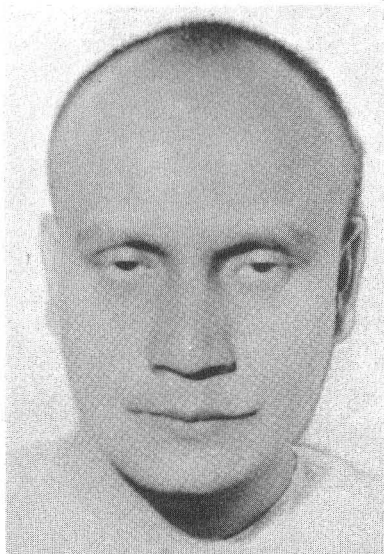


# UNITED NATIONS MEDITATION GROUP



## WE BELIEVE

... that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity.



**Meditations and talks given by Sri Chinmoy –  
Spiritual Master, philosopher and poet from Bengal,  
India – to the members of the United Nations Medi-  
tation Group.**

**The Group, which was inaugurated on 14 April  
1970, meets every Tuesday from 12:00 noon to  
1:00 p.m. in the Peace Room, United Nations Church  
Centre, First Avenue and Forty-fourth Street, New  
York; and all staff members of the United Nations and  
members of the Permanent Missions to the United  
Nations who are sincerely seeking the inner peace are  
invited to attend the weekly meetings.**

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## **Inauguration Meditation**

**14 April 1970**

**Today's United Nations was Yesterday's  
perfecting Vision.**

**Tomorrow's United Nations is Today's  
fulfilling Realisation.**

**Unity is not oneness. A bud is not a  
flower.**

**Unity is the temple. Oneness is the shrine.**

**The absence of unity is imminent confusion.**

**The absence of oneness is the ultimate  
destruction.**

**The presence of unity is the immediate end  
of human imperfection and limitations.**

**The presence of oneness is the glorious  
beginning of man's perfect perfection.**

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**Meditation - 21 April 1970**

**I am God's child. I embody the Truth.  
 God is my child. I reveal the Truth.  
 I am the child of God's endless Concern.  
 God is the child of my breathless meditation.**

**Meditation - 28 April 1970**

**I imitate God because He alone constantly  
 grows.  
 I quote God because He alone instantly  
 knows.**

**Meditation - 6 May 1970**

**A conscious self-dedicated oneness with mankind  
 for mankind can alone make the aspirant feel that he is  
 not only with God, in God and for God, but of God.**

**Meditation - 12 May 1970**

**The universal oneness is our God-Aspiration within,  
 to see the Truth, feel the Truth and become the Truth.  
 The universal oneness is our God-Realisation within,  
 embodied, revealed and manifested.**

**Meditation - 19 May 1970**

The universal oneness is the Father of Eternity.  
This is what we learn from God's all-embracing Vision.

The universal oneness is the Son of Immortality.  
This is what we learn from God's all-fulfilling Will.

**Meditation - 26 May 1970**

The universal oneness is the silent language of man's  
eternal freedom.

Man's eternal freedom is God's eternal concern.

God's eternal Concern fulfils man the evolving soul  
and God the Transcendental Self.

**Meditation - 2 June 1970**

I hasten to speak to God because I feel that God is  
my very own.

I hesitate to speak to the world because I think that  
the world is a stranger to me.

**Meditation - 9 June 1970**

When a seeker meditates on himself, he feels his inner  
potentiality and sees his outer possibility.

When a seeker meditates on God, he feels his inner  
divinity and sees his outer Reality.

**Meditation - 16 June 1970**

God wants me. How can I sleep?  
 God needs me. How can I wander?  
 God demands my life. How can I deny Him  
 His eternal Right?

**Meditation - 23 June 1970**

The body loves the sleeping God.  
 The vital loves the energising God.  
 The mind loves the running God.  
 The heart loves the flowering God.  
 The soul loves the fulfilling God.

**Meditation - 30 June 1970**

To realise God is to immortalise human aspiration.  
 To immortalise human aspiration is to feed God,  
 soulfully and supremely.

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## TRUTH

**(This talk was given by Sri Chinmoy on 12 May 1970 to the members of the United Nations Meditation Group.)**

**Truth is God's Treasure and man's property.**

**Truth is God's Eternal and Constant Progress and man's energizing success.**

**Truth is God's Natural History and Man's supernatural mystery.**

**Truth is original and essential when it comes from the soul.**

**Truth is pure and sure when it comes from the heart.**

**Truth is obscure and incomplete when it comes from the mind.**

**Truth is undivinely dynamic and imperfect when it comes from the vital.**

**Truth is weak and insignificant when it comes from the body.**

**The body is blind.**

**The vital is wild.**

**The mind is ignorant.**

**The heart is aspiration.**

**The soul is realisation.**

**Out of His infinite Bounty God offers His clearing sight to the body, His embracing Might to the vital, His illumining Light to the mind, His transcending Height to the heart and His fulfilling Right to the soul.**

**Truth is our inner attitude.**

**Truth is our outer aptitude.**

**Truth is our life's fortitude.**

**When attitude, aptitude and fortitude play together and  
sing the song of aspiration, Infinitude dawns on them and  
soon they bathe in the eternal effulgence of Infinitude.**

**In the world of desire, truth is our mind's idea.**

**In the world of aspiration, truth is our heart's ideal.**

**In the world of realisation, truth is our soul's Goal.**

**Idea is the seed.**

**Ideal is the tree.**

**Goal is the fruit.**

**Idea is self-expression.**

**Ideal is self-expansion.**

**Goal is Self-union.**

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## **GOD AND TRUTH**

**(This talk was given by Sri Chinmoy on 19 May 1970 to the  
members of the United Nations Meditation Group.)**

**God expresses Himself through Silence.**

**God expands Himself through Light.**

**God unites Himself with His creation through Delight.**



Man's outer life needs God's Silence.  
 Man's inner life needs God's Light.  
 Man's higher life needs God's Delight.

Again —

Man is God's hope.  
 Man is God's smile.  
 Man is God's pride.

Man is God's hope in his inner life.  
 Man is God's smile in his higher life.  
 Man is God's pride in his outer life.

God's hope is man's possibility.  
 God's smile is man's ability.  
 God's pride is man's necessity.

Truth, the ultimate Truth, plays its role in three different stages of evolution — objective, subjective and absolute.

In the objective, Truth is man's searching consciousness.  
 In the subjective, Truth is man's awakening divinity and  
 in the absolute, Truth is man's fulfilling reality.

In reality man sees the Truth in its universal Form.  
 In divinity man sees the Truth in its theoretical form.  
 In consciousness man sees the Truth in its practical form.

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## THE INNER WAY

(This talk was given by Sri Chinmoy on 26 May 1970 to the members of the United Nations Meditation Group.)

The inner way is the manifestation of the inner creation.  
The inner creation is the revelation of the inner  
realisation.

The inner realisation is the dynamic expression of the  
inner will.

Will is power.

Realisation is peace.

Creation is bliss.

Will tells me what I can divinely do for God and humanity.

Realisation tells me what God unconditionally does for me  
and humanity.

Creation tells me what humanity and I devotedly can do  
for God.

The inner way is the origin of the divine intuition.

Intuition carries us to revelation.

Revelation shows us the real in the ideal and the ideal  
in the real.

Intuition is the certainty of Divinity.

Divinity is the certainty of Immortality.

Immortality is the certainty of Reality.

Divinity's child is man.

Immortality's child is the soul.

Reality's child is light.

**There are two ways: the inner and the outer.**

**To discover the outer way we need outer power — the power of the physical, vital, mental.**

**To discover the inner way we need inner power — the power of the soul.**

**The outer way has always limited vision.**

**The inner way has the ever-lasting and ever-transcending Vision.**

**The vision of the outer way culminates in the fast-approaching tomorrow.**

**The Vision of the inner way which marches along the road of infinity, eternity and immortality, has no journey's end.**

**Constantly, spontaneously, soulfully it is marching towards the ever-transcending and ever-fulfilling Beyond.**

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## **NO CHANCE, BUT GOD'S CONCERN**

**(This talk was given by Sri Chinmoy on 2 June 1970 to the members of the United Nations Meditation Group.)**

**No chance but God's Concern.**

**No golden chance but God's constant Concern.**

**Before I act I need to live.**

**Before I live I need to breathe.**

**Before I breathe I need to know the purpose of my life, the aim of my earthly existence.**

**If the ultimate aim of my earthly existence is to reach the**

**Farthest, feel the Deepest and climb the Highest, then I have to breathe in and out God's Light from God Himself.**

**From whom can I have God's Light? God's Light I can have directly from God when the fleeting moment of my unconditionally surrendered life I offer to God.**

**When can I have God's Light? I can have God's Light when I am consciously aware of the undeniable fact that God loves me infinitely more than I love Him; and also I have to feel that God loves me infinitely more than I love myself.**

**How can I have God's Light? I can have God's Light when I grow into the purest humility of the poor and the mightiest magnanimity of the rich.**

**My humility is my divine brotherhood.**

**My magnanimity is my divine fatherhood.**

**I have to feel that it is God, God alone, who constantly cares for me. I am not afraid of telling anything to the world because I feel that God is speaking through me.**

**I am not afraid of doing anything in the world because I feel that God is acting through me.**

**I am not afraid of transforming the world-nature because I know that God is doing it for me.**

**Finally, I am not afraid of telling that God and I are eternally and perpetually One because God has confided in me that there can be no other truth than this.**

**No chance. There is no such thing as chance. There is only God's constant, selfless, unreserved Concern. This concern is His glowing, flowing and descending Grace.**

**God is concern. This Concern enters into the darkening ignorance and darkened humanity to transform the face of the world only when the earth consciousness is ready to receive God's spontaneous, constant, unreserved Concern, soulfully and unreservedly.**

**No chance but God's Concern. No golden chance but God's constant Concern.**

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### **GOD'S BRIGHTEST HEAVEN AND MAN'S SUREST HAVEN**

**(This talk was given by Sri Chinmoy on 9 June 1970 to the members of the United Nations Meditation Group.)**

**Of all the divine qualities unfortunately Light is wanted the least, even though it is needed most by all. People want Love, Peace, Joy and Power, but very rarely they want Light. Unconsciously or consciously, they are afraid of Light. They feel that the effulgence of Light will uproot the ignorance-tree which they embody. They feel that the divine Light will expose their imperfections, limitations and bondage. This is not true. The divine Light embraces the world in all its ignorance. Something more, the divine Light feels that it is its bounden duty to elevate the human consciousness into the plenitude of the Life divine.**

If the animal in us, if the human in us, really want a  
divine Life on earth, then we have to cry, cry like a child,  
for God's Compassion-Light which is at once God's  
brightest Heaven and man's surest Haven.

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