa Barbara on July 20 and at UCLA in Los Angeles on July 21.

During his trip to California, Sri Chinmoy lifted Olympic running coach Payton Jordan, who has offered him sports advice over the years, on July 20 and musician Lee Underwood on July 21.

652-POUND MAN GETS A BIRTHDAY LIFT

GARDEN GROVE, CA – A 652-pound man from this Los Angeles suburb, David Gregory, got an unusual birthday gift when Sri Chinmoy raised him into the air on July 21 – two days before his 36th birthday.

Sri Chinmoy raised him from a seated position, using both arms, as Gregory stood above him on a metal platform.



Sri Chinmoy opened the week-long Parliament of World Religions in Barcelona, Spain on July 7 with a silent meditation and short esraj performance. He also met with Shirin Ebadi, winner of the 2003 Nobel Peace Prize, who was keynote speaker there. This was the fourth Parliament of World Religions. The first, attended by Swami Vivekananda, took place in Chicago in 1893.



Sri Chinmoy chats with 27-time Grammy Award-winning musician and music producer Quincy Jones at his Bel Air, CA home after lifting him into the air July 21. "God puts His Hand on very few shoulders," Jones said. "He put it on this man's."

NEW LIBRARY WING TO HONOR SANTARU

PROVIDENCE, RI – The main public library in this city, Knight Memorial, plans to name a wing after Santaru Willie Stephens in recognition of his extraordinary volunteer service.

Santaru runs an after-school chess program for inner city kids and a city-wide chess tournament for them, funded mainly out of his own pocket.

The "Willie Stephens Wing" will open in about a year, when library renovation is completed.

TALK OF PARSONS BLVD.

Sri Chinmoy met and lifted *Yoko Ono* at Aspiration-Ground on March 29, not March 30 as previously reported . . . *Ashrita* set a new *Guinness Record* for running the fastest mile (14 min. 25 sec.) while rotating a hoola hoop around his waist on May 31 in front of St. Basil's Cathedral in Moscow . . . Sri Chinmoy set a new record for his *seated two-arm lift* on June 5 – hoisting 1,200 pounds . . .

Sri Chinmoy on June 12 went to the Old Greenwich, CT bookstore

"Just Books Too," where *Nripal Eric Petersen* was autographing copies of his recently published collection of Thomas Jefferson's writings, "Light and Liberty: Reflections on the Pursuit of Happiness" . . . Sri Chinmoy held *memorials* for *Sinoehen*, the Indonesian King, on June 16 and for *Pir Vilayat Khan*, head of the Sufi Order in the West, on June 30 . . . A new record for the *seated calf-raise* was achieved by Sri Chinmoy on July 15 – 1,500 pounds . . . Sri Chinmoy offered a *sitar concert* July 17 to commemorate the first anniversary of his playing that instrument . . . Sri Chinmoy meditated and performed his music at a religious festival held at the *Geeta Temple* in Elmhurst, NY on July 18 and received a trophy from the temple's swami; the *Bhajan Singers* also performed . . .

In recent weeks, Sri Chinmoy lifted *UN Under-Secretary-General Shashi Tharoor* at New York's Millennium Hotel on April 7 . . . pioneer women's marathoner *Kathrine Switzer* and Olympic gold medalist *Sudhahota Carl Lewis* on April 11 . . . Olympic gold medalist *Bob Mathias* on April 14 . . . world record-breaking Olympic sprinter *Donovan Bailey* on June 5 . . . Hungarian cellist *Janos Starker* on June 16 . . . actor *Jeff Goldblum* and actress *Illeana Douglas* on June 23 . . . and documentary filmmaker *Rory Kennedy*, daughter of Robert Kennedy, on June 29.

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 36

August 2004 – Mid-November 2004



TALLEST MAN REACHES EVEN HIGHER HEIGHTS

The tallest man in America, Aurangzeb Khan, was raised to even greater heights Aug. 24 when strongman Sri Chinmoy lifted him overhead at Aspiration-Ground.

Standing a solid eight feet tall, the Pakistani-born educator from Miami held the Guinness world height record for several years.

INDIAN TENNIS STAR PLAYS ‘LOVE AND SERVE’

Sri Chinmoy lifted India’s No. 1 tennis player, Leander Paes, at Aspiration-Ground on Aug. 29.

“Guruji, you are the wind in my wings, and I am that free little bird who flies around the world...trying to spread your word to every human that I touch,” he said afterwards.

“It is not only an honor, but a lifetime’s overwhelming experience, to be one of your devotees...and to conduct my life with the freedom and peace that you shower upon me.”

MUSIC CELEBRITIES GET AN INNER LIFT

Sri Chinmoy lifted a number of luminaries in the music world recently.

“Hip-hop” star and social activist Wyclef Jean was lifted Aug. 26 and jazz pianist Keith Jarrett was lifted Sept. 4 at Aspiration-Ground.

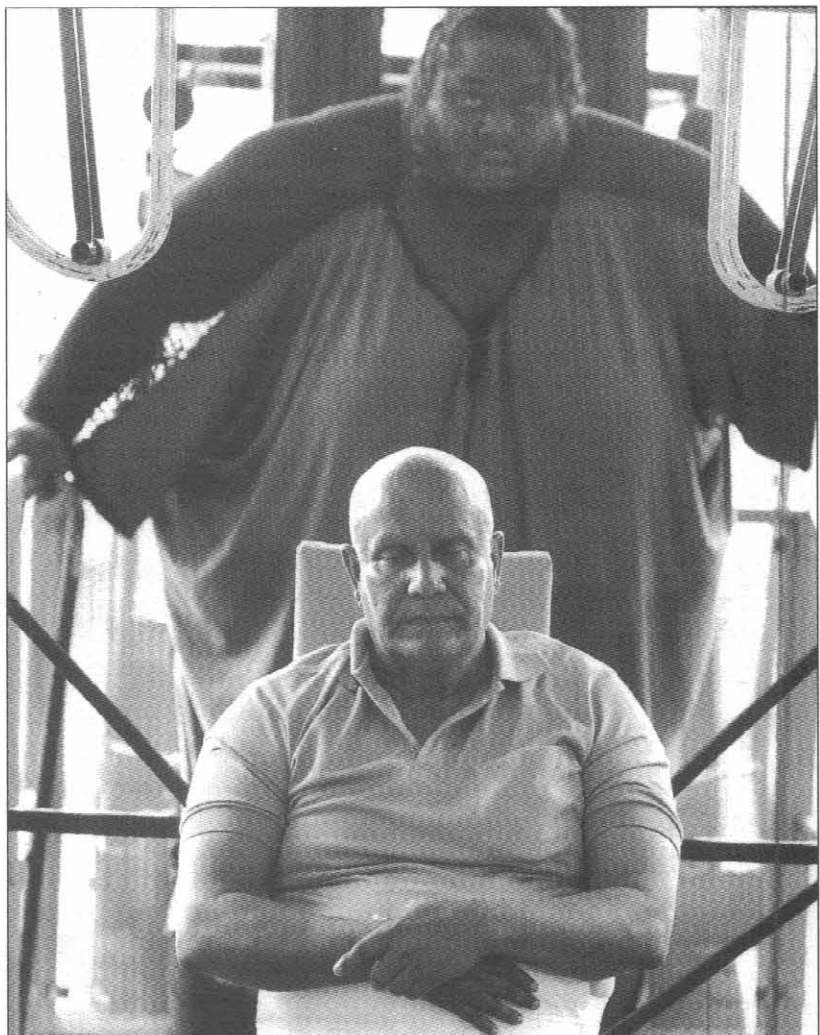
Then, on Oct. 6 at New York’s Society for Ethical Culture, Sri Chinmoy lifted conductor Valery Gergiev, director of the Mariinsky Theatre, formerly known as the Kirov Opera and Ballet Theatre.

Deeply touched, the Russian Maestro called Sri Chinmoy “the Maestro of peace and high spirit.”

77,000-POEM SERIES NOW HALF COMPLETE

Sri Chinmoy has reached the halfway mark in his 77-volume series of poems entitled *Seventy-Seven Thousand Service-Trees*. Each volume consists of 1,000 poems.

The 39th volume in the series that he began writing on Jan. 24, 1998 was released on Sept. 1.



Sri Chinmoy meditates before lifting 735-pound Larry McConneghey into the air in a two-arm seated lift in upper Manhattan on Sept. 9.

A TOUCH OF THE POET WAFTS INTO THE AIR

Charles Osgood, the radio and television commentator who often delivers his reports in verse, was lifted by Sri Chinmoy at Aspiration-Ground on Sept. 22.

Afterwards, the newsman thanked the spiritual leader – by reading out a poem he wrote in his honor.

Its ending: "Thank you for your kindness, Sri Chinmoy, and yup – the world could truly use a little lifting up."

ASHRITA SETS THREE NEW GUINNESS RECORDS

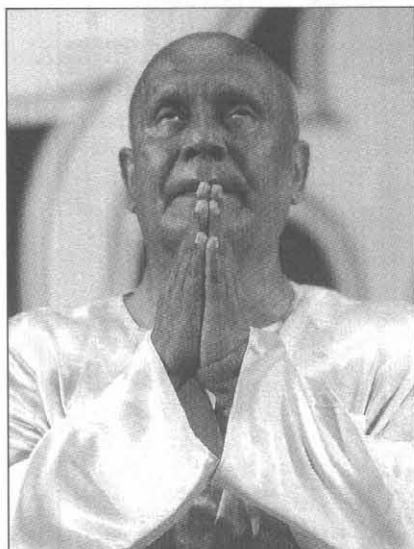
Ashrita Furman recently set three new Guinness world records.

On Aug. 12 he rolled an orange along a mile-long course, using only his nose, in 24 minutes 36 seconds.

Later that month he organized the construction of the world's largest bouquet – consisting of 101,000 roses – which he presented to Sri Chinmoy on his birthday Aug. 27.

Then on Sept. 25, he completed 156 pogo stick jumps – while simultaneously jumping rope.

Sri Chinmoy celebrated Ashrita's 50th birthday Sept. 16 by breaking his own seated calf raise record in Ashrita's honor – lifting 1,650 pounds.



Sri Chinmoy offers a powerful meditation at the Oct. 2 concert in Budapest.

WHIRLWIND TOUR BRINGS MUSIC AND MEDITATION TO SEVERAL COUNTRIES

Sri Chinmoy went on a whirlwind tour of central Europe during the first three days of October, offering five separate concerts in three countries.

An afternoon and evening concert in Vienna on Oct. 1 drew standing-room-only crowds.

The following day, his two Budapest concerts also drew an overflow audience. Many listened to music from an outdoor plaza, watching the performance on a giant video screen.

The Oct. 3 concert in Prague drew the largest audience – nearly 15,000.

While in Europe, Sri Chinmoy met with former UN Secretary-General Kurt Waldheim (Sept. 30), completed 112 works of art and composed 20 devotional Bengali songs.

AUSTRIAN MP's HONOR SPIRITUAL LEADER

VIENNA – Six Members of the Austrian Parliament presented Sri Chinmoy with the "Austria – Heart of Europe Award" on Oct. 4 at a ceremony at the banquet hall of the Vienna Borse.

"Because of your initiatives, there is less suffering and more peace in our world," said Mrs. Herta Wimmer, MP, when presenting the Award.

After the presentation, a group of children gave Sri Chinmoy a huge cake resembling a topographical map of Austria, and the spiritual teacher made the first ceremonial cut.



Sri Chinmoy plays the esraj at Niagara Falls in the start of a new concert series.

NEW CONCERT SERIES LAUNCHED THIS FALL

Sri Chinmoy performed a short esraj concert at Niagara Falls in the start of a new concert series to be held at significant natural and man-made wonders around the world.

The performance took place Oct. 17 at the Prospect Point lookout on the American side of the Falls.



Sri Chinmoy had a private meeting with former Soviet President Mikhail Gorbachev in Manhattan on Oct. 10. It was their 22nd meeting.

RAVI SHANKAR FETED AT SAN DIEGO CONCERT

SAN DIEGO, CA – Ravi Shankar and his wife, Sukanya, were guests of honor at a concert Sri Chinmoy offered the evening of Oct. 23 at the Scottish Rite Center here.

Earlier in the day, the spiritual teacher and a few students visited the Maestro's home in Encinita, where Sukanya cooked a lunch for them.

AFRICAN DIPLOMATS LIFTED INTO AIR

UN Under-Secretary-General Ibrahim Gambari hosted a lifting program for several African ambassadors at Aspiration-Ground on Oct. 28.

After offering the dignitaries a banquet at Annam Brahma, Sri Chinmoy lifted Professor Gambari and UN ambassadors from Cape Verde, The Gambia, Guinea, Kenya, Mali, Nigeria and Zimbabwe.

During the event, Professor Gambari and Maria Milucha Abrantes, head of the Friends of the Children of Angola, presented Sri Chinmoy with an award for his humanitarian assistance to the children of Angola.

The UN leader told Sri Chinmoy: "You have not just lifted our bodies...but above all have lifted our spirits.

"You are a man of love. You are a man of compassion. You are a man of peace."

IRISH LEADER GOES UP AND AWAY

Sri Chinmoy lifted Mary Robinson, the former President of Ireland, on Oct. 30 at Aspiration-Ground.

Robinson, who recently served as the UN High Commissioner for Human Rights, said she was "very humbled and indeed very uplifted by this very thoughtful ceremony....I'm afraid I was almost overcome by the beautiful singing...."

In the guest book, she wrote: "May you continue your inspirational work for peace and for the oneness of the world. We need it more than ever."

MARATHON CHAMPION ALSO RUNS INWARDLY

Tegla Laroupe, the first African woman to win the New York City Marathon, showed herself to be an "inner runner" as well when she was lifted at Aspiration-Ground Nov. 4.

"In the Bible it tells us you have to run and win the race of faith," the record-holding ultra-distance runner said after the lift. "Everybody who crosses the finish line is a champion."

She expressed her belief that fighting can never bring peace. "Through prayers we can change the world," she declared.

She also offered Sri Chinmoy a book, saying: "May God give you all the power...to lift the world and make people understand what peace and love mean."

13 RECORDS SET AT GERMAN ATHLETIC GAMES

STARNBERG, Germany – Surasa Maier of Salzburg ran a marathon – backwards – around a 400-metre track in just over six hours and Leo Bircher of Switzerland balanced a chair on his forehead for 35 minutes.

These were two of the 13 world records set Nov. 6-7 at the Sri Chinmoy Marathon Team's Impossibility-Challenger Games here.

In other events, England's Paddy Doyle did thousands of situps, lunges, jumping jacks and other fitness events in under 14 hours, and Japaka's Orchestra performed virtually non-stop for 27 hours.

TREES AND ELEPHANTS ALL GO AIRBORNE

Paving the way for his weightlifting demonstration at York College, Sri Chinmoy completed several spectacular lifts Nov. 11-12.

He lifted a helicopter, three small airplanes and a 40-foot-high Colorado blue spruce tree in New Jersey on Nov. 11, using a modified standing calf-raise machine.

The following day he lifted an Asian elephant, a camel, a yacht and other items at Aspiration-Ground.

STRONGMAN HOISTS 100 TONS IN ONE NIGHT

At the age of 73, Sri Chinmoy broke all his previous records by lifting more than 200,000 pounds with his arms, shoulders and legs at a weightlifting demonstration Nov. 13 at York College in Queens.

Some of his more striking lifts included 100 repetitions of a modified bench press and of a seated double-arm lift, both times with 200 pounds in each arm, and a record-breaking standing calf raise of 2,400 pounds.

Using a seated shoulder shrug, he also lifted seven Olympic gold medalists, including track and field star Carl Lewis, long and triple-jump champion Tatyana Lebedeva and Swiss triathlete Brigitte McMahon.

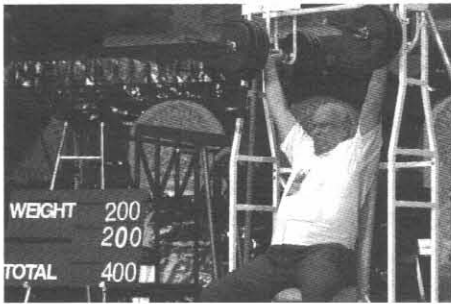
He also lifted this year's Hawaiian Ironman winner Normann Stadler, Russian marathoner Ludmila Petrova and ultramarathon swimmer Martin Strel from a two-arm seated position.

Other memorable lifts on modified standing calf-raise machines: four grand pianos, with Addwitiya Roberta Flack playing one of them, an automobile and two huge stone lions.

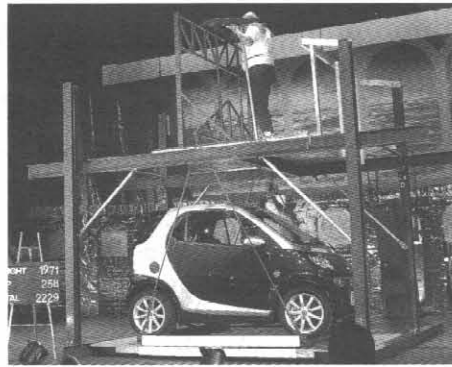
Five-time Mr. Universe Mahasamrat Bill Pearl was Master of Ceremonies.



Sri Chinmoy lifts Tatyana Lebedeva and her two-year-old daughter.



Sri Chinmoy lifts 400 lbs. 100 times (above), and a small automobile (right).



SPIRITUAL LEADER GIVEN TOP NATIONAL AWARDS

Representatives of Hungary, Cambodia and Vietnam presented Sri Chinmoy with their country's highest national awards during his Nov. 13 weightlifting celebration at York College.

Hungary's Consul General in New York offered the spiritual leader The Order of Merit of the Hungarian Republic, which had been conferred by President Ferenc Madl on Oct. 11.

Then Cambodia's UN Ambassador presented Sri Chinmoy with Sahat Mitrai, the Friend of the Nation award, which Cambodian Prime Minister Hun Sen had conferred on him on Oct. 18.

And Vietnam's UN Ambassador presented him with the Medal for Peace and Friendship among Nations on behalf of the Union of Friendship Organizations, which is the voice of

Vietnam's Foreign Ministry.

It was also announced that the Government of Niue had just awarded Sri Chinmoy its highest honor, the South Pacific Star Award.

SEVERAL ULTRA EVENTS HELD WORLDWIDE

The Sri Chinmoy Marathon Team has been holding a number of major athletic events this fall.

The "ultra-trio" – consisting of simultaneous 700-mile, 1,000-mile and 1,300-mile races – took place from Sept. 13 - Oct. 2 in New York.

London hosted a 24-hour Self-Transcendence track race Oct. 9-10 and Adelaide sponsored a 24-hour "Festival of Running" Oct. 16-17.

Canberra's Self-Transcendence Triple Triathlon, consisting of three swims, bike rides and runs totaling 150 km., was scheduled for Nov. 21.

TALK OF PARSONS BLVD.

Russia's International Academic Accreditation and Certification Committee conferred upon Sri Chinmoy an *Honorary Doctor of Humanities* on July 20 . . . Councilman Jimmy Gennaro presented Sri Chinmoy with the *Crystal Apple Award* on behalf of the *New York City Council* on Aug. 27 . . . *Adrian Benepe*, Commissioner of the *New York City Department of Parks and Recreation*, was lifted Aug. 31 at *Aspiration-Ground* . . . During the Sept. 3 *Sports Day*, Sri Chinmoy threw the *shot put, discus and javelin* and ran the *100 meters* . . .

Richard Dalton of the *Halifax Centre*, the Canadian canoeist who placed sixth in the *Athens Olympics*, was honored at *Aspiration-Ground* on Sept. 11 . . . Sri Chinmoy offered a silent meditation at the *Annual Interfaith Service* commemorating the opening of the *UN General Assembly*, which was held Sept. 14 at *Manhattan's St. Bartholemew's Church* . . . *Gyula Szabo* of *Miskolc*, Hungary, winner of the *Sri Chinmoy Self-Transcendence Marathon*, ran the *Oct. 17 Amsterdam Marathon* in 2:29 . . . Sri Chinmoy meditated and *Ranjana's Bhajan Singers* performed at a *Durga Puja* held Oct. 22 at the *Community Center of Gujarati Samaj* in *Queens*.

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 37

December 2004 – March 2005

BOTANIC GARDENS HEARS THE SOUND OF MUSIC

XIAMEN, China – Sri Chinmoy offered a concert Dec. 18 at the Amoy Botanical Gardens dedicated to China's former leader, Deng Xiaoping, in honor of his birth centenary.

The spiritual teacher performed under a tree that the Chinese patriot had planted in the Gardens many years earlier.

The program, which was hosted by the local Red Cross, also included the first public performance of Sri Chinmoy's new song, *I am a Great Chinese Boy, I am a Good Chinese Girl* by a group of local Chinese children.

As part of the event, the Sri Chinmoy Centre's humanitarian arm, The Oneness-Heart Tears and Smiles, donated 100 boxes of toys, blankets, food and medical supplies to the Xiamen Red Cross.

During the program, Xiamen Vice Mayor Guo Zhen gave a short talk and offered Sri Chinmoy an award from the city.

A THOUSAND CHILDREN PERFORM SPECIAL SONG

XIAMEN, China – Sri Chinmoy performed on the esraj and flute before an audience of schoolchildren on Dec. 20 at Xiamen Middle School No. 5.

A thousand of the children sang Sri Chinmoy's new song, *I am a Great Chinese Boy, I am a Good Chinese Girl* in both English and Chinese, and Xiamen's Minister of Education gave a brief talk.

Afterwards, the torch from the newly established World Harmony Run was passed from hand to hand among several hundred students.

This was the first event held in connection with the global Run, which is scheduled to be launched in April.

CONCERT GIVEN ON GREAT WALL OF CHINA

Amid howling winds and bitter cold, Sri Chinmoy offered a short esraj concert on the Badaling Section of the Great Wall of China on Jan. 11. It was his 700th concert.



Sri Chinmoy performs on the esraj on the Great Wall of China on Jan. 11.

CEREMONY HELD FOR TSUNAMI VICTIMS

BEIJING – Sri Chinmoy led a moment of silence and performed on the esraj at a fund-raising event for tsunami victims held the afternoon of Jan. 11 in Beijing's York Hotel.

Speakers included Zhao Ying Hua, Editor-in-Chief of the newspaper *Beijing Science and Technology Report*, and the General Secretary of the Beijing Red Cross, Liu Yan Jun, whose organizations sponsored the event.

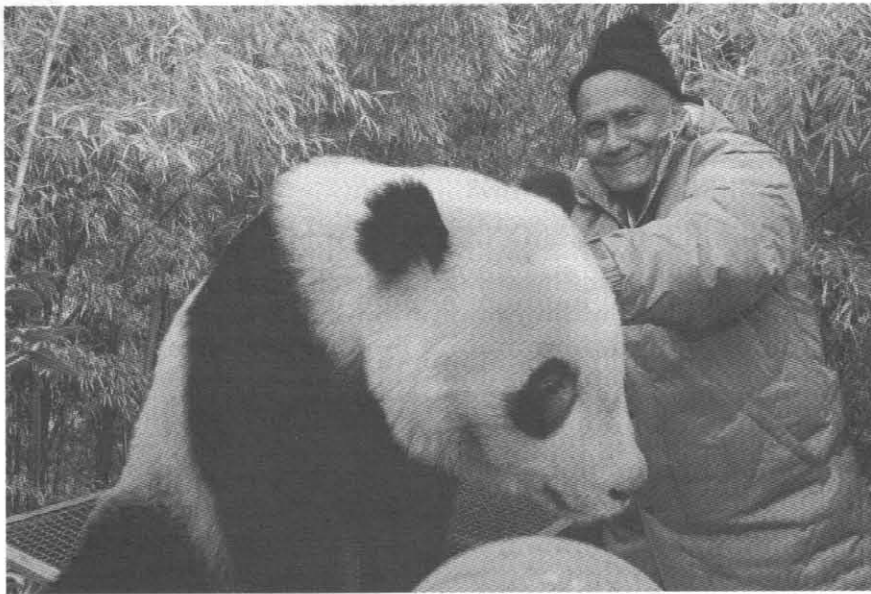
Sri Chinmoy presented one of his harmony-bird drawings to both organizations.

TERRA-COTTA WARRIORS AWAKEN TO THE ESRAJ

XIAN, China – Sri Chinmoy gave an esraj concert Jan. 15 among the thousands of life-sized Terra-Cotta Warriors and horses that had been buried with China's first Emperor, Qin Shihuang, some 2,200 years ago.

The concert took place near Xian, at the museum complex that has been built around the archaeological site where the earthen figures were first discovered.

The burial ground with the Terra-Cotta Warrior army has been declared a UNESCO World Heritage site and is considered one of the wonders of the world.



Sri Chinmoy blesses one of the two giant panda bears he lifted Jan. 18 at the Shaanxi Rare Wildlife Rescuing and Breeding Center near Xian – in support of China's endangered species program. The panda's father, weighing 432 pounds, has been officially named 'Chinmoy' for a year.

CHINESE OFFICIAL GIVES GIFT TO INDIAN TEACHER

NANJING, China – Woolf Shaw (Xiao Wu Nan), who is responsible for promoting social, economic and cultural exchange between China and the rest of the world, presented Sri Chinmoy with two scrolls by a famous Chinese calligrapher on Feb. 2.

One scroll says, "The saint comes like rain, which falls to earth just in time."

Shaw, who is Vice Chairman of the China Social, Economic and Cultural Exchange Association, with a Deputy Minister ranking in the Chinese Government, compared the saying in the scroll to Sri Chinmoy's arrival in China.

OVER 400 SONGS COMPOSED IN CHINA

During his three-month visit to China, Sri Chinmoy composed 419 Bengali and English songs.

Among those were a song for Hu Jintao, China's President, as well as his immortal *I am a Great Chinese Boy*, *I am a Good Chinese Girl* song com-

posed Dec. 17 for the children of China.

He also set to music a poem dedicated to the tsunami victims, written by Chinese Foreign Minister Li Zhaoxing.

In addition, he composed and performed 27 quotes from Sri Aurobindo's epic poem *Savitri*.

...PLUS THOUSANDS OF POEMS AND PRAYERS

The spiritual teacher also wrote over 6,000 poems and more than 900 prayers during his stay in China.

In addition, he completed more than 21,000 "harmony-bird" drawings and a number of large Jharna-Kala paintings on handmade Chinese scrolls, using traditional Chinese calligraphy brushes and ink.

A MUSICAL JOURNEY ECHOES THROUGH CHINA

Sri Chinmoy offered several major concerts in China.

In addition to those previously mentioned, he also gave large public concerts for world harmony Dec. 13 in Xiamen, Jan. 9 in Qingdao, Jan. 20 in Xian and Feb. 11 in Nanjing.

ASHRITA BOUNCES INTO GUINNESS

Ashrita Furman broke four Guinness world records – for bouncing, jumping and running.

On Nov. 16 he bounced 100 meters in 30 seconds in Flushing Meadow Park, Queens, while seated on a two-foot-tall "kangaroo ball" with a handle.

A month later, on Dec. 17 in Xiamen, China, he broke the 1892 record for running 8 km. on stilts, completing the nearly five-mile distance in just under 40 minutes.

The following month, on Jan. 19, he bounced a mile on a kangaroo ball in just over 15 minutes – on top of the Great Wall of China.

And nine days later, on a nationally broadcast TV program in Beijing, he broke his own Guinness record for jumping rope while bouncing on a pogo stick, doing 164 jumps in one minute.

PAUL HORN OFFERS SPECIAL CONCERT

JAMAICA, NY – Renowned flautist Paul Horn gave a special concert for Sri Chinmoy and his students at a function here on Feb. 23.

The following day, during a meeting with the spiritual leader at Annam Brahma restaurant, he performed on the flute while Sri Chinmoy played the erhu, a Chinese stringed instrument.

BODYBUILDING MAGAZINE CITES SRI CHINMOY

The April 2005 issue of *Muscle & Fitness* bodybuilding magazine cited Sri Chinmoy's Nov. 13 weightlifting demonstration last year as one of the "10 greatest strength feats of the year."

The magazine ranked the event, in which the weightlifting master hoisted more than 100 tons in a single lift, as No. 2.

POINT OF VIEW: A TALE OF TWO LIONS

For years they had stood at the entrance to the temple, eyes blank, heads turned – two stone lions.

Weighing a thousand pounds each, their massive physical presence was forbidding. Yet they also exuded an inner force, as though they could leap to life at any moment.

Then one day they appeared at a great indoor arena, the auditorium of York College in Queens, where Sri Chinmoy's Nov. 13 weightlifting demonstration was scheduled to take place.

That day, the auditorium would become the scene of heroic contests and deeds, where the denseness of matter would confront the openness of spirit.

By all accounts it promised to be an unforgettable event. On one side lay thousands of pounds of metal weight. On the other, stood the lone figure of the man hoping to tame them.

The metal plates were cold, dark, stubborn in their unwillingness to budge. The man was determined, implacable in his will to move them.

Using the muscles in his arms, his shoulders and his legs, 73-year-old Sri Chinmoy planned to lift 100 tons that evening.

Slowly his plans came to fruition as, over the course of the night, he raised off the ground everything from an automobile to books to metal weights – using various kinds of lifts.

Many Olympic gold medalists and other world-class athletes came to watch the performance...and be part of it. They filed onto the stage in a great procession, and one by one this weightlifting maestro raised them into the air.

The whole evening was a vivid demonstration of the philosophy of spirit he has been expressing through his writings, paintings, music and lectures over the past forty years.

It's a philosophy that seeks to awaken the divinity buried inside each object and person, finding its

most dramatic symbol in the physical act of lifting.

When he lifts, Sri Chinmoy does not try to conquer the weights; rather, using the power of concentration and meditation, he strives to lighten them, to transform their dense, heavy physicality into the lightness of spirituality.



Sri Chinmoy blesses one of the lions at Aspiration-Ground.

Nothing captured the essence of the evening so strikingly, and profoundly, as his lift of the two lions. Though made of stone, they exuded a presence, an aliveness. Half-alive and half not alive, they represented matter on the edge of spirit.

By raising them with a calf-raise lift, Sri Chinmoy sought to cross that line – not just to bring light into darkness but to perform a far greater alchemy – transforming inert matter into the substance of life.

The muscular effort he exerted, though absolutely real in its own realm, was also a metaphor for the infinitely more difficult spiritual struggle.

For a moment he stood by the lifting apparatus, his body hunched under

its padded bars. Then suddenly he straightened, pushing against the bars with his shoulders – calves straining as he sought to raise the two half-ton lions into the air.

At first nothing happened. The lions did not budge; he might as well have been trying to lift a building off the sidewalk.

But he continued pushing, pushing, until all sense of time vanished, all points of reference disappeared, and nothing in the universe seemed to exist except that enormous mountain of weight and the terrible, implacable urge to raise it.

The tension became almost palpable, as though the resistance of the stone lions and the strain of trying to raise them were both reaching the breaking point.

Something had to give – either the straining muscles and the spirit they cloaked, or those eyeless creatures of stone, yearning for life, for consciousness.

Then, miraculously, the lions started to tremble. The master weightlifter was not exerting more effort; he had long ago reached his maximum.

But inwardly he had crossed some line, broken through some barrier so that, somehow, his physical body had merged with the force within.

Now it was not muscle straining against stone, but spirit reaching out to spirit, prepared to go on indefinitely – for hours, for days, for centuries, if need be, until the stone itself disintegrated and turned to dust.

Finally, when matter could no longer bear the relentless pressure, when the physical universe could no longer tolerate this implacable tension, the weight suddenly gave and the lions began to rise off their supports.

From inconscience he had brought forward the essence of life, from matter he had invoked spirit.

There were other lifts that night, but none seemed as memorable as those two stone lions, which were transported to another world.

GAMBIAN LEADER LIFTED

JAMAICA, NY – Sri Chinmoy lifted Vice President Isatou Njie-Saidy of the Gambia, two of her country's Ministers and several members of the Gambian delegation accompanying her during a visit to Aspiration-Ground March 7.

We will leave here "with our spirits lifted high," she said afterwards, as "ambassadors of Sri Chinmoy, so that we can pass on that same spirit to the rest of society."

She promised that she and her colleagues would "take it upon ourselves to ensure that we deserve" the 'Lifting Up the World with a Oneness-Heart' Award she received from the spiritual leader.

Sri Chinmoy told her, "With your inner spirit and outer enthusiasm, readiness, willingness and eagerness, you are going to...change soon the face and fate of the world."

TALK OF PARSONS BOULEVARD

On Nov. 19 Sri Chinmoy celebrated his 30th *Jharna-Kala anniversary*, the date he first seriously began painting . . . Sri Chinmoy lifted the 2001 *Mr. China bodybuilding champion*, on Dec. 30 in Qingdao, China . . . Altogether, there were eight lifting programs in China – two in Sanya, one in Xiamen, two in Xian, one in Huangshan and two in Nanjing . . . *Rigoberta Menchu*, the

1992 Nobel Peace Laureate from Guatemala, was lifted at Aspiration-Ground on March 3 . . . Two days later Sri Chinmoy lifted *Dr. Kenneth Kamler*, known for his writings about human survival and his medical treatment of Mt. Everest climbers . . . Sri Chinmoy lifted *Princess Jelisaveta of Yugoslavia* March 20 at Aspiration-Ground and offered her the spiritual name 'Jyotirmoyee' . . .



Vice President Isatou Njie-Saidy of the Gambia holds the World Harmony Torch with Sri Chinmoy during their March 7 meeting.

Sri Chinmoy Centre
P.O. Box 32433
Jamaica, NY 11432

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

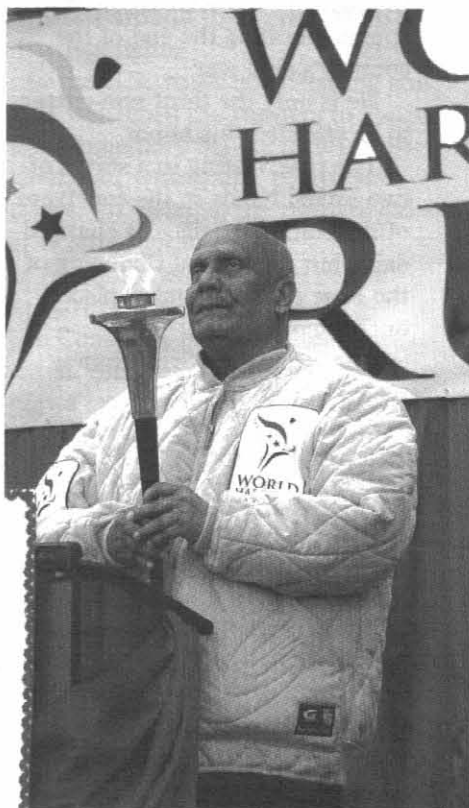
anahata nada

"the soundless sound"



Volume 38

April – Early August



Sri Chinmoy meditates and holds the Harmony Torch at the start of the U.S. portion of the World Harmony Run in Manhattan on April 16. The 11,000-mile relay, organized by the Sri Chinmoy Marathon Team, was scheduled to pass through the contiguous 48 states. Also, Harmony Run ceremonies were planned for Alaska and Hawaii.

MARATHON CHAMPION LIFTED AND MOVED

JAMAICA, NY – Paula Radcliffe, who is the world record-holding woman marathoner, came to Aspiration-Ground on April 20, three days after winning the London Marathon, to be lifted by Sri Chinmoy as part of his "Lifting Up the World with a Oneness-Heart" program.

"I don't think I have ever before been in a place which felt so peaceful and so serene, yet at the same time so powerful," she said afterwards. "It's very moving."

By using our inner strength, she added, we "can make the world a better place, as Sri Chinmoy is doing."

DINERS GET AN EARFUL ...AND A MOUTHFUL

JAMAICA, NY – Sri Chinmoy performed a concert at Annam Brahma April 26 and at Oneness-Fountain-Heart April 28 for specially invited customers of the restaurants.

After both concerts, the restaurants offered a complimentary dinner.

SRI CHINMOY OPENS RAMAYANA CONFERENCE

JAMAICA, NY – The 21st annual International Ramayana Conference was opened April 30 by Sri Chinmoy with a meditation and esraj performance.

This year's Conference, held at York College, was sponsored by the New York Indo-Caribbean community.

COMPOSER COMPLETES 12,000TH BENGALI SONG

Sri Chinmoy composed his 12,000th Bengali song on May 5.

Since June 1, some 60 radio stations across the U.S. have been playing some of these Bengali songs on a weekly basis in a special 12-week tribute to this achievement.

CONCERT SERIES HELD ON THE WEST COAST

In the late spring, Sri Chinmoy offered a major concert series on the West Coast.

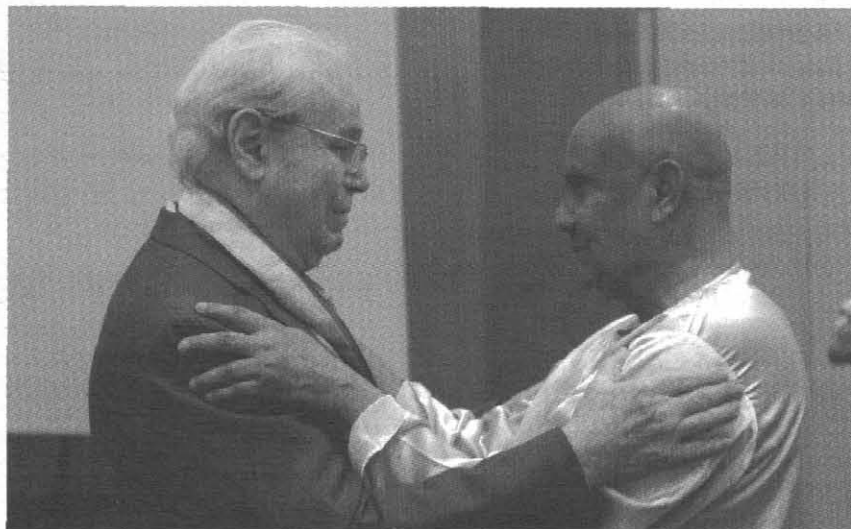
Over a four-week period, he flew cross-country three times to offer World Harmony Concerts in San Diego's Cox Arena on May 13, Seattle's University of Washington on May 21 and San Francisco's Bill Graham Civic Auditorium on June 4.

UN LEADER RECEIVES U THANT PEACE AWARD

PARIS – Former UN Secretary-General Javier Perez de Cuellar received the U Thant Peace Award here May 26 on behalf of Sri Chinmoy: The Peace Meditation at the UN.

The Award presentation was made by Sri Chinmoy, who also lifted the UN leader and his wife as part of his "Lifting Up the World with a Oneness-Heart" program.

The Secretary-General called Sri Chinmoy "the heart of the United Nations – because in all the years I was Secretary-General, and even before...even if he was not present, his message was with us and we were...being inspired by him."



Former UN Secretary-General Javier Perez de Cuellar and Sri Chinmoy meet in Paris.

HARMONY CONCERT OFFERED IN PARIS

PARIS – Sri Chinmoy offered a World Harmony Concert at Le Cirque d'Hiver the evening of May 26.

About 1,500 people attended the Paris concert.

UNESCO HOSTS HARMONY RUN PROGRAM

PARIS – A special ceremony in connection with the World Harmony Run was held at UNESCO headquarters here on May 27.

World Harmony Runners from several countries held the Harmony Torch, and Sri Chinmoy performed his spiritual music on several different instruments.

Vladimir Petrovsky, the former Director-General of the United Nations in Geneva, was one of the main speakers.

During the event, Sri Chinmoy dedicated his 12,000th song to the soul of UNESCO.

ART EXHIBIT HELD IN LOUVRE

PARIS – A day-long exhibit of Sri Chinmoy's Jharna-Kala paintings was held in the Carrousel of the Louvre on May 27.

Following an official reception, Sri Chinmoy offered a concert in an adjoining hall in connection with Oneness-Heart Tears and Smiles, the Sri Chinmoy Centre's humanitarian aid organization.

The program included a slide show and presentation describing the Centre's humanitarian activities.

THREE CONCERTS GIVEN IN ITALY

Sri Chinmoy offered two back-to-back World Harmony Concerts in Milan on May 28 and a third concert in Turin on May 29.

About 6,500 people attended the three events.

While in Milan, the spiritual teacher received an award from the Soul and Fitness Institute for his contribution to sports.

"GARDEN OF EDEN" HAS 24TH BIRTHDAY

JAMAICA, NY – Sri Chinmoy commemorated the 24th anniversary of Aspiration-Ground, his outdoor meditation garden and temple, on June 10 by performing 24 songs on the esraj.

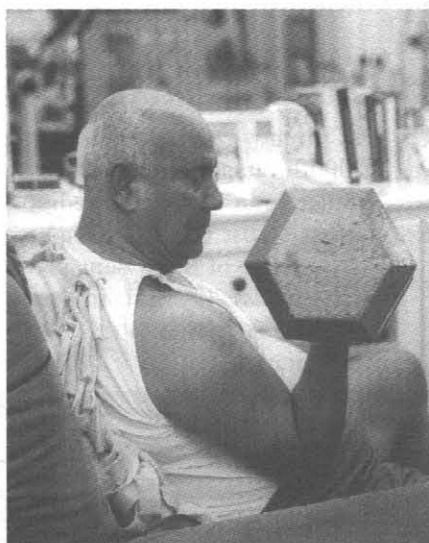
He called Aspiration-Ground a "Garden of Eden" and profusely thanked Ranjana and others who had helped design, build and maintain the complex over the years.

LARGEST FIELD EVER STARTS 3,100-MILE RACE

JAMAICA, NY – After a short meditation by Sri Chinmoy, 14 athletes from 10 countries began running around a city block June 12 in the start of the Sri Chinmoy 3,100-mile race.

The run, which lasts over seven weeks, is now in its ninth year.

At press time, Srdjan Stojanovich from Serbia had been declared the winner, with a time of 46 1/2 days.



Sri Chinmoy does a seated one-arm "top curl" with a 100-pound weight on June 16.

BUFFALO CONCERT HELD

TONAWANDA, NY – Sri Chinmoy offered a World Harmony Concert in the Riviera Theater in this suburb of Buffalo on June 25.

One of the highlights was his performance on a Wurlitzer band organ dating back to 1926.

SRI CHINMOY OFFERS A ROSE FOR PEACE...

GUATEMALA CITY – Sri Chinmoy was invited by the Guatemalan Government to participate in the Changing of the Rose ceremony commemorating the end of the country's civil war.

He is only the third non-citizen to be afforded this honor.

The rose, resting in a statue of two linked hands in the courtyard of the National Palace, is changed daily, but the official Changing of the Rose ceremony takes place once a month.

The event with Sri Chinmoy took place on July 2.

...AND A CONCERT FOR HARMONY

In Guatemala City that evening, the spiritual teacher offered a World Harmony Concert.

About 3,000 people attended the concert.

INDONESIAN LEADER VISITS SRI CHINMOY

JAMAICA, NY – Former Indonesian President B. J. Habibie, vacationing in New York with his family, visited Sri Chinmoy at Aspiration-Ground on July 6, and was lifted into the air.

Sri Chinmoy had met the Indonesian leader in Jakarta in January 1999.

CONCERT SERIES BRIGHTENS BOROUGHES

Sri Chinmoy gave a World Harmony Concert in each of New York City's five boroughs.

The first was held July 9 at the Ganesh Hindu Temple in Queens.

Subsequent concerts were held over the next four Saturday nights in Brooklyn's Old First Reformed Church, Staten Island's Snug Harbor Cultural Center, Fordham University in the Bronx and Manhattan's Church of St. Paul the Apostle.

WORLD HARMONY RUN CIRCLES THE GLOBE

The World Harmony Run, organized by the Sri Chinmoy Marathon Team, has been traveling through some 70 countries around the world. Here are a few highlights:

In the U.S., some 800 cheering students welcomed the runners to Forest Park Elementary School in Winston-Salem, NC, with songs, poetry and posters. In Georgia, the runners did a lap of honor around the Atlanta Braves stadium before the start of a baseball game.

In Canada, a major ceremony was held on the steps of Parliament Hill in Ottawa on June 2. Among those participating were Peter Milliken, Speaker of the House, and Stephen Owen, Minister of State (Sport), as well as other parliamentarians, government leaders and foreign diplomats.

The European segment of the Run, lasting approximately eight months, began in Portugal in March and is scheduled to conclude in October, after traveling through some 45 countries.

In Luxembourg, Prime Minister Jean-Claude Juncker, who now presides over the European Council, met with the runners and said: "Your message is essential. I hope it will be understood everywhere."

Another significant event occurred in Oslo, where 100 children from the Oslo International School accompanied the runners to the Eternal Peace Flame monument for a ceremony with Norwegian dignitaries and foreign diplomats.

Pop singers, opera stars and other musicians from Macedonia hosted a World Harmony Run concert in Skopje, dedicated to Mother Teresa. Letters supporting the Run were read out from Macedonia's President and Skopje's Mayor.

In Asia, Russian runners carried the Torch from the Russian town of Chita



Runners carry the World Harmony Torch through the Gobi Desert in Mongolia.

to the Chinese city of Manjuria, where they were joined by Chinese sportsmen. A festival of friendship was held in the national square and, at a signal from the Mayor, hundreds of doves were released.

In the northern border town of Altanbulag, Mongolia, Russian runners joined the Mongolian team in lighting the Torch, which was then carried across Mongolia to the Chinese border in the south.

In Australia, musicians around the nation are arranging and recording the World Harmony Run theme song, and a school competition is now underway for the best student arrangement of the song.

15 MILLION BIRDS DRAWN

On a boat trip to Long Island Sound on July 24, Sri Chinmoy announced his completion of his 15th million bird drawing.

BRITISH AIRWAYS PLAYS SPIRITUAL MUSIC

British Airways became the first airline to include an entire concert of Sri Chinmoy's music in its in-flight audio programming.

To date, some 27 international airlines have offered or are currently offering excerpts from Sri Chinmoy's music on their flights.

ASHRITA SETS FOUR GUINNESS RECORDS

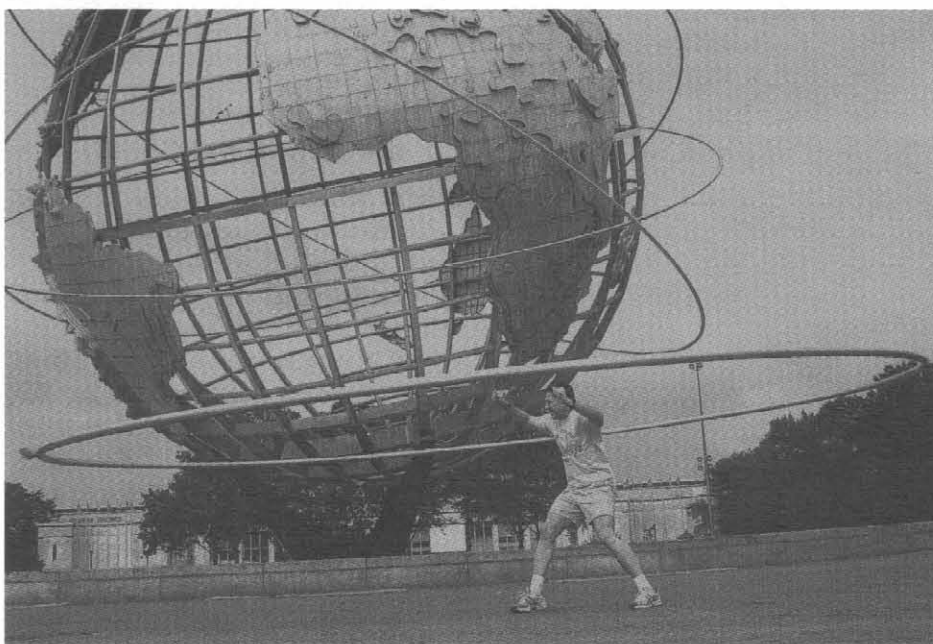
Ashrita Furman recently set four new Guinness World Records.

On April 3 he completed more than seven miles while balancing a pool cue on one finger - near the Great Pyramid of Giza in Egypt.

On May 19 he achieved a high score of 160 - bowling backwards - at a bowling alley in Queens, NY.

On July 7 he set a speed record by running a mile in 7:23 on a track in San Francisco while balancing a pool cue on his finger.

And on July 15 he did 19 revolutions with a 14-foot 9-inch-diameter hula hoop in front of the Unisphere in Flushing Meadow Park, Queens.



Ashrita sets a new Guinness world record using a 14-foot 9-inch-diameter hula hoop.



Garchen Rinpoche, head of the Drikung Kagyu Order of Tibetan Buddhism, who is revered as one of Tibet's greatest spiritual Masters, came to Aspiration-Ground July 28 to be lifted by Sri Chinmoy. The lama called Sri Chinmoy's lifting program "symbolic of his own compassionate intent to lift all sentient beings out of their suffering state to the higher realms."

TALK OF PARSONS BLVD.

On April 30 a new breed of tulip was officially named the *Sri Chinmoy Tulip* by the Royal General Bulbgrowers' Association in Holland . . . Sri Chinmoy set a new record for the *seated two-arm dumbbell lift* – raising 1,400 pounds on May 7 . . . Sri Chinmoy personally cooked a *special prasad* for his students on May 11 in honor of his 12,000th Bengali song . . . *Karteek* completed his seventh successful swim across the English Channel on July 20 . . . Sri Chinmoy performed 31 songs on his *bamboo side flute* at Aspiration-Ground July 27 to celebrate his 31st anniversary on that instrument . . . Recent lifts by Sri Chinmoy: legendary Indian singer *Lakshmi Shankar* on May 16, sarod virtuoso *Ustad Ashish Khan* on May 17, famous tabla player *Zakir Hussein* on June 5 (in San Francisco), the *President of York College*, Marcia Keizs, on June 11, and *Indonesia's Consul General* in New York, Kristio Wahyono, on July 29.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

anahata nada

"the soundless sound"



Volume 39

August – Early November 2005

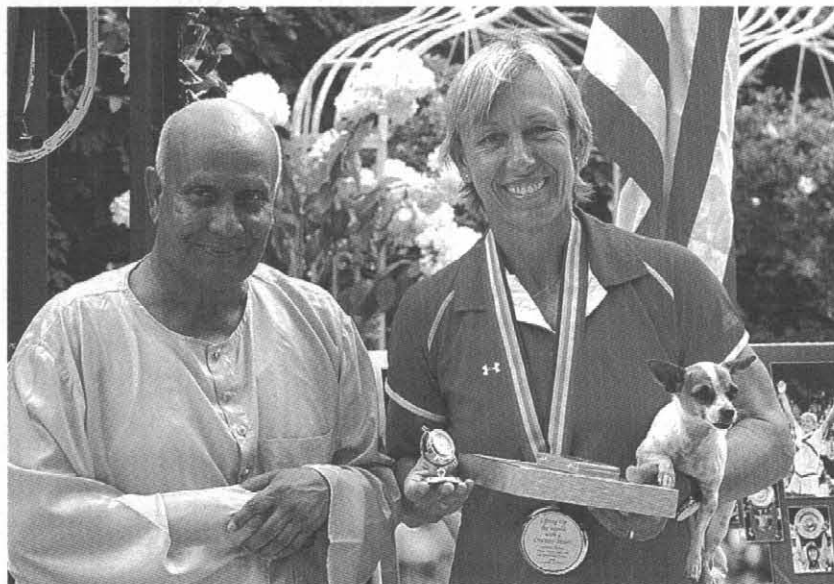


GUYANA PRESIDENT IS LIFTED AND HONORED

JAMAICA, NY – President Bharrat Jagdeo of Guyana was lifted Aug. 23 at Aspiration-Ground as part of Sri Chinmoy's "Lifting Up the World with a Oneness-Heart" program.

"More than this award, I am

here to pay homage to Sri Chinmoy for the work that he is doing," the President declared, calling the spiritual leader "a unique individual who has dedicated a significant part of his life to the cause of world peace."



LOVE AND SERVE: LIFTING NAVRATILOVA

JAMAICA, NY – Martina Navratilova was lifted by Sri Chinmoy Aug. 30 at Aspiration-Ground.

"I did not expect to come here and cry," the tennis star said afterwards. "It's quite overwhelming."

TEACHER CELEBRATES BIRTHDAY IN UNIQUE WAYS

JAMAICA, NY – Sri Chinmoy celebrated his 74th birthday by doing some unusual things.

He spontaneously set tune to and sang 74 Bengali songs from previously written poems on Aug. 16.

At a Sri Chinmoy Centre circus Aug. 21, he did 74 pushups and drew 122 birds in 74 seconds.

He also performed on 74 pianos on Aug. 22 and on 74 flutes and other wind instruments on Aug. 26.

And on Aug. 27, the day of his birthday, he sang 206 of his Bengali songs by heart.

That same day, in an event organized by Ashrita, his students presented him with a 46-foot-long birthday cake containing over 27,000 candles – a Guinness record – which they lit with blowtorches.



The 27,000 candles on Sri Chinmoy's birthday cake are being lit with blowtorches.

CAMBODIAN LEADER GETS U THANT AWARD

PHNOM PENH – Prime Minister Hun Sen of Cambodia received the U Thant Peace Award Sept. 6 at a ceremony in the Ministry of Foreign Affairs.

At a meeting beforehand, Sri Chinmoy told the Prime Minister that he is the “heart and the breath of Cambodia” and praised him for “the hope you have instilled in the heart of every Cambodian and the promise you have made to the life of every Cambodian.”

The Prime Minister replied, “I am very grateful to my elder brother for your kind words, which are...not only an encouragement to myself but also to all the people of Cambodia.”

Later, at a ceremony attended by some 300 Ministers and other government officials, Sri Chinmoy presented Hun Sen with the U Thant Peace Award on behalf of Sri Chinmoy: The Peace Meditation at the United Nations.

He told the gathering that Hun Sen’s “heart dreams in and through each citizen of Cambodia. He is your hope and you are his hope.”

The Prime Minister called the honor one of “the most meaningful events in my career and the development of my country.”



Cambodian Prime Minister Hun Sen receives a medal from Sri Chinmoy.



DR. CHINMOY RECEIVES HONORARY DEGREE

PHNOM PENH – The President of Cambodia’s International University, Professor Uon Sabo, presented Sri Chinmoy with an Honorary Doctorate of Humanities in Peace Studies at a ceremony on Sept. 7.

This was the first time the University had conferred the degree upon a foreigner.

One of the speakers, Cambodia’s Secretary of State of the Ministry of Education, Youth and Sport, Pit Chamnan, told the gathering of professors, government officials and students that Dr. Chinmoy’s “humanitarian activities and work for peace really impress the people and the government of Cambodia.”

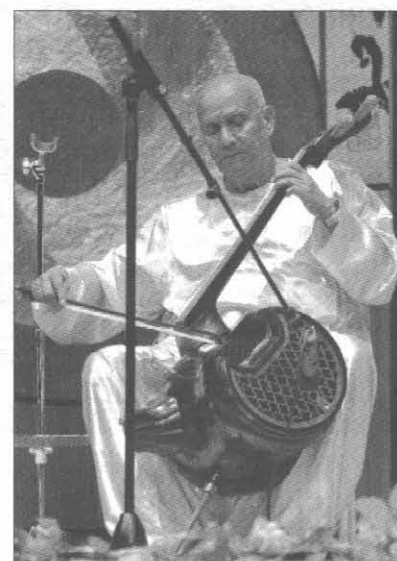
The spiritual leader, he continued, “has touched the lives of millions of people and has brought them a message of hope and love.”

Sri Chinmoy called the award “not an honor but a supreme blessing.” As part of the awards ceremony, he performed on the esraj and gave a talk.

HISTORIC CONCERT GIVEN IN SWITZERLAND

INTERLAKEN, Switzerland – Sri Chinmoy performed on an unprecedented 170 instruments during an historic concert in this Swiss Alpine city on Sept. 11.

The concert, held at Casino Kursaal, a large indoor hall, lasted some eight hours.



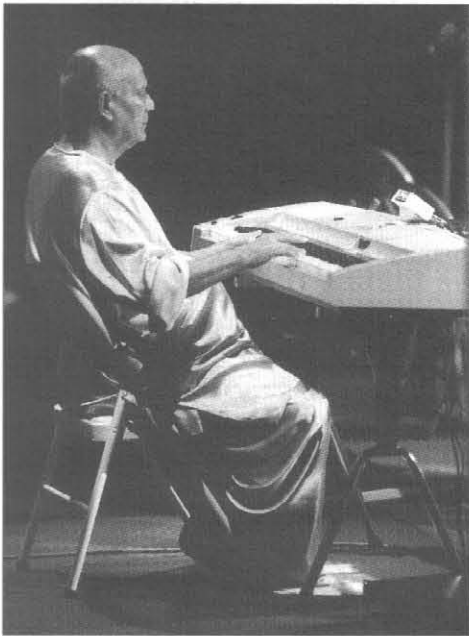
MAJOR CONCERT TOUR HELD IN GERMANY

Sri Chinmoy embarked on a whirlwind concert tour through Germany, performing in a different city every day for eight straight days.

The tour began in Freiburg on Sept. 14, then moved to Mannheim, Nurnberg, Munich, Dresden, Berlin, Dortmund and Hamburg.

To handle the overflow crowds, both an afternoon and evening concert were given in Munich.

Nearly 30,000 people attended the nine concerts.



RUSSIAN ACADEMICIAN HONORS SRI CHINMOY

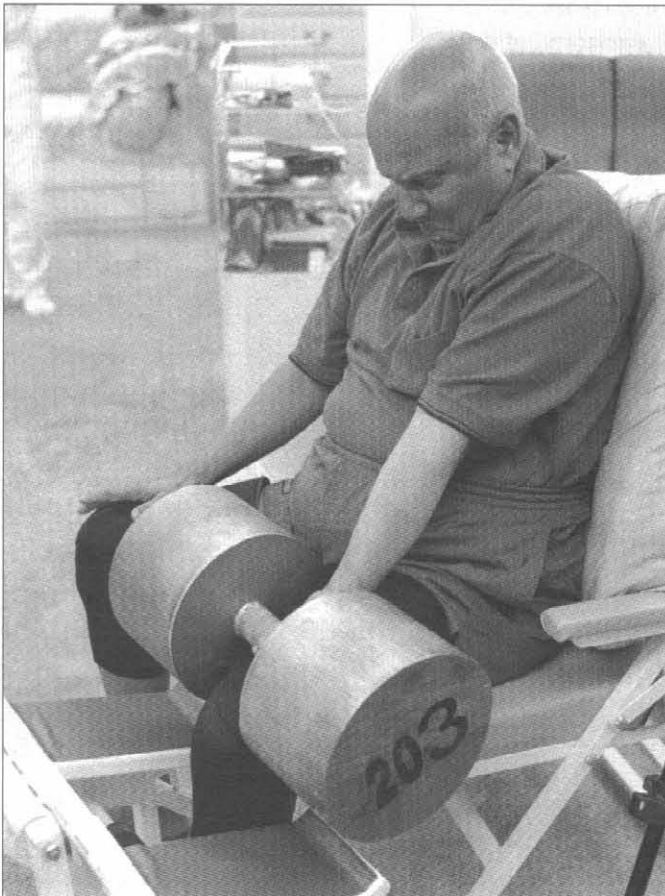
A high-ranking Russian academician accompanying Sri Chinmoy on his German concert tour presented the spiritual leader with several awards and honors.

Dr. Yuri Petrovich Smirnov, psychology professor and Vice President of Russia's Academy for Military Intelligence and Civil Protection, presented Sri Chinmoy with the Great Victory Medal "for what you have done for the people of Russia and for all people of the world."

He made the presentation during the Mannheim concert on Sept. 15.

Three days later, at the Dresden concert, he presented the spiritual teacher with the graduate's cap and gown and the honorary badge of his Academy.

And during the Sept. 21 Hamburg concert, he presented Sri Chinmoy with his own personal Vice President's badge from the Academy.



Sri Chinmoy did a 203-pound dumbbell wrist curl – 10 repetitions with each hand – on Oct. 20. "God commands me, inspires me and guides me while I am lifting such heavy weights," he said later. There is "no age limit when you live in the heart and try to be of prayerful and soulful service to God in the heart of humanity."

NOBEL PEACE LAUREATE GETS AN INNER LIFT

JAMAICA, NY – The 1976 Nobel Peace Laureate, Mairead Corrigan Maguire, founder of the Northern Ireland Peace Movement, was lifted by Sri Chinmoy Sept. 27 at Aspiration-Ground.

"I feel very humble to be here...with Sri Chinmoy, who has given his whole life to loving and serving humanity," she said.

TWO CONCERTS OFFERED IN QUEENS

JAMAICA, NY – Sri Chinmoy offered special concerts at the Arya Spiritual Center on Oct. 1 for the Indian and Bangladeshi community and on Oct. 29 for the Guyanan community.

...AND ONE IN SAN JUAN

SAN JUAN, PR – The spiritual leader also gave a World Harmony Concert Oct. 17 at the Inter-American University of Puerto Rico.

INDIAN LEADER LIFTED

JAMAICA, NY – India's former Ambassador to the U.S., Karan Singh, was lifted at Aspiration-Ground Oct. 27.

Singh, a member of the Upper House of Parliament and formerly the Governor of Jammu and Kashmir as well as a Cabinet Minister, called the lift "Sri Chinmoy's unique method of expressing his love and respect."

MARATHON CHAMPION GETS SPECIAL LIFT

JAMAICA, NY – World marathon champion Paul Tergat was lifted at Aspiration-Ground Nov. 2, calling the experience one that "will remain a landmark throughout my life."

"This is a really big occasion for me," he added. "I was not expecting the opportunity to meet a great man of this caliber, who is an inspiration for millions of people

around the world."

Sri Chinmoy told the Kenyan champion that "I am praying to the Almighty God inside you to fulfill my prediction" that someone will run a marathon in under two hours and gave him some spiritual advice on how to do it.

One of the spiritual leader's suggestions: "Forget that you are running the last mile. Only feel that God is running in and through you, and that you are just watching Him running so fast."

ASHRITA BREAKS 100th GUINNESS RECORD... AND THEN TWO MORE

Ashrita Furman broke his 100th Guinness World record on a London TV show Sept. 23 by whirling a 16-foot-diameter hoola hoop.

He set his 101st record, balancing 17 milk crates on his chin nine days later, and his 102nd on Oct. 17 – 206 pogo stick jumps in a minute.

TALK OF PARSONS BLVD.

The U.S. portion of the *World Harmony Run* ended Aug. 24 with a ceremony at New York's Dag Hammarskjold Plaza . . . The *Sri Chinmoy Marathon* was held Aug. 25 at Rockland Lake State Park . . . Sri Chinmoy used his leg muscles Aug. 26 to power a small *carousel* designed and built by his students . . . "The Luminous Life of Sri Chinmoy," his first *biography* by an outside publisher, came out on Aug. 27 . . . The popular Scottish novelist *Alexander McCall Smith* was lifted at Aspiration-Ground on Oct. 1 . . . Sri Chinmoy gave a *short concert and talk* Oct. 2 at a cultural program sponsored by the Federation of Bangladeshi Americans in Queens. At the event, *Congressman Gregory Meeks* presented him with a plaque on behalf of the Federation for his contribution in developing harmony and peace world-wide . . . *Jesper Olsen*, the 34-year-old Danish ultrarunner who is about to complete a 22-month round-the-world run, was lifted Oct. 10 at Aspiration-Ground.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

anahata nada

"the soundless sound"



Volume 40

Mid-November 2005 – Early April 2006

STRIKING FEATS SEEN IN GERMAN GAMES

DACHAU, GERMANY – A Pakistani man lifted a 120-pound weight – with his ear. An Indian woman burst a rubber hot water bottle by blowing into it.

A Swiss man tore a 960-page telephone book in half – in less than three seconds. A German man towed a minibus and trailer, weighing over three tons, for 39 yards – using only his teeth.

These were some of the record-breaking feats accomplished here Nov. 5-6 at the 2005 Impossibility-Challenger Games, which are sponsored by the Sri Chinmoy Marathon Team Deutschland.

One of the contestants, Shamita, a student of Sri Chinmoy, played more than 4,000 compositions of her teacher's and others' music in a virtually non-stop cello concert lasting 24 hours.

CONCERT OFFERED IN KALI TEMPLE

PANGKOR ISLAND, MALAYSIA – Sri Chinmoy gave a harmony concert at the Kali Amman Temple here on Dec. 4.

It was the spiritual teacher's first public concert during his three-and-a-half-month visit to Malaysia.

ART EXHIBIT HONORS SRI AUROBINDO

PANGKOR ISLAND, MALAYSIA – An exhibit of 78 of Sri Chinmoy's Jharna-Kala paintings was held at Pangkor Island Beach Resort on Dec. 6-7.

Sri Chinmoy had done the paintings on Dec. 5, the anniversary of Sri Aurobindo's Mahasamadhi, to commemorate the great Master's 78 years on earth.

MALAYSIAN SULTAN LIFTED IN PALACE

The Sultan of Negeri Sembilan met with Sri Chinmoy Dec. 11 at the Royal Palace near the city of Seremban.

The Sultan, Tuanku Ja'afar ibni Almarhum Tuanku Abdul Rahman, and his wife the Sultana, were lifted by the spiritual teacher as part of his "Lifting Up the World with a Oneness-Heart" program.

The Sultan had served as the King of Malaysia from 1994-1999.

SULTAN OF PAHANG LIFTED IN KUANTAN

KUANTAN, MALAYSIA – The Sultan of Pahang was lifted by Sri Chinmoy on Dec. 26 in the VIP State House in Kuantan, Malaysia.

Sultan Haji Ahmad Shah, who had served as King of Malaysia from 1979-1984, was first lifted alone.

Then his family members were lifted.



Sri Chinmoy holds the World Harmony torch with the Sultan of Negeri Sembilan and his wife, the Sultana, during a lifting ceremony on Dec. 11 at the Royal Palace near the city of Seremban in Malaysia.

NEW YEAR STARTS WITH WORLD HARMONY RUN

KUANTAN, MALAYSIA – An international team of runners from the World Harmony Run began the New Year Jan. 1 with a 50-kilometer run from Pahang State Mosque to the Pekan Town Hall.

ORPHANS GET A LIFT

KIJAL, MALAYSIA – Some 41 orphans from the Tengku Ampuan Fatimah Orphanage in Kuantan were brought to Kijal Jan. 22 and lifted by Sri Chinmoy. Afterwards, the children were given gifts and refreshments.

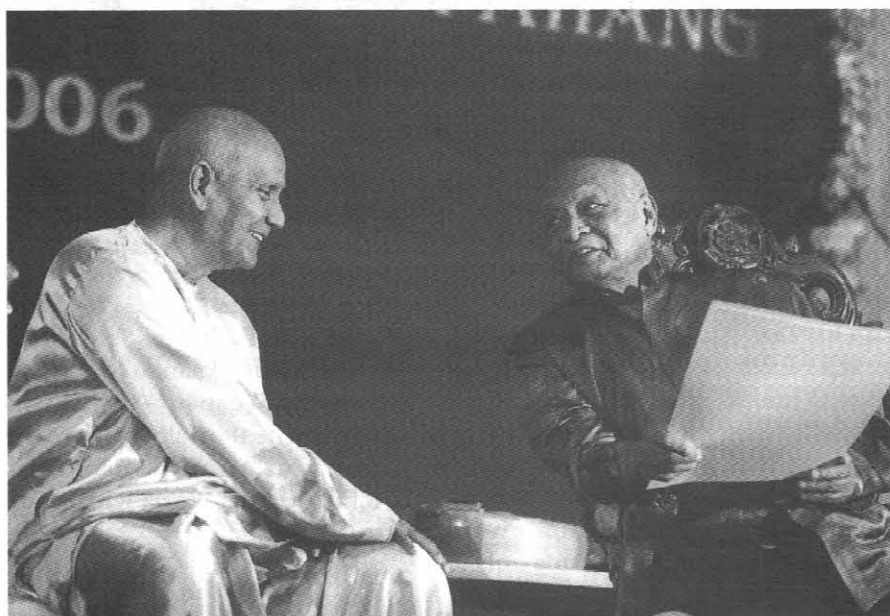
SULTAN HOSTS CONCERT ...AND SUPPER

KUANTAN, MALAYSIA – The Sultan of Pahang hosted a Sri Chinmoy World Harmony Concert Jan. 23 at the Ballroom of the MS Garden Hotel here.

He invited about 250 friends and dignitaries, as well as Sri Chinmoy's students, to the concert and the supper that followed.

The Sultan called Sri Chinmoy's concert "a breakthrough towards universal peace."

Sri Chinmoy presented his Royal Highness with the Sri Chinmoy Award and said: "You inspire and encourage your countrymen in so many ways....Your sleepless and self-giving heart is for all."



Sri Chinmoy chats with the Sultan of Pahang at the reception hosted by the Sultan Jan. 23.

UNIVERSITY LIBRARY DEDICATES NEW WING

TIRUPATI, A.P., INDIA – A wing of the Sri Venkateswara University library in Tirupati, Andhra Pradesh, has been dedicated to the works of Sri Chinmoy.

Dr. S. Jayarama Reddy, Vice-Chancellor of the University, inaugurated the Sri Chinmoy wing as part of the reference library on Jan. 24 with a collection of 2,400 of the Master's books.

Dr. C. Aruna Prasad Reddy, the professor in charge of the library, was also present.

MASSIVE WRIST CURL CALLED 'A MIRACLE'

PENANG, MALAYSIA – Sri Chinmoy set a new record Jan. 30 by curling a massive 270-pound dumbbell 30 times each with his right and left wrist.

His previous record was a 256-pound wrist curl on Nov. 12.

Five-time Mr. Universe Bill Pearl called the feat "a miracle."

"I am dedicating this lift to all the men and women who are of my age, most lovingly and most affectionately," Sri Chinmoy said.

HARMONY CONCERT OFFERED IN PENANG

PENANG, MALAYSIA – Sri Chinmoy offered a World Harmony Concert in the city of Georgetown in Penang on Feb. 8.

It was his third public concert in Malaysia.

"DRAWINGS OF LOVE" EXHIBITED IN JAKARTA

JAKARTA, INDONESIA – A three-day exhibit of 3,000 "drawings of love" by children from around the world was held at the National Museum of Indonesia here on Feb. 13-15.

The drawings were selected from more than 24,000 submitted by children from 33 countries as an expression of love and support for the thousands of Indonesian youngsters who had lost their parents in the 2004 tsunami disaster.

The entire project was organized by the Oneness-Heart Tears and Smiles, the Sri Chinmoy Centre's humanitarian arm.

Two Government Ministers and several ambassadors came to the opening of the exhibit, and Sri Chinmoy sent a personal message to the children.

THREE CONCERTS GIVEN IN LANGKAWI

LANGKAWI, MALAYSIA – Sri Chinmoy performed 32 songs on the esraj on Feb. 17 to celebrate his 32nd esraj anniversary and gave a 10½-minute extemporaneous piano performance on Feb. 20 to commemorate his 19th piano anniversary from two days earlier.

He also offered a World Harmony Concert on Feb. 18.

MALAYSIAN LEADER MEETS SRI CHINMOY

LANGKAWI, MALAYSIA – Malaysian Prime Minister Datuk Seri Abdullah Ahmad Badawi met with Sri Chinmoy here on Feb. 17.

Sri Chinmoy's students sang two songs their teacher had composed in the Prime Minister's honor and the Master presented the Malaysian leader with the "Lifting Up the World with a Oneness-Heart" Award.

Deeply moved, the Prime Minister declared: "You have really touched my heart." He added: "May God bless you with great determination to carry on your crusade for peace."



Malaysian Prime Minister Datuk Seri Abdullah Ahmad Badawi holds the World Harmony torch with Sri Chinmoy at their Feb. 17 meeting.

FAMOUS RUSSIAN SINGER VISITS SRI CHINMOY

LANGKAWI, MALAYSIA – The famous Russian folk rock singer and composer Boris Grebenchikov and his wife, the theater director Irina Grebenchikova, flew to Malaysia to meet and visit with Sri Chinmoy.

The spiritual leader lifted the couple on Feb. 18. The following day Grebenchikov gave a private concert for Sri Chinmoy and his students. It concluded with a special song he had composed that day in the spiritual leader's honor.

MALAYSIAN TRIP IS TIME OF CREATIVITY

During his three-and-a-half-month visit to Malaysia, Sri Chinmoy composed 547 songs – 424 in Bengali and 123 in English.

He also completed more than 21,000 bird drawings...2,100 poems...and 1,100 prayers.

SIX WORLD RECORDS SET IN MALAYSIA

During his trip to Malaysia with Sri Chinmoy, Guinness World Record champion Ashrita Furman set six new records for everything from hopping to crawling to catching grapes in his

mouth one after another.

His records included: playing Tiddlywinks, Dec. 15; catching grapes in his mouth, Dec. 22; hopping on one leg for a mile, Feb. 1; the most hopscotch games in an hour and the fastest game, Jan. 19, and crawling for one mile, Feb. 17.

Since his return, Ashrita completed four more records: for pogo stick jumps, deep knee bends while standing on a Swiss ball (for both a minute and an hour) and running a mile holding an egg in a teaspoon.

BOXING CHAMPS LIFTED

PARIS – WBA world heavyweight boxing champion Nikolai Valuev of Russia was lifted here March 26 as part of Sri Chinmoy's "Lifting Up the World with a Oneness-Heart" program.

Afterwards, he told the spiritual teacher: "All the people of the world badly need your message of goodness and peace."

During the meeting, Valuev presented Sri Chinmoy with a pair of boxing gloves.

The following day, Sri Chinmoy lifted Enoch Effah, the world heavyweight champion of Savate, or French boxing, in which the boxers use their fists, feet and knees.

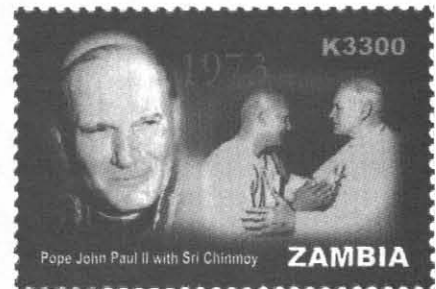
UNESCO CONCERT HELD

PARIS – Sri Chinmoy offered a World Harmony concert at UNESCO headquarters here on March 28, which was sponsored by the Canadian Ambassador to UNESCO.

Before the program, the spiritual teacher lifted UNESCO Ambassadors from eight countries, including China, Japan and Ukraine, as well as other diplomats and luminaries.

Earlier that day, Sri Chinmoy held a private meeting with UNESCO's Director-General, Koichiro Matsuura.

SRI CHINMOY AND POPE GRACE ZAMBIAN STAMP



A photo of Pope John Paul II embracing Sri Chinmoy is on a commemorative stamp issued by the Republic of Zambia in memory of the Pontiff's recent passing.

The stamp says "Pope John Paul II with Sri Chinmoy."



Boxing champion Nikolai Valuev presents Sri Chinmoy with boxing gloves.

MANY LUMINARIES COME TO UN ART EXHIBIT

UNITED NATIONS – A five-day exhibit of Sri Chinmoy's "Paintings for World Harmony" opened April 3 in the lobby of the UN Secretariat.

Among those attending the opening reception were: President of the UN General Assembly Jan Eliasson, UN Under-Secretary-General Anwarul Chowdhury, NYC Marathon cham-

pion Tegla Laroupe, representatives from art galleries and curators from several museums, including The Museum of Modern Art and The Metropolitan Museum of Art.

Singer Addwitiya Roberta Flack and Ranjana Ghose, curator of the Jharna-Kala Art Foundation, spoke at the event.

TALK OF PARSONS BOULEVARD

Sri Chinmoy lifted *Mark Malloch Brown*, then Chef de Cabinet of the UN Secretary-General, on Nov. 21, 2005, at the UN Millennium Hotel in Manhattan . . . *Anami* is moderator of a monthly radio program in Schaffhausen, Switzerland, playing Sri Chinmoy's music; the first program aired on Jan. 17 . . . While in Malaysia, the *Sri Chinmoy Bhajan Singers*, under *Ranjana's* direction, offered two public concerts – one on Pangkor Island and one in Kuantan.

Ranjana herself gave 21 interviews about Sri Chinmoy's art and music to TV, newspaper and other officials – including a 30-minute interview and 60-minute Bhajan Singers' performance taped Jan. 26 by Astro TV studios in Kuala Lumpur for broadcast throughout Malaysia and Brunei . . . *Prince Dipokusumo* of Surakarta, Indonesia, and his family traveled to Malaysia to see Sri Chinmoy and were lifted Feb. 7 in Penang . . . Russian academician Yuri Petrovich Smirnov presented Sri Chinmoy with the *Yuri Gagarin Medallion* on behalf of the Cosmonaut Federation of Russia during the Master's Penang concert on Feb. 8 . . . New Zealand singer *Hayley Westenra* was lifted at Aspiration-Ground on March 6 . . . Sri Chinmoy performed 30 songs on the *Western flute* March 11 to commemorate his 30th flute anniversary . . . Norwegian government official and UNESCO executive *Einar Steensnaes* received the U Thant Peace Award on March 28.



Sri Chinmoy welcomes UN General Assembly President Jan Eliasson at the Jharna-Kala exhibit in the UN lobby.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

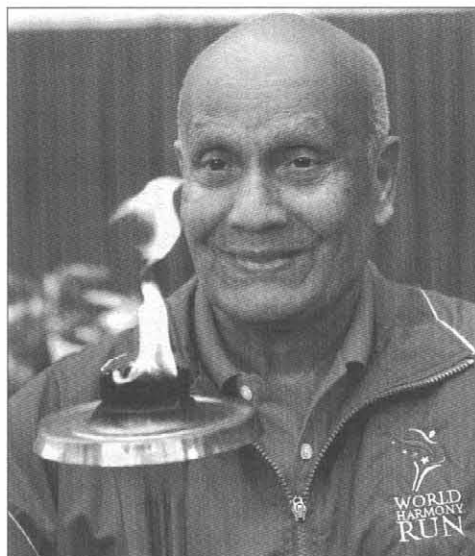
anahata nada

“the soundless sound”



Volume 41

Mid-April – Mid-August 2006



Sri Chinmoy meditates with the Torch at the opening ceremony for the U.S. portion of the World Harmony Run at Dag Hammarskjöld Plaza in New York on April 11.

“CLASS OF ’31” GETS INNER AND OUTER LIFT

Sri Chinmoy held a special lifting program at Aspiration-Ground April 11 for those born in 1931 – his own birth year.

After the lifts, he said: “When we took human birth, definitely a new dream from Above... descended upon us.

“Today my humble service to you brings to the fore the great dream that we embodied, we still embody and we shall forever embody.”

JOINT CONCERT HELD WITH AMERICAN CELLIST

Sri Chinmoy offered a concert with cellist Scott Terzaghi the afternoon of April 29 at P.S. 117 in Queens.

The Master sang both a cappella and with the harmonium, while Terzaghi played the cello.

Two days earlier, the cellist and pianist Sandra Stojanovic performed for Sri Chinmoy and his students at P.S. 117.

IT WAS A MUSICAL GIVE AND TAKE

Paul Horn and Sri Chinmoy gave concerts for each other in April.

The world-renowned flautist gave a private concert at P.S. 117 the evening of April 29 for Sri Chinmoy and his students. Paul Horn’s fiancée, the Canadian singer and songwriter Ann Mortifee, also performed.

The following day, the musician spoke and answered questions at Aspiration-Ground and was lifted by Sri Chinmoy, along with his fiancée.

That evening, the two musicians were guests of honor at a special concert Sri Chinmoy offered at P.S. 117.

NIGERIAN WRITER GETS U THANT PEACE AWARD

Nigerian novelist Chinua Achebe, acclaimed as the father of the African novel in the English language, received the U Thant Peace Award May 6 at Aspiration-Ground.

“I feel really humble in the presence of such talent, versatility and goodness,” the African writer declared.

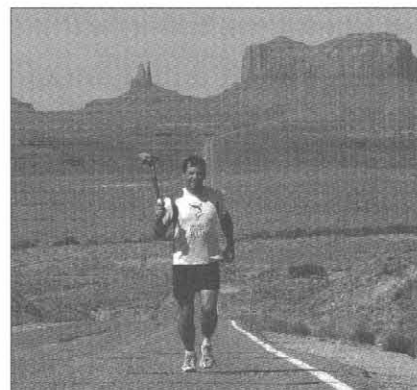
“I really did not know that people like Sri Chinmoy still walked the earth.”

UN OFFICIAL OFFERED A SPIRITUAL LIFT

NEW YORK – Jan Eliasson, President of the UN General Assembly and Foreign Minister of Sweden, was lifted by Sri Chinmoy at the UN Millennium Hotel and also presented with the U Thant Peace Award on May 17.

“I thank you for bringing this moment of serenity and deeper thought to me in this hectic life of working for UN reform,” he told Sri Chinmoy.

“The values for which you stand, and the message for which you stand, are timeless.”



Runners have been carrying the World Harmony Torch across America in a four-month relay ending in mid-August. Here, Arpan is running with the Torch through Monument Valley, Utah.

CARIBBEAN LEADERS HOLD HARMONY TORCH

The Prime Ministers of three nations held the Torch when the World Harmony Run passed through the West Indies and South America.

Prime Minister Samuel Hinds of Guyana received the World Harmony Torch on May 23.

Prime Minister Ralph Gonsalves of St. Vincent and the Grenadines held the Torch on June 1, and six days later, Prime Minister Baldwin Spencer of Antigua and Barbuda held the Torch.

On June 9, the Deputy Prime Minister of St. Kitts and Nevis, Sam Condor, ran with the Torch around the city of Basseterre.

In other highlights of the global Run, more than 100 children from 43 nations ran through the streets of Oslo on June 14, meeting up with leaders from the Church of Norway, Catholic Church, Islam Council, Buddhist Society and Hindu faith at the Eternal Peace Flame. There the Deputy Mayor, head of UNICEF Norway and Vice President of Parliament addressed the crowd.

CONCERT OFFERED AT UNITED NATIONS

Sri Chinmoy offered a World Harmony Concert for delegates and staff at the United Nations on June 9. It was held in the Dag Hammarskjold Auditorium.

TWO-DAY EXHIBIT HELD AT LOUVRE

PARIS – An exhibition of 600 of Sri Chinmoy's bird drawings was held June 16-17 at the Carrousel du Louvre.

The exhibit was organized by Padmasini, leader of the Sri Chinmoy Centre in Paris.

Ranjana, curator of the Jharna-Kala Foundation, inaugurated the prestigious event with a talk about Sri Chinmoy's art.

UN PEACE-KEEPER GETS LIFTING AWARD

NEW YORK – Canadian Senator Romeo Dallaire, who led the UN Peace-Keeping Forces in Rwanda in the mid-1990s, received the Lifting up the World with a Oneness-Heart Award from Sri Chinmoy June 19 at the UN Millennium Hotel.

"I thank you for your prayers," the former General said afterwards.

"It is a rather extraordinary experience...to have someone who is trying to get to my soul...and give me a bit of the solace that I seek."

TWO CONCERTS HELD IN PHILADELPHIA

Sri Chinmoy offered two World Harmony Concerts the evening of June 22 at Philadelphia's Kimmel Center.

There was an overflow audience at both events.

FAMOUS VIOLIST LIFTED

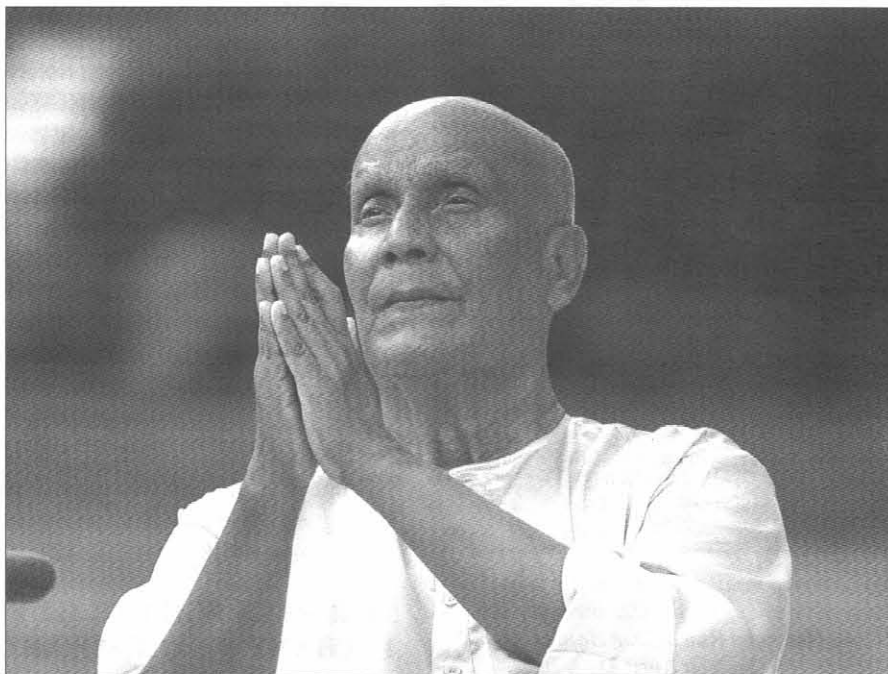
Yuri Bashmet, considered the world's greatest living violist, was lifted June 25 at Aspiration-Ground.

Sri Chinmoy also lifted the members of Bashmet's chamber orchestra, Moscow Soloists.

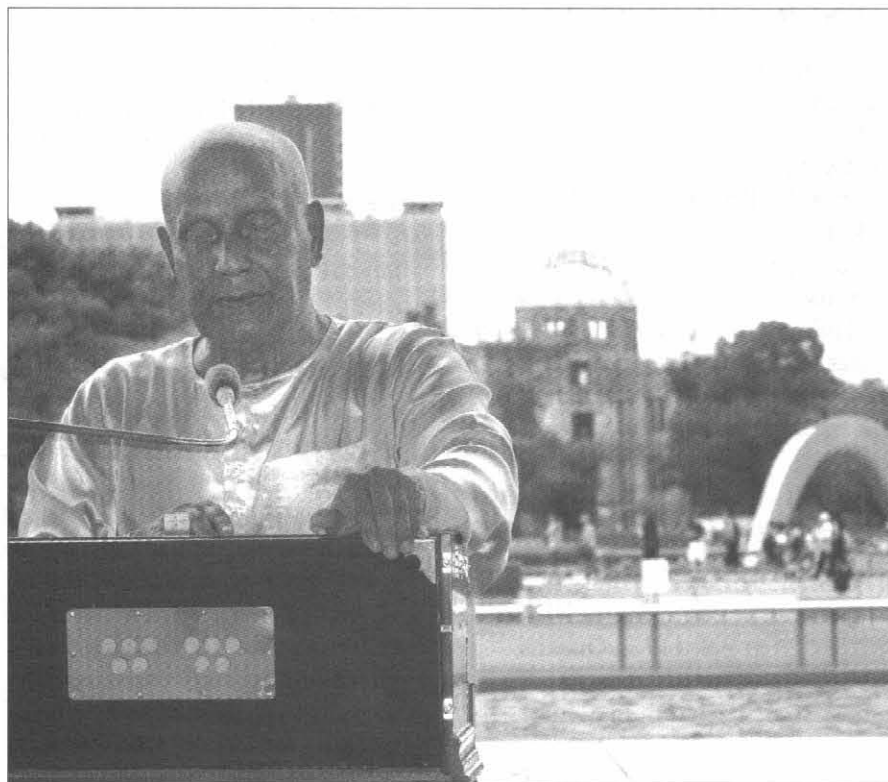
CONCERT GIVEN AT FOOT OF MOUNT FUJI

Sri Chinmoy offered a World Harmony Concert on July 11 at the park of the Sengen Jinja temple

at the foot of Mount Fuji, Japan's sacred mountain, as part of a week-long visit to that country.



Sri Chinmoy offers his prayerful obeisance to Japan's sacred Mount Fuji.



Sri Chinmoy meditated and offered a World Harmony Concert July 13 at the Peace Memorial Park in Hiroshima, Japan. He also placed a bouquet of flowers at the Hiroshima Peace Memorial.

MEETING HELD WITH HIROSHIMA MAYOR

HIROSHIMA, Japan – After his concert at the Peace Memorial, Sri Chinmoy met briefly with Mayor Tadatoshi Akiba at City Hall.

The Mayor was presented with an original Jharna-Kala painting.

13,000th BENGALI SONG COMPLETED IN JAPAN

Sri Chinmoy completed his 13,000th Bengali song during his visit to Japan.

He wrote the words to the song on the train ride from Hiroshima to Kamakura on July 13 and composed the music during a function with his students at the Kamakura Park Hotel the following day.

“My 13,000 heart-flower-songs in Bengali, my Mother tongue, I am offering to all the soulful singers of the world, born and yet unborn,” he said.

“My gratitude-heart I am prayerfully offering to the Vision-Eye, Compassion-Heart and Protection-Foot of my Absolute Lord Beloved Supreme.”

It took him more than 42 years to complete this remarkable feat.

In addition to his Bengali songs, the composer has also written over 7,000 spiritual songs in English.

CONCERT OFFERED AT GREAT BUDDHA STATUE

KAMAKURA, Japan – Seated at the feet of the 44-foot-high, 121-ton Daibutsu (Great Buddha) statue, Sri Chinmoy offered a World Peace Concert here on July 14.

In connection with the spiritual teacher's visit, a six-day exhibit of his Jharna-Kala paintings was held in the temple park alongside the statue.

After the concert, Ranjana – the curator of Sri Chinmoy's artwork – gave a beautiful talk about his art, and the spiritual leader presented one of his paintings to the official in charge of the temple.

GERMAN RUNNER SETS NEW RECORD IN 3,100-MILE RACE

JAMAICA, NY – Madhupran Schwerk, a 50-year-old German instrument maker, shaved 29 hours off his previous 2002 record to complete this year's Self-Transcendence 3,100-Mile Race in 41 days 8 hours.

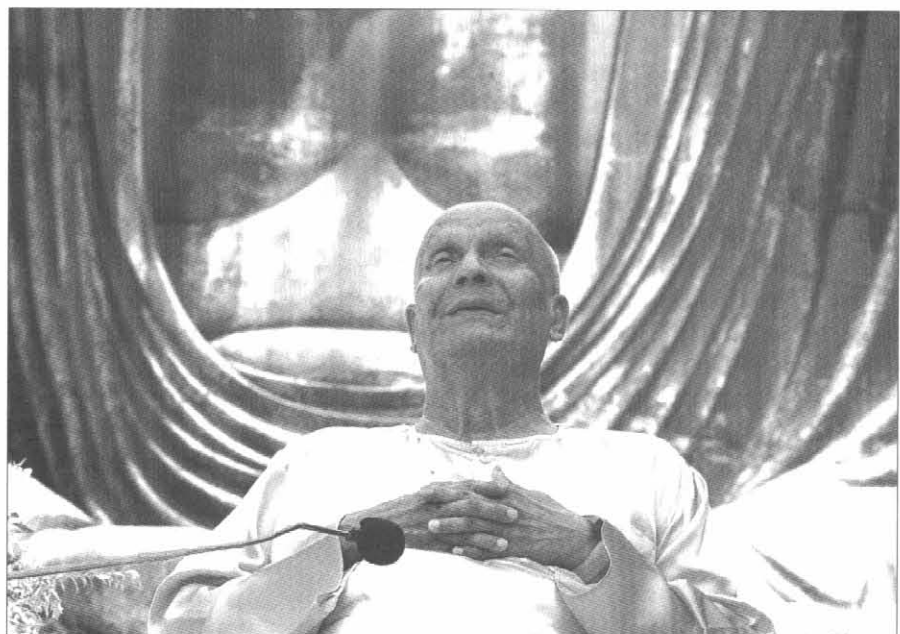
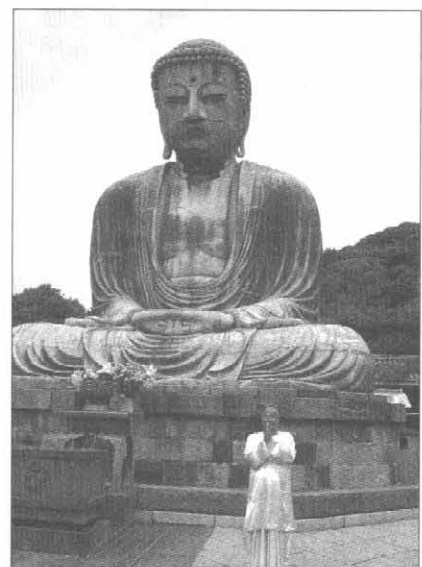
Defying fierce heat waves and torrential thunderstorms, he averaged 75 miles a day between

June 11 and July 22, the date he finished.

At the time, 13 other runners were still circling the approximately half-mile course in what is the largest field ever in the race's 10-year history.

CONCERTS HELD IN NY AND NASHVILLE

Sri Chinmoy offered World Harmony Concerts at Manhattan's Riverside Church on July 27 and at the Sri Ganesha Temple in Nashville, TN on July 28.



Sri Chinmoy meditates and performs at the foot of the great Buddha statue in Kamakura.

TALK OF PARSONS BOULEVARD

On his weekly radio program, "Radio of Russia," which broadcasts throughout the former Soviet Union, rock star *Boris Grebenshikov* (to whom Sri Chinmoy has given the spiritual name *Purushottama*) read excerpts from Sri Chinmoy's writings on music (April 9) and meditation (May 28) . . . *Mukut*, age 12, did 400 sit-ups virtually non-stop on April 13 and 300 sit-ups and 150 leg extensions on Father's Day while Sri Chinmoy watched . . . *Ranjana's Bhajan Singers* gave a concert at the UN on April 17 and at the Gujarati Samaj in Queens on April 22 . . . Sri Chinmoy celebrated *New York City Councilman Jimmy Gennaro's* birthday May 5 with a birthday cake . . . *Dipali* won the women's division

of the Self-Transcendence Six-Day Race at Flushing Meadow Park for the ninth straight year. Sri Chinmoy gave out prizes to the winners of the Six and Ten-Day race at its conclusion on May 6 . . . Movie and television producer *Ethan Smith* was lifted on May 6 and seven *UN security guards* were lifted May 10 at Aspiration-Ground . . . *Pipasa's* poem "The Garden of Possibility" was included in a book published by the International Library of Poetry and set to music on May 14 by Sri Chinmoy . . . Sri Chinmoy lifted *Indonesian Prince Dipokusumo* May 20 in honor of his birthday, using three different lifts involving his leg, shoulder and chest muscles . . . On May 30 Sri Chinmoy lifted the visual

artist *Richard Tuttle* and his wife, the poet *Mei-Mei Berssenbrugge*, at Aspiration-Ground on May 30 . . . *Parvati's* design was selected as the logo for the newly formed UN Human Rights Council . . . *Janaka's* new novel, "The Pure Land," is being published in the U.K. in August, with U.S. publication to follow early next year. Translation rights have been sold in 13 countries . . . *Ashrita* set six new Guinness World Records and broke two of his previous records recently as part of a series of records honoring Sri Chinmoy's upcoming 75th birthday. . . *Igor Nenko* became the first Ukrainian to swim the English Channel; his time of 10 hours 29 minutes is the best ever amongst Sri Chinmoy's disciples.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

anahata nada

"the soundless sound"



Volume 42

Mid-August – Early November 2006

GREAT INDIAN VIOLINIST GETS A SPIRITUAL LIFT

JAMAICA, NY – Renowned Indian violinist L. Subramaniam and his wife, the famous singer Kavita Krishnamurti, were lifted at Aspiration-Ground on Aug. 13, along with their young son, Ambi.

Subramaniam was the 8,000th person Sri Chinmoy has lifted as part of his "Lifting Up the World with a Oneness-Heart" program.

As an expression of gratitude, the Indian maestro played a short improvisational piece dedicated to the spiritual leader "for your great work and what you have done for the world...and what you have given the rest of the universe and the humankind."

The other members of his family also performed.

GOVERNMENT LEADERS OFFERED INNER LIFT

High-ranking officials from the Czech Republic and Sri Lanka got a boost recently when Sri Chinmoy lifted them into the air as part of his "Lifting Up the World with a Oneness-Heart" program.

The Speaker of the Sri Lankan Parliament, W. J. M. Lokubandara, was lifted Sept. 21 at Aspiration-Ground, and the Czech Foreign Minister, Alexandr Vondra, was lifted the following day in Manhattan.

WEIGHTLIFTING FESTIVAL HONORS TWO STRONGMEN

Sri Chinmoy embarked on a two-day weightlifting demonstration to honor Hugo Girard, considered the world's strongest man, and five-time Mr. Universe Mahasamrat Bill Pearl.

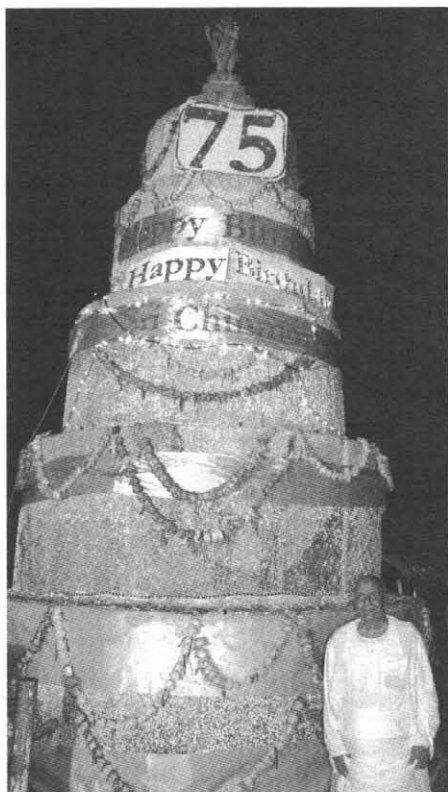
The 75-year-old fitness guru lifted his guests individually, together, and with their wives at Aspiration-Ground Sept. 16 – using one and two-arm lifts, a seated calf-raise and a shoulder shrug.

As part of the event, he also lifted – with a seated calf-raise – the 1,550 books he had written over the past 42 years. The books were spread out along a 75-foot rack.

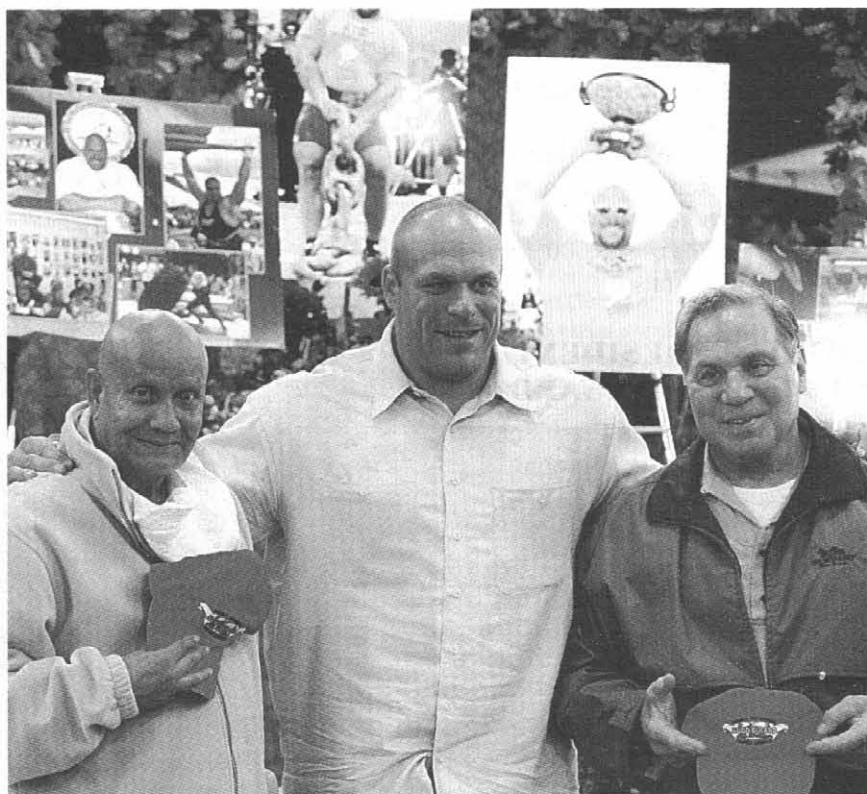
In other lifts, he raised three men on motorcycles, as well as a small car, with a standing calf-raise. He also used his leg muscles to turn a small carousel holding the two guests of honor and their wives, Judy Pearl and Nadine Girard.

He interspersed the lifts with short musical performances on the esraj, several flutes and keyboard.

Other events were held the following day in New Jersey.



Ashrita organized the creation of a 23½-foot-high cake – made entirely of popcorn – in honor of Sri Chinmoy's 75th birthday.



Hugo Girard (center) poses with Sri Chinmoy (left) and Mahasamrat Bill Pearl (right) at the Sept. 16th weightlifting demonstration at Aspiration-Ground. Here Sri Chinmoy and Mahasamrat are holding caps that Girard presented to them.

SRI CHINMOY PERFORMS AT BODYBUILDING EVENT

NEW YORK – For the first time ever, Sri Chinmoy performed a number of lifts at a major bodybuilding competition – before an audience of some 1,500 fans.

Sri Chinmoy hoisted Mahasamrat Bill Pearl and Hugo Girard separately with one-arm lifts and together with a seated calf-raise at the annual “Night of Champions” bodybuilding event at Town Hall on Sept. 16.

Wayne DeMilia, president of the bodybuilding federation Professional Division Inc. presented the spiritual leader with a plaque for athletic feats that “have blazed new pathways of self-transcendence.”

Sri Chinmoy also lifted DeMilia and his partner, Charles Blake, with a shoulder shrug.

THREE PLANES LIFTED IN NEW JERSEY

Sri Chinmoy lifted three airplanes with a standing calf-raise on Sept. 17 at the Princeton, NJ, airport.

The heaviest lift – a twin-engine “Baron” with Hugo Girard, Mahasamrat and their wives seated inside – totaled 5,329 pounds.

Afterwards, Sri Chinmoy went to the Stone Museum in Monroe Township, NJ, where he lifted two rocks – one weighing over 5,000 pounds – with a calf-raise.

ALBANIAN PRESIDENT GETS U THANT AWARD

JAMAICA, NY – Albanian President Alfred Moisiu came to Aspiration-Ground Sept. 22 to be lifted by Sri Chinmoy and receive the U Thant Peace Award from him.

Albania’s Minister of Foreign Affairs and the country’s UN Ambassador also attended the event.

President Moisiu told Sri Chinmoy, “I deeply appreciate your work and your deeds to sow the seed of peace and understanding among peoples.”

SPIRITUAL LEADER GETS HONORARY DEGREE

JAMAICA, NY – The President and Vice Chancellor of Stamford University Bangladesh came to Aspiration-Ground Sept. 27 to confer an honorary degree upon Sri Chinmoy.

Dr. Hannan Feroz, speaking on behalf of his University, called Sri Chinmoy “a dedicated soul for peace and world harmony” and said he would keep all of his writings in the university library.

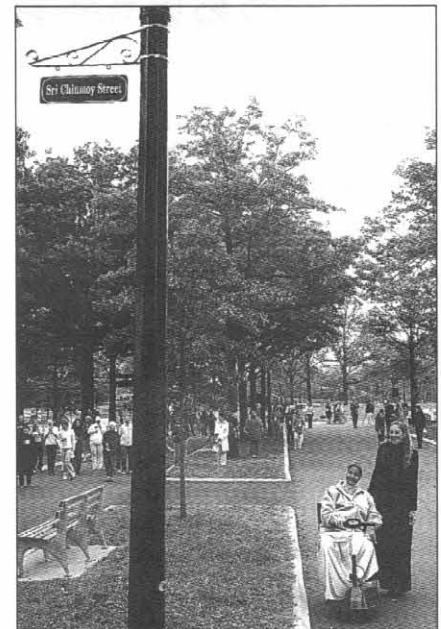
SUFI HEAD RECEIVES U THANT AWARD

NEW LEBANON, NY – The head of the Sufi Order International, Pir Zia Inayat Khan, received the U Thant Peace Award Sept. 28.

Sri Chinmoy, who had been a close friend of his father, Pir Vilayat Khan, visited the Abode of the Message, the Sufi leader’s upstate ashram, and presented him with the award on behalf of Sri Chinmoy: The Peace Meditation at the United Nations.

QUEENS OFFICIALS NAME SRI CHINMOY STREET

A 100-meter stretch of a road in Flushing Meadows Corona Park was officially named ‘Sri Chinmoy Street’ in a ceremony held there Oct. 11.

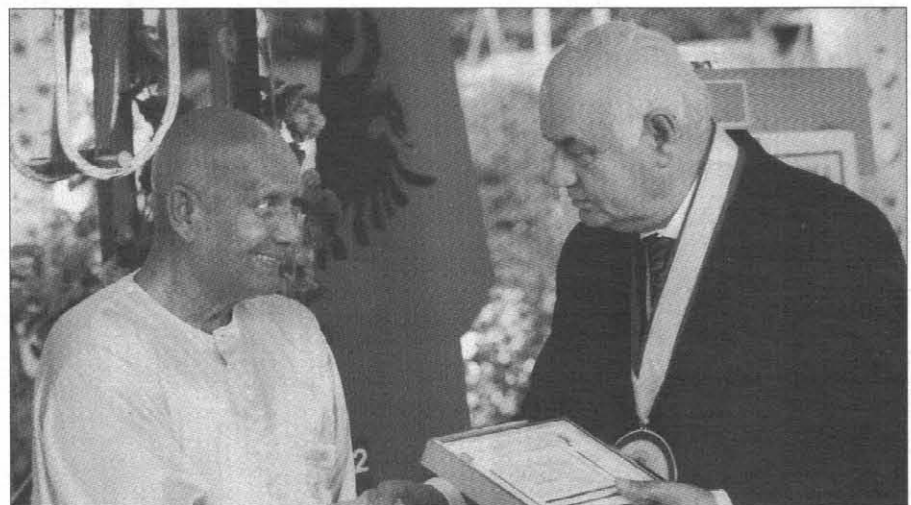


Queens Parks Commissioner Dorothy Lewandowski, Flushing Meadows Park Commissioner Estelle Cooper and New York City Councilman Jimmy Gennaro were on hand for the dedication ceremony.

Sri Chinmoy Street is a section of the road leading to the turn-around of the Self-Transcendence Six and Ten-Day race held each year by the Sri Chinmoy Marathon Team.

The turn-around was officially named ‘Sri Chinmoy Heart-Garden.’

Speaking at the event, Sri Chinmoy reminisced about the “many sweet experiences this park has given me over the years.”



Albanian President Moisiu says good-bye to Sri Chinmoy after visiting Aspiration-Ground.

RUSSIAN LEADER VISITS ASPIRATION-GROUND

JAMAICA, NY – Former Soviet President Mikhail Gorbachev took a short detour from his U.S. lecture tour Oct. 15 to spend some time with an old family friend: Sri Chinmoy.

The spiritual teacher had met with the world leader and his family on numerous occasions over the past 16 years, but this was the first time Gorbachev had visited Aspiration-Ground, Sri Chinmoy's spiritual headquarters in Queens.

"At long last we have made this meeting possible," the Russian statesman declared. "I'm really thrilled to be here."

Accompanied by his daughter, Irina, Gorbachev planted a tree at Aspiration-Ground dedicated to his late wife, Raisa Maximovna, and meditated in silence with Sri Chinmoy afterwards.

In his welcoming talk, the spiritual teacher called the man who almost single-handedly ended the cold war "at once my heart's hero and my life's idol."

Sri Chinmoy went on to say: "Your enthusiasm-eagerness forever shall carry the message of peace from country to country."

Deeply moved, and on one occasion wiping tears from his eyes, the Russian leader declared: "I know what you are doing and the whole world knows what you do."

He called Sri Chinmoy's teachings "the philosophy of goodness...of kindness...of light – everything that is

best about people."

During the visit, the spiritual teacher presented both President Gorbachev and his daughter with the "Lifting Up the World with a Oneness-Heart" Award.

He also showed them his Pilgrim-House museum, which includes a special wing dedicated to the Russian leader. Ranjana, the museum curator, guided the tour.

Sri Chinmoy's students traveled from around the world to witness this historic meeting, which lasted approximately one hour 20 minutes.



ASHRITA COMPLETES GUINNESS 'ULTRA'

Ashrita Furman, Guinness' top world record holder, is now breaking records with dizzying speed.

During a three-week period this fall, he set nine new records – as many as two or three in a single day and, on one occasion, two at the same time.

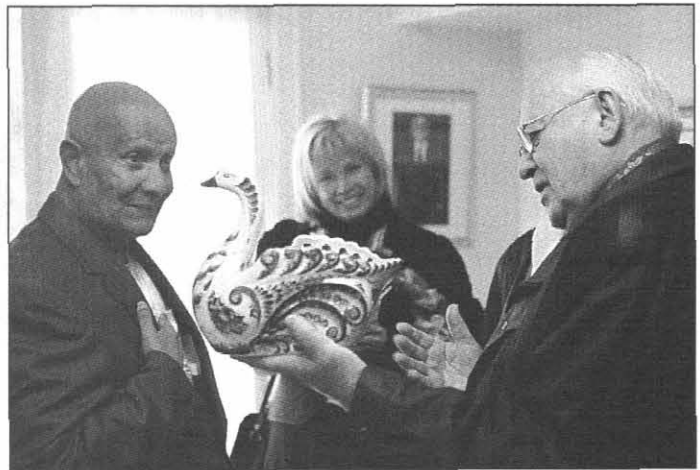
His Guinness 'ultramathon' began Sept. 28, when he spun an 11.5-foot-diameter hula hoop 71 times in a minute and ran a mile in just over 18 minutes with two pots attached to his feet (held up by strings).

On Oct. 5 he completed two records simultaneously – doing 30 deep knee-bends and snapping his fingers 170 times – all within the same minute.

Thirteen days later he peeled (with his fingers) and swallowed a lemon in 33 seconds, bobbed 15 apples in a minute and pushed a 4,400-pound van one mile in a little over 21 minutes.

And on Oct. 19 he made 251 catches while juggling three balls as he hung upside down, then afterwards crawled a mile in just under 25 minutes.

(Bottom left) Sri Chinmoy and the Gorbachevs meditate at the tree dedicated to the late Raisa Maximovna. (Bottom right) President Gorbachev presents Sri Chinmoy with a porcelain bird. (Left) President Gorbachev waves to Sri Chinmoy's students from the balcony of the Pilgrim-House.



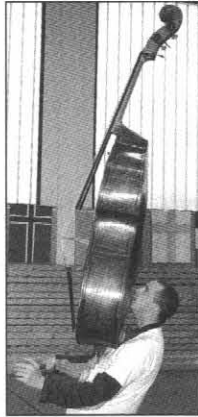
WORLD RECORD GAMES HELD IN GERMANY

DACHAU, Germany – A Swiss strongman tore apart 100 telephone books in 47 minutes.

A Slovakian man juggled three 22-pound shots for 15 seconds.

A Pakistani lifted a 134-pound weight with his ear for 13 seconds.

These were some of the world records set here Nov. 5 at the annual Impossibility-Challenger Games held by the Sri Chinmoy Marathon Team.

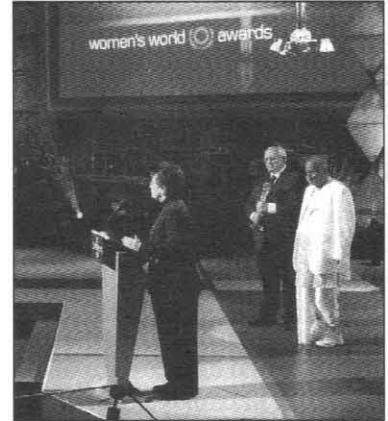


Stefan Ehrenfellner of Salzburg walks 27 meters in 90 seconds while balancing a double-bass on his chest at the Impossibility-Challenger Games.

TALK OF PARSONS BOULEVARD

Sri Chinmoy lifted philanthropists *Richard and Dorinda Medley* Aug. 11 at Aspiration-Ground with a two-arm lift and the seated calf-raise . . . *Immaculee Ilibagiza*, a survivor of the Rwanda genocide, who wrote a book about her experiences in Africa and her faith in God, was lifted Aug. 13 . . . New York City Councilman *Jimmy Gennaro* read out a *City Council* proclamation honoring Sri Chinmoy at the spiritual teacher's birthday celebration on Aug. 27 . . . Grammy Award-winning musician and music producer *Quincy Jones* sent Sri Chinmoy as a birthday present a replica of the platinum record he received in 1985 for his single "We Are the World" . . . The *Sri Chinmoy Bhajan Singers*, led by *Ranjana*, gave concerts Aug. 29 at the UN and Sept. 29 at the Gujarati Samaj in Queens . . . Tennis champion *Billie Jean King* requested that Sri Chinmoy be the one to introduce her when *Mikhail Gorbachev* presented her with the

"World Athlete Award" at the Oct. 14 *Women's World Awards* ceremony at New York's Manhattan Center . . . *Stella Deetjen*, known for her work in helping orphans and child lepers in India, visited Sri Chinmoy Oct. 16 at Aspiration-Ground.



After introducing Billie Jean King at the Women's World Awards ceremony, Sri Chinmoy listens to her remarks, standing next to program host Mikhail Gorbachev.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

anahata nada

“the soundless sound”



Volume 43

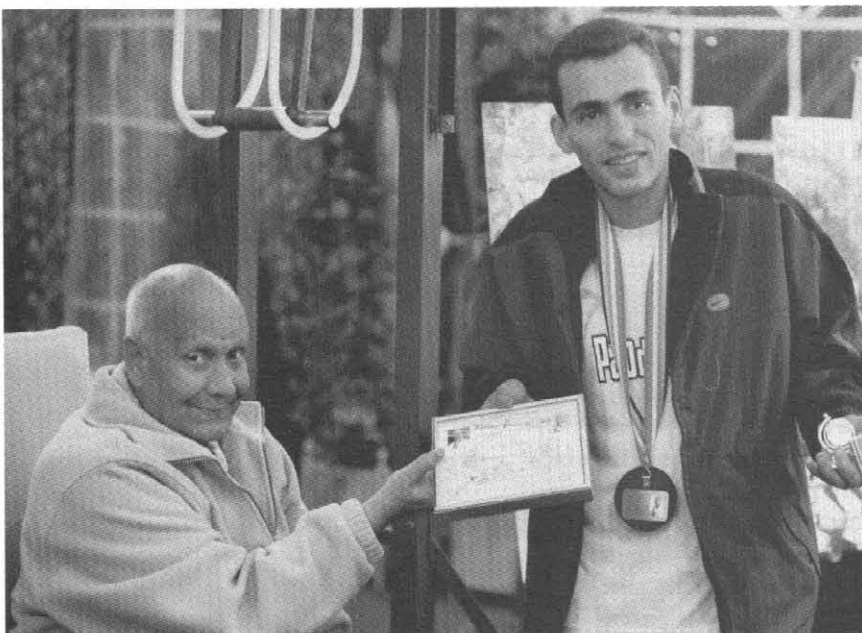
Early November 2006 – Early April 2007

NYC MARATHON CHAMP GETS A LIFT

JAMAICA, NY – Two days after winning the Nov. 5 New York City Marathon, Marilson Gomes dos Santos came to Aspiration-Ground to visit Sri Chinmoy and be lifted by him.

“I would like to thank you very much for the invitation to be here today with an organization that does so much for the whole world....” the Brazilian champion said.

“I hope that Sri Chinmoy can continue doing this work for a long time because that is the only way the planet can survive and we can have peace.”



New York City Marathon winner Marilson Gomes dos Santos displays his “Lifting Up the World with a Oneness-Heart” award.

UN OFFICIAL GIVEN U THANT PEACE AWARD

NEW YORK – UN Deputy-Secretary-General Mark Malloch Brown received the U Thant Peace Award Nov. 13 at a ceremony in his office at the UN Secretariat.

The UN official thanked Sri Chinmoy for the “tremendous honor,” adding, “You make me feel humble because you have added me to a list of people whom I consider heroes.”

He told Sri Chinmoy: “For so many of my colleagues and friends at the UN, you have been a compass and a guiding light.”

THREE CONCERTS HELD IN TURKEY

Sri Chinmoy offered three World Harmony Concerts during his recent five-week visit to Turkey.

He gave a concert at Istanbul’s Bogazici (Bosphorus) University on Nov. 25, Antalya’s Akdeniz University on Dec. 9 and the Antalya Culture Center on Dec. 14.

LIFTING MEDALLION OFFERED IN BELEK

BELEK, Turkey – Sri Chinmoy presented the “Lifting up the World with a Oneness-Heart” medallion to a visiting humanitarian and to the local mayor during his week-long visit here.

He gave the medallion Dec. 4 to Hubertus Count von Faber-Castell, an heir to the Faber-Castell pen and pencil family business, and to Mayor Yusuf Meccek of Belek. Neither man was lifted.

CIRCUS PERFORMERS LIFTED IN ANTALYA

ANTALYA, Turkey – Sri Chinmoy lifted 30 members of the Mongolian National State Circus, including circus director Ilhan Ozdemir, on Dec. 18.

The previous day, the spiritual teacher and his disciples had attended a circus performance.

HARMONY RUN VISITS TURKEY

Members of the World Harmony Run carried the Harmony Torch to a school in Istanbul and to an orphanage and sports center in Antalya in November and December.



Dr. Faouzi Skali, the highly regarded cultural anthropologist and founder of Morocco’s Fes Festival of Sacred World Music, poses with Sri Chinmoy after being lifted in Antalya on Dec. 24.

JHARNA-KALA EXHIBIT HELD IN FLORENCE

FLORENCE, Italy – An exhibit of Sri Chinmoy's Jharna-Kala paintings was held here Jan. 9-15.

The paintings were shown in the Salone Brunelleschi at the Ospedale degli Innocenti.

CHILDREN'S DRAWINGS EXHIBITED IN SOFIA

SOFIA, Bulgaria – A selection of drawings and messages of friendship from children in 14 countries welcoming Bulgaria into the European Union was exhibited at Sofia's Palace of Culture on Jan. 9 and 10.

The messages and drawings were collected by the Oneness-Heart Tears and Smiles, the Sri Chinmoy Centre's humanitarian organization, which also sponsored the exhibit. It was part of their "Kids to Kids" program promoting friendship among children around the world.

RUSSIAN SINGER GIVES CONCERT FOR SRI CHINMOY

VARNA, Bulgaria – Russian musician Purushottama (Boris Grebenshikov) – accompanied by a few Sri Chinmoy Centre musicians – gave a private concert at the Kempinsky Hotel Grand Hermitage here for Sri Chinmoy and his students Jan. 10. It included a special song he had composed for the spiritual teacher.

The Russian singer and his wife, Bhuvaneshwari, had come to Varna to visit Sri Chinmoy.

PRIVATE CONCERTS GIVEN IN TWO COUNTRIES

Sri Chinmoy offered private concerts for his students in Varna, Bulgaria, and in Chiang Mai, Thailand.

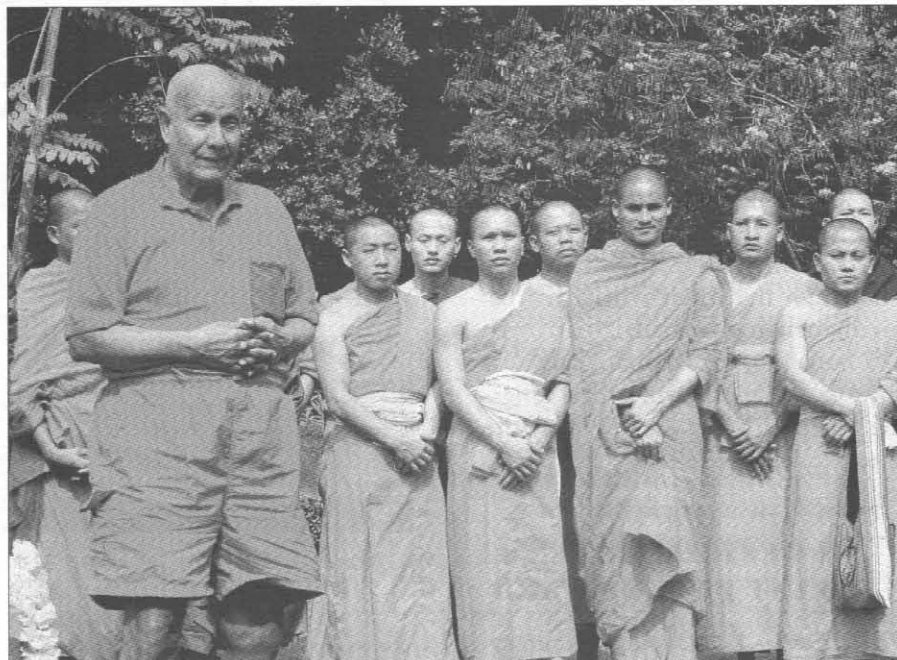
Concerts were held at Varna's Kempinsky Hotel Grand Hermitage on Jan. 13 and Chiang Mai's Imperial Mae Ping Hotel on Feb. 13.

BUDDHIST MONKS LIFTED IN THAILAND

CHIANG MAI, Thailand – Some 42 Buddhist monks and novices were lifted by Sri Chinmoy Feb. 7 and Feb. 11 at the Imperial Mae Ping Hotel in Chiang Mai as part of his "Lifting up the World with a

Oneness-Heart" program.

During his stay in this part of Thailand, the spiritual leader also lifted several children and teachers from two local municipal schools on Feb. 9 and 13.



Sri Chinmoy meditates with a group of monks and novices he lifted in Chiang Mai.

PUBLIC CONCERT GIVEN IN THAILAND

CHIANG MAI, Thailand – A World Harmony Concert was given by Sri Chinmoy on Feb. 20 at Payap University in Chiang Mai.

The concert was hosted and introduced by Rev. Dr. Pradit Takerngrangsarit, the University's President.

THREE BABY ELEPHANTS LIFTED IN THAILAND

Sri Chinmoy lifted three baby elephants overhead with a modified standing calf-raise machine as part of his "Lifting up the World with a Oneness-Heart" program.

The lightest elephant, weighing 701 pounds, was lifted Feb. 18 and two heavier ones – weighing 969 and 980 pounds – were lifted Feb. 21.

The events took place at different elephant camps in the jungles of Chiang Mai Province, Thailand, using a specially constructed platform that had been erected on the edge of a hill.

The animals were coaxed up the hill and onto the platform, which was attached to the calf-raise machine by two bars.

Resting the bars on his shoulders, with his knees bent, Sri Chinmoy then straightened his legs, raising the bars and platform into the air.

Coaxing the elephants onto the platform, while their adult mothers nervously watched, was a painstaking process that lasted several hours. There were many false starts, since the babies often lost interest and came running down the hill to a nearby river to bathe and feed.

EIGHT ADULT ELEPHANTS ALSO GET A RISE

On Feb. 22 Sri Chinmoy lifted eight adult elephants, ranging in weight from a little over 2,000 pounds to 5,980 pounds.

For these heavier lifts, the platform attached to the calf-raise machine was resting on the ground.

That same day, the spiritual leader also lifted one of the baby elephants two more times – once using only one leg.

HARMONY RUN VISITS THAILAND THIS WINTER

The World Harmony Run came to central and northern Thailand during February, visiting a local Catholic school in Hua Hin on Feb. 3, two primary schools on Feb. 14 and an orphanage and school run by the non-profit School for Life Foundation on Feb. 22.

GOODWILL TOUR WAS TIME OF CREATIVITY

During his 13-week goodwill tour of Turkey, Bulgaria and Thailand, Sri Chinmoy composed 290 Bengali and English songs...completed over 15,000 bird drawings...and wrote 338 poems.

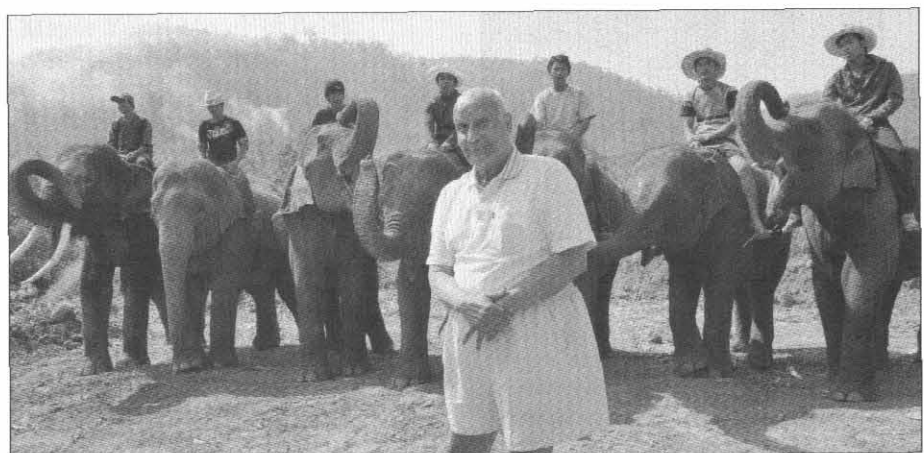
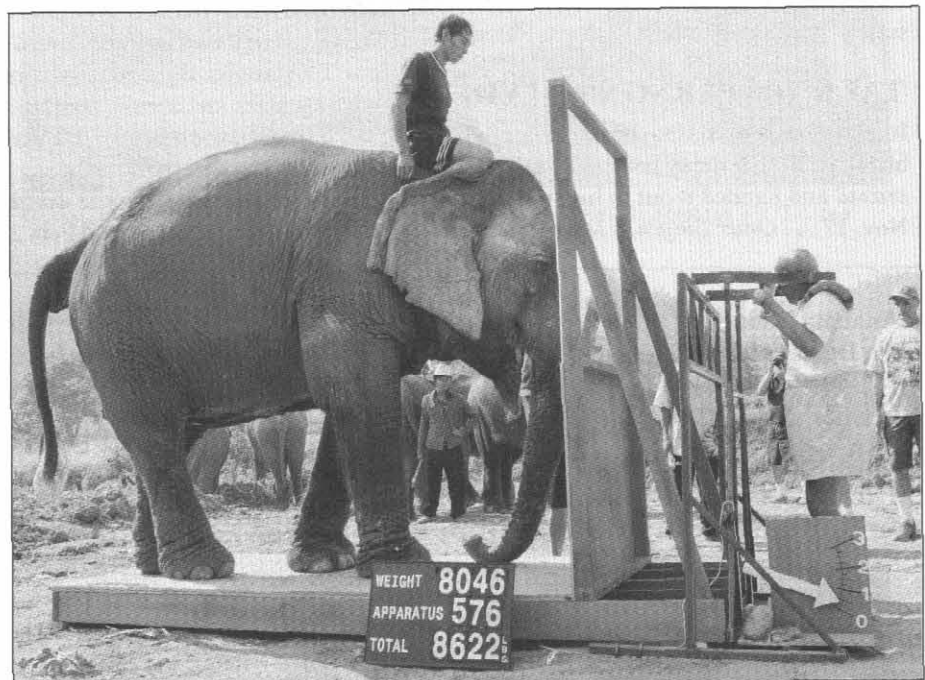
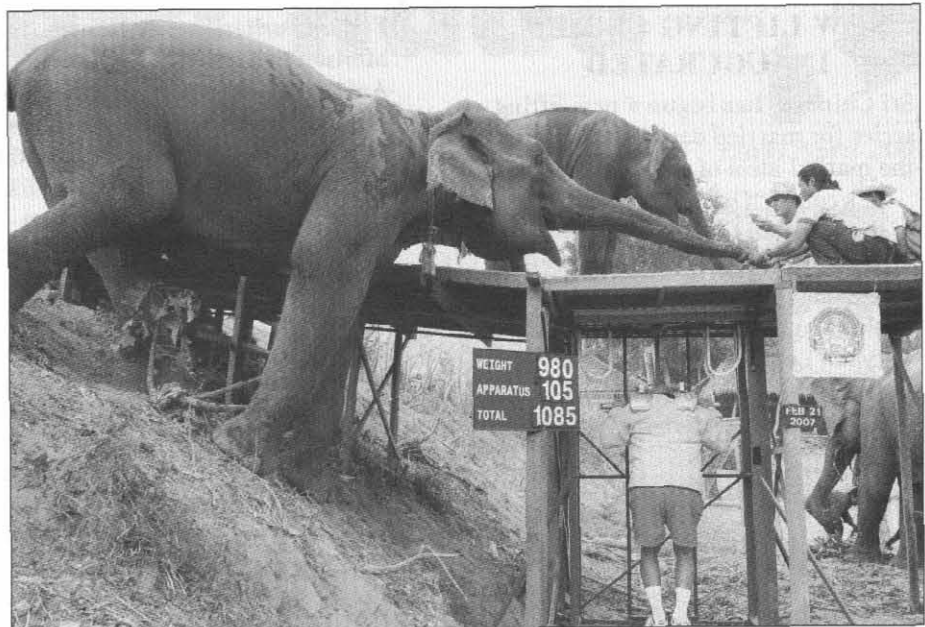
He also composed 955 prayers and aphorisms, which his students recited on the trip during their morning meditations.

In addition, he made four short videos: three of the setting moon and rising sun near Varna, Bulgaria, and one of Thai monks collecting food and offering blessings in Chiang Mai. During the films he sang, chanted and prayed.

Above: Workers coax a baby elephant onto the lifting platform while its mother anxiously watches.

Center: Sri Chinmoy lifts a four-ton elephant from the ground.

Below: Sri Chinmoy poses with the adult elephants he lifted Feb. 22. All told, he completed 13 elephant lifts over three days.



NEW LIFTING SERIES INAUGURATED

Sri Chinmoy has begun a new lifting series for married couples celebrating the marital ideal of spiritual oneness.

It's called "Oneness Perfect Oneness of the Sun and the Moon."

The first couple lifted was Olympic gold medalist long jumper and world triple jump champion Sarbottama Tatyana Lebedeva and her husband, Mahavikram Nikolay Matveev, a coach of the Russian National Athletic Team, on March 11.

CONCERT SERIES BEGINS

A new concert series honoring Bengali cultural figures began March 27 with a performance dedicated to Tagore.

Sri Chinmoy has named his concert series "Mother Bengal's Culture-Flood."

TALK OF PARSONS BLVD.

In observance of his late brother Mantu's birthday, Sri Chinmoy cooked a *special prasad* and handed it out to his students on Nov. 17 . . . *Omer Biligen, a Member of the*

Turkish Parliament and former Minister of Tourism, was lifted in Antalya, Turkey, on Dec. 14 . . . Sri Chinmoy received *two new Russian awards* on Jan. 1 while in Varna: the Order of Peter the Great of the First Degree from Russia's National Committee of Public Awards and the Medallion of Frantz Lafort "To the Glory of Russia" from the City of Moscow . . . Phra-Kru Pipatvorakit (*Paramarthatita*), head monk of one of Thailand's local districts, visited Guru and the disciples in their Cha Am hotel on Feb. 4 . . . *Ranjana's Sri Chinmoy Bhajan Singers* gave three TV performances in Belek and Antalya, Turkey, and offered five public concerts in Antalya, Turkey, and Bangkok, Cha Am and Chiang Mai, Thailand, between Dec. 3 and Feb. 23. In Turkey, *Ranjana* was interviewed by four TV stations, three newspapers or news agencies and a radio station. Her Dec. 3 interview on Belek's ETV aired nationally and internationally . . . *Ashrita* set six new *Guinness world records* between Dec. 11 and Feb. 22:

balancing a 54-foot-high pole on his chin for nearly 14 seconds...continuously spinning a top for a mile in 85 minutes...doing 1,330 forward rolls in an hour...hopping on one foot for 2 minutes 49 seconds on a fast-moving treadmill...skipping five kilometers in 35 minutes 19 seconds...and completing 40 squat thrusts in a minute (on a platform resting on the back of a Thai elephant) . . . Sri Chinmoy offered the *U Thant Peace Award* to Nick Bauer, General Manager of the Imperial Mae Ping Hotel in Chiang Mai, Thailand, on Feb. 14 . . . *Omer Zulfu Livaneli*, a well-known Turkish songwriter, Member of Parliament and UNESCO goodwill ambassador, was offered the "Lifting up the World with a Oneness-Heart" medallion at Aspiration-Ground on March 1 . . . Sri Chinmoy lifted *eight horses* singly, and three horses together, using a standing calf-raise machine on March 25 at a Queens stable . . . World-renowned war photographer *James Nachtwey* was lifted at Aspiration-Ground on April 2.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432
USA

anahata nada

“the soundless sound”



Volume 44

Mid-April – July 2007

ART EXHIBITED AT UN

UNITED NATIONS – An 11-day exhibit of Sri Chinmoy's soul-bird drawings was held in the main lobby of the United Nations.

UN Under-Secretary-General Anwarul Chowdhury and Ranjana Ghose, exhibit curator, spoke at the April 10th opening reception, which Sri Chinmoy attended.

WEIGHT LOSS HERO LIFTED

JAMAICA, NY – Michael Hebranko, who set a Guinness world record by losing some 700 pounds in 19 months, was lifted here April 18.

Hebranko, who has weighed over 1,000 pounds on three separate occasions, has spent much of his life battling obesity. He currently weighs 458 lbs.

“Your lifting me up physically today has lifted me up emotionally and spiritually to give me the strength to carry through on my inner battles,” he told Sri Chinmoy.

The spiritual teacher said lifting him overhead with one arm was easy because “when men of heart get together, everything becomes easy.”

PEACE CONCERT HELD AT NOBEL PEACE CENTER

OSLO, Norway – Sri Chinmoy offered the first concert ever at the Nobel Peace Center on April 30.

It was an invitation-only event attended by professors, government officials and Members of Parliament from various European countries, along with many Norwegian dignitaries.

The concert was introduced by the Oslo Deputy Mayor Sverre Kristiansen and ended with a short talk by Dr. Thomas Hylland Eriksen, Professor of Social Anthropology at the University of Oslo. Dr. Arne Naess, one of Norway's best-known philosophers, and his wife Kit-Fai, were guests of honor at the event.

NORWEGIAN ACADEMICS RECEIVE U THANT AWARD

OSLO – Dr. Arne Naess, Professor Emeritus at the University of Oslo, received the U Thant Peace Award May 2 at Oslo's Grand Hotel.

Two days earlier, Sri Chinmoy also had presented the Award to another Norwegian academic, Dr. Vidar Vambheim, Coordinator of Peace Studies at the University of Tromsø.

EUROPE RISES

OSLO – Academics from nine European countries, as well as government officials and Members of Parliament from three countries, were lifted here May 1 during Sri Chinmoy's historic visit to Norway.

Among those lifted were former Slovakian President Michal Kovac and his wife, Emilia Kovacova; Norwegian Professor Arne Naess; the Rectors of the University of Presov in Slovakia and Lefke European University in North Cyprus, and the Rector Emeritus of Hungary's University of Pecs.

OSLO FETES SRI CHINMOY

OSLO – Deputy Mayor Sverre Kristiansen hosted a City Hall reception on May 2 for Sri Chinmoy, who had come here as an official guest of the City.

ROTHSCHILDS RAISED

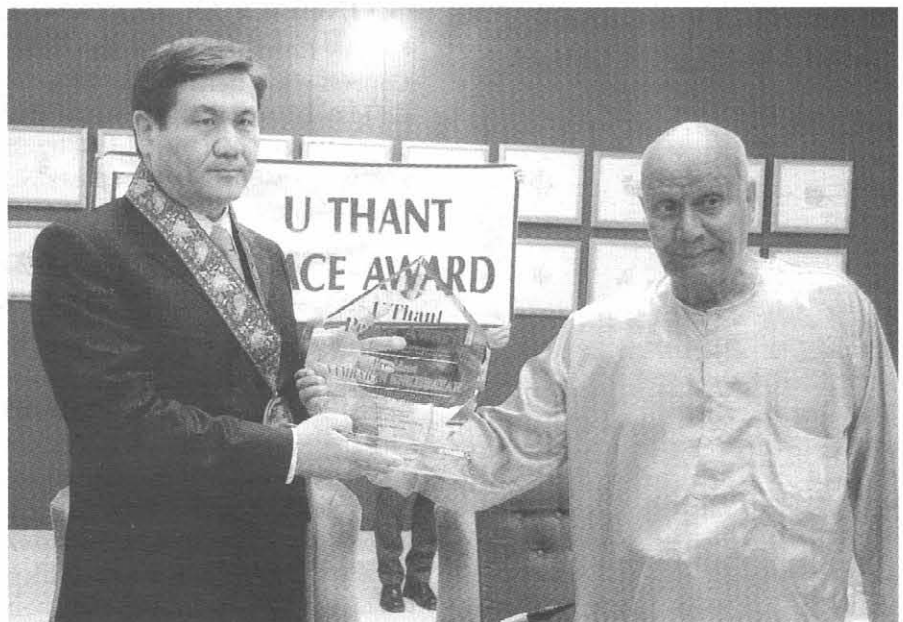
JAMAICA, NY – Sir Evelyn de Rothschild and his wife, Lady Lynn, as well as her two sons Ben and Jake, were lifted May 12 at Aspiration-Ground.

“The way you are leading so many people to think and to measure for better times is remarkable,” the British financier told Sri Chinmoy afterwards.

MONGOLIAN PRESIDENT HONORS SPIRITUAL LEADER

ULAAN BAATAR, Mongolia – Mongolian President Nambaryn Enkhbayar welcomed Sri Chinmoy to his country May 16, presenting him with the nation's “Medal of Friendship” in the Government Palace.

“I think that your message...will be very carefully listened to and heard here,” the President said.



Mongolian President Enkhbayar receives the U Thant Peace Award (See story page 3).

EIGHT-DAY ART EXHIBIT OPENS IN ULAAN BAATAR

ULAAN BAATAR – Sri Chinmoy on May 17 inaugurated an eight-day exhibit of his paintings and bird drawings at the Art Gallery of the Union of Mongolian Artists.

“Each and every human being is an artist, because God has created each human being in His Dream, and in each Dream of God is indeed a new form of art,” he said in a short introductory talk.

During the event, P. T'segmid, the Union's Vice Chairman, presented him with his organization's highest award – the first time it was given to a foreigner.

POETRY LECTURE OFFERED IN GOVERNMENT PALACE

ULAAN BAATAR – Sri Chinmoy delivered a poetry lecture at the Government Palace here on May 18, which was introduced by Mongolian MP Tugusjargal Gandhi.

Afterwards, Dr. G. Mend-Ooyo, President of the Mongolian Academy of Culture and Poetry, presented Sri Chinmoy with the Academy's “Pegasus” Award.

Dr. Mend-Ooyo later presented the spiritual leader with a copy of his newly published *Nomadic Lyrics*, which had been dedicated to him.

58 WHITE HORSES LIFTED IN MONGOLIA

Sri Chinmoy lifted 58 white Mongolian horses over a two-day period during his visit to Mongolia, symbolically raising what the nomadic people consider the “wind horse” or inner spirit of their nation.

The 75-year-old spiritual teacher lifted 17 horses on May 19 and another 41 horses four days later. The horses were led onto a wooden platform, mostly in groups of two or three, and raised by means of a modified calf-raise machine.

Both lifts took place out on the steppes – the first on the grounds of the Hotel Mongolia in the Gachuurt region, the second in Terelj National Park.



Sri Chinmoy lifts a white horse and its Mongolian rider, with an eagle perched on his arm, on May 23. At a previous lift four days earlier, one of the nomadic riders presented Sri Chinmoy with a white racing stallion, as well as a white mare. The horses will remain in the country, representing the spiritual leader's spirit there.

CONCERT IN MONGOLIA

ULAAN BAATAR – A World Harmony Concert was offered by Sri Chinmoy on May 20 at the Ulaan Baatar Palace.

The event was introduced by the renowned Mongolian composer N. Jantsannorov.

SRI CHINMOY AWARDED HONORARY DOCTORATE

ULAAN BAATAR – The Rector of the Mongolian University of Culture and Arts, Dr. D. Tsedev, presented Sri Chinmoy with an honorary doctorate degree on May 21 “for his great contribution to the development of human peace and enlightenment.”

The presentation was made onstage at the State Academic Theatre of Drama just before the spiritual leader began a lecture on art.



Sri Chinmoy and the University Rector pose with the Honorary Degree.

CENTENARIANS HONORED

ULAAN BAATAR – Nine Mongolians who were over 100 years of age got the experience of a lifetime May 22 when Sri Chinmoy lifted them into the air – some physically, others just symbolically.

The men, wearing their war or job medals, and the women, dressed in their finest boots and robes, ranged in age from 100 to 104.

Five were actually lifted with one arm by the spiritual leader as they stood on an overhead platform; four others, too frail to mount the platform, only received the “Lifting up the World with a Oneness-Heart” medallion.

During the program, Sri Chinmoy also lifted 7-foot-5-inch-tall Mongolian basketball player Ragchaa Deedenjid, the country’s tallest man.

PRESIDENT RECEIVES U THANT PEACE AWARD

ULAAN BAATAR – Mongolian President Enkhbayar was presented with the U Thant Peace Award by Sri Chinmoy when he visited the spiritual leader’s Jharna-Kala art exhibit on May 23.

Accepting the Award on behalf of the Mongolian people, the President said: “Sri Chinmoy is a real teacher...teaching us not to conquer others but ourselves...to become a better person.”

TINIEST, TALLEST HORSES LIFTED INTO AIR

Thumbelina, the world’s smallest horse – about 17 inches high and weighing 59 pounds – was lifted May 31 at Aspiration-Ground.

“I take animals as my younger brothers and sisters,” Sri Chinmoy said. “When I lift one, I feel that I am playing with my little brother or sister.”

Then, on June 29 at a farm in Stanfordville, NY, Sri Chinmoy lifted Radar, which Guinness calls the tallest living horse.

Weighing 2,540 pound, the highest part of its back stands six feet 7 1/2 inches off the ground.



Sri Chinmoy with world's smallest and tallest horses. Both horses were lifted.

UN CONCERT OFFERED

UNITED NATIONS – Sri Chinmoy offered a Concert for World Peace for delegates and staff on June 8 in the Dag Hammarskjöld Auditorium at the UN.

FASHION DESIGNER UPLIFTED

JAMAICA, NY– Fashion designer Donna Karan, creator of the DKNY clothing line, was lifted June 12 at Aspiration-Ground.

“Being lifted just now lifts the endless possibilities of what can happen...in the world today,” she said. “It feels like I’ve taken a journey very far away, but very close to home.”

THREE CONCERTS HELD

Two concerts were held in San Diego’s Copley Symphony Hall the evening of June 14.

Sri Chinmoy offered a smaller concert in New Orleans on June 26 as a tribute to the city, organized by Ashish Verma, general manager of the Windsor Court Hotel.

U THANT’S DAUGHTER RECEIVES PEACE AWARD

JAMAICA, NY– Daw Aye Aye Thant, daughter of the late UN Secretary-General, received the U Thant Peace Award here on June 28.

“I would like to extend my gratitude to Sri Chinmoy for honoring the memory of my father,” she said afterwards.

STRONGMEN LIFTED

PHILADELPHIA– Sri Chinmoy lifted seven of the world’s strongest men, including IFSA world champion Zydrunas Savickas, on June 30 as part of a three-day strongman competition here.

The athletes ranged in weight from 293 to 385 pounds. The 75-year-old spiritual leader, weighing 173 lbs., lifted them with one arm and also in groups of three or four using a standing calf raise machine.

Five-time Mr. Universe Mahasamrat Bill Pearl, called “Best Built Man of the 20th Century,” had flown in to introduce the lifts, which Sri Chinmoy called “one of the highlights of my weightlifting career.”



Sri Chinmoy lifts world strongman champion Zydrunas Savickas.

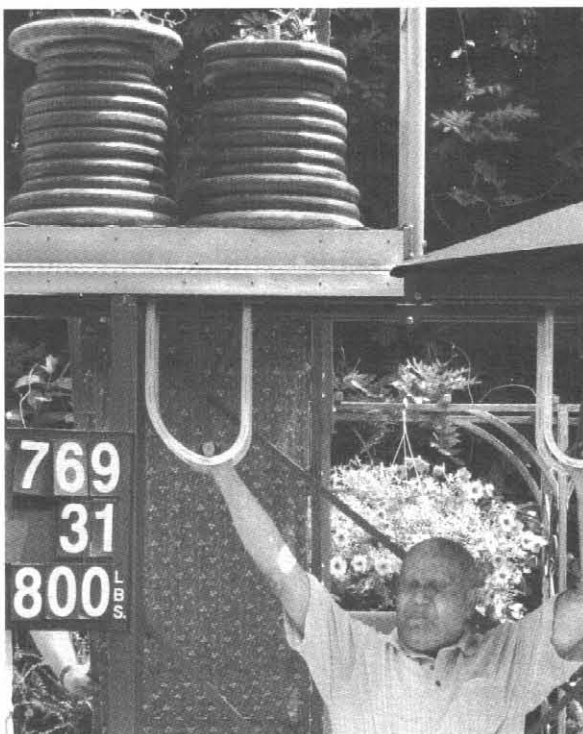
TALK OF PARSONS BLVD.

Ukrainian President Viktor Yushchenko visited Sri Chinmoy's exhibition of bird drawings at the Ukrainian Culture Foundation on March 30 . . . Sri Chinmoy lifted a 399-pound hot air balloon April 11 in Hampton, New Jersey . . . Sri Chinmoy lifted a stone fountain containing 50 roses – one for each of the 50 U.S. states – as part of the April 13 function celebrating the 43rd anniversary of his arrival in the West . . . *Ranjana's Bhajan Singers* gave a concert at the UN on April 16 . . . The Sri Chinmoy Singers sang their teacher's "Good Morning Norway" song during Sri Chinmoy's 15-minute interview April 30 on *Good Morning Norway* . . . *Ashrita* set four Guinness World Records in Mongolia and six more through the end of July, bringing his total so far to 160 (67 still current) . . . *Purushottama Boris Grebenshikov* and his band, *Aquarium*, gave a free concert, hosted by the British and French Sri Chinmoy Centres, at London's Royal Albert Hall on May 21 . . . Sri Chinmoy visited the *Chojin Lama Temple Museum* in Ulaan Baatar on May 24 to pray and meditate in front of the Kali and Buddha

statues . . . During a seven-hour layover in Seoul May 25, Sri Chinmoy wrote a song about *Korean Airlines*, which was played over the loudspeaker during the flight to New York . . . On June 2 Sri Chinmoy lifted 75-year-old *Barbara Hillary*, who became the first black woman to trek to the North Pole earlier this year . . . Sri Chinmoy lifted a *cata-maran*, a light aircraft and small motor-cycle with a two-arm overhead lift at the Cape May (NJ) County Airport museum June 3 . . . Sri Chinmoy lifted the women's winner of the 2005 and 2006 New York City Marathons, *Jelena Prokopchuka*, and her husband, Latvian marathon champion *Aleksandr Prokopchuk*, on June 6 at Aspiration-Ground . . . During his visit to California, Sri Chinmoy presented the *U Thant Peace Award* to *Mahasamrat Bill Pearl* June 14 and lifted San Francisco's KRON-TV Sportscaster *Gary Radnich* June 15 . . . Well-known Kazakh composer *Tolegen Mukhamedzhanov*, who is also an MP, and his wife, opera singer *Nurzhamal Usenbayeva*, were lifted at Aspiration-

Ground June 19 . . . The poet *Edward Hirsch*, who is also President of the Guggenheim Foundation in New York, was lifted June 23 at Aspiration-Ground . . . Recent recipients of the *U Thant Peace Award* included UN Under-Secretary-General *Ibrahim Gambari* (July 3) and *L. M. Singhvi*, former Indian High Commissioner to the U.K. (July 12) . . . Sri Chinmoy gave a short concert and his disciples performed excerpts from his play, "The Sacred Fire," at Aspiration-Ground as part of a 4th of July function. "I love and shall eternally love America the real," the spiritual teacher said. "America the real is America the heart and not America the mind" . . . Sri Chinmoy lifted a glider with a one-arm lift and six other airplanes – four from an overhead platform and two from a ground platform – with a standing calf-raise lift on July 29 at Long Island's Brookhaven Airport . . . *Asprihanal* completed the Self-Transcendence 3,100-mile race on July 30, with a winning time of just under 43 days five hours.

Anahata Nada
c/o David Burke (Chidananda)
161-40 Normal Road
Jamaica, NY 11432, USA



Sri Chinmoy lifted 800 pounds with a seated one-arm lift on July 28 at Aspiration-Ground.

This is the text for the final issue of Anahata Nada (August – October 10, 2007), which was never printed.

WEIGHTLIFTING GURU JOINS ATHLETIC HALL OF FAME

Sri Chinmoy was one of 24 athletes inducted Aug. 25 into Dan Lurie's World Body Building Guild Hall of Fame.

Inductees were chosen for "their contributions to the Iron Game and the positive impact they have had on the health and fitness industry."

WORLD'S TALLEST PENCIL DECLARES 'HAPPY BIRTHDAY'

JAMAICA, NY – Sri Chinmoy's students constructed a 76-foot-long pencil to wish their spiritual teacher a happy 76th birthday Aug. 27.

The 10½-ton pencil, with a rubber eraser and a lead tip, set a Guinness record for being the world's tallest pencil.

Sri Chinmoy used the pencil to draw a picture, moving a pad of drawing paper along its tip.

That evening, as part of a day-long birthday celebration, the spiritual leader offered a concert at Aspiration-Ground.

Photo:

The well-known Russian singer Purushottama Boris Grebenshikov offered a free concert Aug. 29 at the United Nations, where Sri Chinmoy was guest of honor

Photo:

Sri Chinmoy gives 400-metre running champion Olesya Zykina the words to a song he wrote about her after lifting the Russian athlete at Aspiration-Ground on Aug. 28.

SPIRITUAL LEADER SAYS LIGHT SHALL PREVAIL

JAMAICA, NY – After lifting the humanitarian and philanthropist Tom Scott, co-founder of Nantucket Nectars, at Aspiration-Ground Aug. 31, Sri Chinmoy described his political philosophy in answer to some question. Excerpts follow:

"Right now the world situation is most deplorable...Not tomorrow or in a year or two, but in the near future, a new light will dawn...Our philosophy is hope, and inside hope looms promise....

"The strength of the heart, which is inseparable oneness with the whole world, will definitely conquer the man-made strength. Oneness will be the conqueror of the whole world...In real oneness we not only stand side by side but remain inside each other's heart.

"Before the first World War, people had tremendous good will for the rest of the world; they felt everyone belonged to one God. But gradually we lost this feeling....

"There are thousands and thousands of seekers on earth who are trying and aspiring to have a new world. I strongly feel that our prayers and aspiration will not end in vain, because these are coming from God Himself, and God's Will shall always ultimately prevail."

COLUMBIA PROFESSOR GETS INNER, OUTER LIFT

JAMAICA, NY – Sri Chinmoy lifted Columbia University Professor James G. Basker and his family Sept. 8 at Aspiration-Ground.

The English Professor, who teaches at Barnard College, told Sri Chinmoy: "I hope the kind of spiritual values that you...encourage...can actually one day take over the world. I have nothing but esteem and affection for what you do, and gratitude."

PHILANTHROPIST UPLIFTED

JAMAICA, NY – The American businessman and philanthropist Ray Chambers, who has dedicated much of his adult life to helping disadvantaged children, was lifted Sept. 13 at Aspiration-Ground.

"Being here today, feeling this energy, being so honored, I'm inspired to go on ...until we eliminate malaria and... ultimately, poverty," he said. "We all truly share everything in this world as one."

NOBEL LAUREATE LIFTED

JAMAICA, NY – Gao Xingjian, winner of the 2000 Nobel Prize for literature, was lifted Sept. 14 at Aspiration-Ground.

Afterwards, he said: "Great Master Sri Chinmoy, it is a very, very great honor to know you. I admire you immensely and all your activities for peace and humanity. I thank you infinitely."

CONCERT HELD IN RUSSIA

ST. PETERSBURG, Russia – Sri Chinmoy offered a concert Sept. 19 in the Lensovet House of Culture here, which he dedicated the late Raisa Maximovna Gorbachev.

"She is the mother of all children, especially the helpless children who suffer from leukemia," the spiritual teacher declared. "Her heart of infinite compassion accepted the same disease, and she left her body being fully identified with the helpless children's suffering."

SRI CHINMOY THANKED AT HOSPITAL OPENING

ST. PETERSBURG – Sri Chinmoy was one of four individuals singled out by Mikhail Gorbachev in his thank-you remarks at the inauguration of the children's hospital named after his late wife, the Raisa Maximovna Gorbacheva Institute of Pediatric Hematology.

The former Soviet President had personally invited Sri Chinmoy to the event, calling him both a personal friend and a long-time friend of the Gorbachev Foundation.

Photo:

President Gorbachev and Sri Chinmoy pose together after meeting privately Sept. 20 before the inauguration of the Raisa Maximovna Gorbacheva Institute of Pediatric Hematology.

A SWIMMING MARTHON: SHE NEVER GAVE UP

"The English Channel is like no other body of water. It has a living personality, a force. It's like swimming in liquid power."

That's the perspective of someone who knows this force intimately, 59-year-old Vijaya Claxton – the oldest American woman ever to swim across it.

Vijaya completed the 20-25 mile swim from Dover, England, to Wissant Beach on the French coast on Sept. 9 in just under 22½ hours.

"I tried to make it a meditative experience – invoking my spiritual teacher's presence with each stroke – and stay open to the divine Grace," she said. "I also tried to keep up an inner dialogue and stay in harmony with whatever it wanted to do with me."

"In one training session, when the water was really rough, I said, 'Okay, so you're playing with me – making me go up and down.' And inwardly, I could almost image the Channel smiling." But this time the Channel wasn't smiling.

"Right from the beginning I was nauseous and throwing up. I asked for Dramamine, but my handlers on the boat were afraid it would make me drowsy. So they gave me a placebo, and I kept on feeding the fish."

"Finally, I got fed up and said: 'I'm doing the best I can, but I've got to have a little cooperation!' Shortly afterwards, my sea sickness went away."

At one point, she started having difficulty breathing. Inhaling too much seawater, or even mist from the waves, can affect the lungs, she explained. "First my nasal passage blocked, and then my throat started to swell, so I couldn't suck in enough oxygen. Every few strokes I had to slow down or stop, gasping for air."

"In the boat they were freaking, because the tide had started to change." If she lost the incoming tide, she would have been

swept out to sea, forced to fight ferocious currents – in the frigid water – until the tide changed again several hours later.

"But they gave me an antihistamine, and that – along with my prayers – got me breathing once more."

"After some time, my handlers on the boat said something rather 'charming': 'Swim the next five hours hard!' At this point, I had been swimming through much of the night and I thought, 'Five hours hard – at this point?'"

"If you've ever been rock bottom with everything, that's where I was. I was swallowing water and had nothing left. Nothing about me was doing the swimming now. I was like an observer. I remember thinking, 'This is interesting. Nothing hurts, and I'm going all out.' I felt the divine Grace had kicked in, and that my spiritual teacher was swimming for me."

"Much later I happened to look upward and was struck by how luminous the sky was. Then suddenly I realized it was dawn, and just ahead lay the French shore. I was filled with gratitude."

Vijaya's Channel crossing was the culmination of a six-year marathon that included three unsuccessful attempts. After each failure she said she learned a valuable lesson.

"The first time I learned the importance of dealing with seasickness. The second time my right shoulder went out in the middle of the swim, so I could only swim with one arm. I had a lot of trouble getting the shoulder healed and had to learn a completely new stroke – one easier on the shoulder."

"The third time I failed because I just didn't have the physical strength. When the tide turned against me after

I had been in the water for 18 hours, I was too broken to continue. I had never been so cold in my life, and I just wasn't strong enough to swim for another six or seven hours. So when I got back home, I began a weightlifting program.

"What I love about the Channel is that it forces you to keep going back to the drawing board, and keep on getting better. It's such a formidable presence that it makes you find your weaknesses and overcome them."

This kind of swimming requires both personal determination and inner receptivity, Vijaya said. "I have always been a very determined person. My favorite poem by my spiritual teacher, Sri Chinmoy, is: *I do not give up, I never give up, for there is nothing in this entire world that is irrevocably unchangeable.*"

A few weeks ago, standing on a rocky beach in France, Vijaya Claxton proved it.

Photo: Vijaya

TALK OF PARSONS BLVD.

Sri Chinmoy gave a Peace Concert at Aspiration-Ground Aug. 13 . . .

Ranjana's Bhajan Singers gave a concert at the United Nations Aug. 22 . . . Gyala Szabo of Hungary and Garbitashri of New Zealand were the two winners of the Sri Chinmoy Self-Transcendence Marathon Aug. 24 in Rockland Lake State Park . . .

Russian singer Purushottama Boris Grebenshikov received the U Thant Peace Award Aug. 26 at Aspiration-Ground

. . . Dipali won the woman's division of the Sri Chinmoy 47-mile race Aug. 27 for the 22nd time . . . Kalpanatit and Agnikana were the top finishers in the Sri Chinmoy Sports Day intramural track and field meet held Aug. 30 at Jamaica's Roy Wilkins Park . . . Iceland's Ambassador to the UN, Hjalmar Hannesson, and his wife, were lifted Sept. 2 at Aspiration-Ground . . . Bill Leon, president of Auroville International USA, was lifted Sept. 16 at Aspiration-Ground . . .