



Meditation at the United Nations

**Monthly Bulletin of
the United Nations
Meditation Group**



Our Hope For Mankind

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MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

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Since January, 1973, the United Nations Meditation Group has published the monthly bulletin, *Meditation at the United Nations*. This publication offers a basic introduction to meditation techniques and spirituality through questions and answers and lectures, and also reviews the group's activities. Profits from the sale of this bulletin are donated to UNICEF.

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UNITED NATIONS MEDITATION GROUP



WE BELIEVE

. . . and we hold 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.

—*Sri Chinmoy*

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EDITOR'S NOTE

The United Nations Meditation Group consists of U.N. staff members, representatives, delegates and NGO's who believe that a spiritual approach to world peace is inherent in the basic U.N. ideals and can go hand in hand with political striving for U.N. goals. The Meditation Group was inaugurated on April 14, 1970. At that time it invited the well-known mystic and philosopher Sri Chinmoy to lead its meetings in the Peace Room of the Church Center for the United Nations. As its membership increased and the scope of its activities expanded, the Meditation Group began holding meetings Tuesdays and Fridays at 12 noon in the Secretariat.

Staff members of the Secretariat, delegates and representatives from Missions, Specialized Agencies and non-governmental organisations accredited to the U.N. are most welcome to join in these meetings, as well as in our other activities.

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MEDITATION CONFERENCE AT THE UNITED NATIONS

In order to bring into sharper focus the living reality of the U.N. and in conjunction with the opening of the 31st General Assembly the following day, the United Nations Meditation Group held its second annual International Conference on September 20 in Conference Room 3. The all-day meeting, entitled "Inner Flames at the United Nations," explored the role of meditation and spirituality in U.N. affairs. The Conference took an unusual approach in that its morning session was devoted to an inner search through meditation for the present day needs and responsibilities of the U.N.

Sri Chinmoy, Director of the U.N. Meditation Group, opened the morning session, which consisted of silent meditation, performances of classical music and seven songs about the United Nations which were composed by the Director. The session closed with a talk by Sri Chinmoy.

The afternoon programme included speakers Barbara DeLong of HABITAT; Joseph Eger, Director of the U.N. Symphony; Donald Keys of the World Federalists; Louis Longarzo of Caritas Internationalis; Curtis Roosevelt of the U.N. Department of Economic and Social Affairs and William Simmons, Chairman of the Mystic's Roundtable Group at the U.N.

These talks as well as statements from the United States Mission and the Permanent Observer of the Holy See appear below.

SRI CHINMOY

Director, United Nations Meditation Group

Inner Flames at the United Nations

Inner Flames signify aspiration. Aspiration illumines the undivine in us and fulfils the divine in us. Our doubting mind is the undivine in us; our loving heart is the divine in us. The doubting mind unconsciously and consciously tries to destroy the whole world. The loving heart consciously and unreservedly creates a new world: a world of hope, a world of light, a world of delight.

Aspiration is the inner cry. Both God and man have this inner cry. With His inner cry, God claims us. With our inner cry, we follow God. God's inner cry is for our perfection and our outer cry is for God's satisfaction.

We, the members of the United Nations Meditation Group, are each inner flames, and we are each trying with utmost humility and sincerity to be of service to each member of the United Nations, to the dream of the United Nations, to the

pristine purity of the United Nations. Our capacity is very limited, but our willingness, our eagerness, to be of service to each member, to each ideal of the United Nations, is sincere. And this sincerity will one day be proved and marked.

Here at the United Nations, all are inner flames. No matter what an individual's post is, whether he holds the highest post or the lowest, he is undoubtedly an inner flame, for his is the cry which is genuine. Each individual server of the United Nations, irrespective of his nationality or religious and cultural background, is undoubtedly an inner flame. And each flame serves the community of nations according to its capacity and according to its receptivity.

The original and pioneer flame was President Wilson. His dream of the League of Nations has blossomed into the United Nations. Once it was a tiny plant, but now it has grown into a huge banyan tree. It was the plant that embodied the inner flame; and now, as a huge banyan tree, it has countless flames.

God and Truth are one and inseparable. Truth and Light are also one and inseparable. Truth, when it starts manifesting itself, takes the form of Light, and this Light illumines and fulfils the seeker in us.

The seeker in us always wants to satisfy the little world and the big world. The world that we claim at the beginning of our life—our home, our

parents, our brothers and sisters, our relatives—is the little world. But as our vision increases, as we look around and see a bigger world, an unhorizoned world, awaiting us, at that time we claim the big world as our very own.

Each individual who has come to serve the United Nations represents his own country, his small world. But when he becomes part and parcel of the United Nations, the big world, at that time he is for all, for entire humanity. He started his journey with his own country and then he arrived at the goal of goals: universal oneness.

The United Nations wants to solve all the world problems; it is more than eager to solve all the problems that the world could ever imagine. In various ways it is trying to solve the world's problems lovingly, devotedly, soulfully and unreservedly. A problem indicates confusion, a problem indicates the dance of ego, a problem indicates human weakness. Each problem can be solved and will be solved by only one thing and that is the message of union. This union comes to the fore only when we kindle the inner flame. We, as seekers, know perfectly well that it is the inner flames that are burning inside all the members of the United Nations that are inspiring the members to solve all the problems of the world.

Today's meeting is honouring the General Assembly. At the General Assembly, each individual nation comes to offer its light, truth, willingness-

capacity and sense of oneness. Each country embodies truth and light in its own way. But each country feels and knows in the inmost recesses of its heart that the light and truth it embodies cannot be sufficient; therefore, it tries to accept and receive light from other countries. Similarly, each flame that each individual embodies cannot be sufficient to solve any world problem or to illumine world-ignorance. What is needed is the unification of all the flames that are here, there and everywhere. So all the flames that are here have to be collected so that they can muster their joint strength. At that time, the ignorance-dream that separates one country from another, one man from another, can no longer last. It will be replaced by Wisdom-Reality. And what is Wisdom-Reality? Wisdom-Reality is the song of oneness. This song of oneness is founded only on self-giving, which is nothing short of truth-becoming. And truth-becoming is oneness with the all-embracing, all-loving, all-illuminating and all-fulfilling Reality.

The higher reality is the soul in us, the lower reality is the body-consciousness which we are right now. The lower reality aspires to grow into the higher reality. The higher reality inspires us. A great many individuals think only of the lower reality, the body-reality, as the United Nations building, where thousands of human beings are serving towards one cause. The building-reality, the body-reality, of the United Nations immedi-

ately captures their minds. The outside world does not easily think of the soul-reality, which is the real reality, of the United Nations. But it is the loving souls, the illumining souls of the United Nations, that guide the body-reality or try to guide it. The day will come when the outer world will realise that looming large inside the body-reality is the soul-reality.

We the seekers and members of the United Nations Meditation Group are trying to serve both the soul-reality and the body-reality according to our very limited capacity. Our capacity is very, very limited, but our sincere efforts we place at the Feet of the Inner Pilot of the United Nations. This Inner Pilot is our faith-maker, the Author of all good, God. It is the Creator in God and the creation-fruit that is all light and life and perfection.

MS. BARBARA DeLONG
Member, HABITAT Secretariat

As you know, HABITAT: United Nations Conference on Human Settlements, was one of a series of large inter-governmental conferences on major problems facing our society which have been held in the past few years by the United Nations for improving the quality of life.

HABITAT was held in Vancouver, B.C., Canada at the end of May this year. At that time,

representatives of nearly all the Member States of the United Nations met together to discuss the problems of where and how people live in villages, towns and cities in every climate and culture, in all nations of our present world. I was fortunate enough to attend the Conference as a part of the HABITAT Secretariat.

During the Conference, I was aware that the consideration of the crisis that the world is now facing in human settlements naturally encompasses both the physical and spiritual needs of the world's people. For these two aspects of human existence can never be separated. Without a secure and livable environment, we will never be free to enter into the search for a deeper, spiritual knowledge of our lives; and, at the same time, by our aspiration, prayers and meditation, we actually create the forces of peace, beauty, harmony and love for one another which alone can *permanently* correct the harsh and often unpleasant realities that we face in our present environment.

The first goal or objective of the Conference was: "To proclaim and ask all nations to subscribe to a commitment pledging that the future human settlements of the world will be places of human dignity and well-being." Tacitly understood in this statement is the fact that in our attempts to practically correct, rebuild and remodel our human settlements, the spiritual values and needs of men and women must also be considered, honoured and protected.

We commemorate today the opening of the 31st General Assembly. Another major goal of the HABITAT Conference, that of approving a proposal of institutional arrangement for international co-operation in the field of human settlements, will be considered and decided upon by this General Assembly. We are reaffirming here our belief in the ideals of the United Nations and rededicating ourselves to these goals. Not only as a representative of the HABITAT Secretariat, but personally as a member of this United Nations Organization and of our human family, I sincerely hope that this Conference will indeed inspire a spiritual awareness in the consideration of this important human settlements question and the other important issues that will be taken up at this session of the General Assembly.

MR. JOSEPH EGER

Director, Symphony for the United Nations

Good afternoon. I hesitate to break the beautiful silence. The only thing that I value as much as silence—and maybe it is the same thing—is music; because just as silence is a common denominator, so is music. We of the Symphony for the United Nations are a group of people dedicated to the idea

that it might be worthwhile to explore and harness the power and the emotion of music to improve communications among peoples. It may be a very modest purpose, or it may be a very ambitious purpose.

We define music differently than some cultures do and one of the reasons I'm happy to be here is because of that redefinition. In some cultures represented here in the United Nations, the word for sound is "God." God is music. Quite a few hundred millions of people on this earth believe that and use words in this way. In many other cultures, including our Western culture, we often deify musicians. I venture to say that some of the pop stars or the rock stars or musician stars have a larger constituency than, perhaps, most of the politicians whether they be in government or out. For music seems to cross so many barriers. We of the Symphony for the United Nations are trying to utilise music to cross barriers, just as the United Nations itself provides a forum for people to come together and communicate verbally rather than communicate by fast-traveling missiles called bullets and bombs and such.

Another reason I'm happy to be here is because I've been studying, among other philosophers, the works of Sri Aurobindo—a man who, I understand, Sri Chinmoy also studied considerably more than I. I'm fascinated by Sri Aurobindo's teachings because they so parallel my own life's conflicts.

On the one hand, I do believe, with all my heart, that we are one, that all humankind is basically one. We're united. On the other hand, I do believe with all my heart, that in this very real world there are forces which are unbelievably destructive and hurtful and exploitative. Sri Aurobindo, who was a great saint, didn't climb to the top of a mountain and meditate there all his life. In fact, he spent a lot of time in jail because he believed that India should be free and he believed in the pursuit of truth. So evidently he has this conflict as well, but maybe it's not a conflict after all. Maybe it's the same thing. Maybe the pursuit of truth and the fight against untruth are part of the same oneness. And perhaps, I don't know if I sound clear to you—it's a little unclear to me still—but perhaps in pursuing truth we can find a deeper oneness. And perhaps this is the better way to fight untruth, pollution, corruption, war, destruction, sickness, mind pollution and all these things that we talk about as being evil. Perhaps these forces can be drawn toward truth. In any case, that seems to be what I'm dedicating myself to and our organisation seems to be dedicating itself to.

We are not formally connected with the United Nations, although we have a number of your top officials who are on our board and committee. We are an independent organisation, dedicated to the same ideals and aims of the United Nations, like U.N. We Believe or the United Nations Associ-

ation. And we are a new organisation; we made our debut last October on United Nations Week. We have now representations from all over the world—some of the top artists and musicians from the Communist world, the Middle East, the Far East and the Western World. We are planning international festivals, workshop forums, concerts and the use of all music—not only one kind of music, but all music from all cultures—to improve relations and communications. Hopefully we'll be a tiny step toward a world of peace.

So I'm glad to be here today and I'm glad to share the quiet and the peace of this room. I hesitate to use the word "pray" because I was a lifelong atheist until I realised how religious I really am. But I do pray that we can spread the awareness—and that's all it is—of what already exists. And that is the flame in all humankind, the divinity, if you will, in all humankind.

Thank you.

MR. DONALD KEYS

World Association of World Federalists

Thank you. Here we are on the eve of the 31st session of the United Nations General Assembly, which will mark a few more small steps in the edging forward of the human community in manifesting and actualising the values, goals and ideals

of the United Nations and of the many faiths which mankind embraces. It will include a few historic events. For instance, in a neighbouring conference room, we have the first meeting of a committee established under the terms of the International Covenant on Civil and Political Rights. For this is the year in which the two Covenants on human rights have, after these many years, entered into force. And this is a step towards the implementation in human affairs on a planetary scale of the human rights in which we have always believed. This will be a General Assembly in which progress towards independence and freedom in Rhodesia, Namibia and South Africa will be advanced. For many years now, we have had seemingly endless resolutions on these subjects, a litany, some thought, of futility and frustration. But now we see that human events have taken another turn. And this year, those same resolutions will be marked by new hope and new possibilities for their actualisation. There will probably be a decision taken to hold a special session of the General Assembly on disarmament. In fact, this will be in lieu of a world disarmament conference to which two of the nuclear powers have objected. So, again the members of the General Assembly have found a way, and thus a conference on disarmament will probably take place in 1977. We shall see progress made toward the holding of a worldwide conference on water, one of the fundamental elements of human life,

now recognised as a global problem in the global context of human need. We shall also see steps taken by the members to bring closer to realisation the goals and values which the United Nations holds in trust as the representative of the soul of humanity and of the planet at large. Those realisations and accomplishments, in the end, rest on the fortitude and aspiration of those who work ceaselessly and courageously for them. We find among the members of the Secretariat, members of the delegations and members of the non-governmental organizations, individuals who have identified themselves with that effort, who see themselves as among the trustees of mankind and who are making every effort toward realising that trust. Let us pray together that this 31st Assembly will mark another substantial advance in their collective task.

Thank you.

DR. LOUIS LONGARZO

Caritas Internationalis

My dear friends of the spirit, I would like to share with each and every one of you a reflection on the virtue of integrity. Spiritual values and approaches are enduring and formidable forces in shaping character, institutions and events. Multitudinous documents and millions of words flow

through the United Nations system annually. But the credibility, the solidity, and the vitality of the U.N. system hinges on the men and women of integrity in the Secretariat, delegations, NGOs and national political leaders. They are the salt, light and cement of the U.N. system. The Charter of the United Nations recognizes the paramount importance of integrity in Article 101, section 3. And I quote, "Paramount consideration in the employment of staff and in the determination of the conditions of service shall be the necessity of securing the highest standards of efficiency, competence and integrity."

Integrity implies wholeness, unity, honesty, purity, humility, trustworthiness, truthfulness. It cannot be bought. It must be earned through daily conquest of trials, tribulations and temptations; through steady commitment and daily application of the highest moral, intellectual and spiritual values in our lives. The apathy, despair, cynicism and pessimism that exist in so many quarters today flow from the lack of integrity of men and women in high position, who abuse their trusts, who can be bought for a price, who are easily corrupted, who are tempted to abuse power and fail to serve the common good. So then, if we want to truly strengthen our respective countries and the United Nations system, let all of us individually and collectively pursue in everything we say and do, integrity. Shakespeare aptly summed it up. And I

quote, "To thine own self be true. Then it must follow, as the day the night, you cannot be false to any man."

MR. CURTIS ROOSEVELT

*Department of Economic and Social Affairs
Office of the Under-Secretary-General*

This is an informal and quiet day, and my remarks are impromptu, sparked by Louis Longarzo's reference to integrity.

Some of you have been in the Secretariat for a brief while, and others have been a long while. Some, twenty-nine years; some, like myself, only twelve years. But the longer you are in the Secretariat, the more you realise how difficult it is to maintain your integrity. I think I'd like to spend a minute or two exploring the dimensions of integrity, not in the general sense, but in the particular sense of integrity for someone who endures the Secretariat for any number of years. I am speaking as someone who is presently in charge of organising a staff development programme in the Department of Economic and Social Affairs. So, I spend a bit of time thinking about the subject of integrity.

There is a professional integrity, there is the integrity of an international civil servant, or anyone, for that matter who works in the United

Nations system; and then there is the personal integrity that we have as individuals. Somehow in the Secretariat, perhaps because we are in many ways isolated, all three come together. The longer you are here, the more you see they are one and the same.

. . . A certain sense of personal integrity . . . is the only thing that really prevents you from spiralling downhill as a professional, spiralling downhill as an international civil servant. The only thing that keeps you on a level, or hopefully moving occasionally upwards, is a sense of your personal integrity. And that, of course, is arrived at by your meditation and, I think, without a doubt, by your own spiritual values.

MR. WILLIAM SIMMONS

*Chairman, United Nations Mystic's Roundtable
Discussion Group*

Distinguished delegates, staff members, visitors, on this auspicious occasion, as Chairman of the United Nations Mystic's Roundtable Discussion Group, we would like to identify ourselves with the motto the United Nations Meditation Group has chosen for this day's conference: "Inner Flames." We are all inner flames. Those of us who are now in the mystical path are all inner flames within the con-

text of humanity. Those of us who understand the meaning of humanity would know that humanity taken collectively is simply one body. We are the cells of humanity. We are therefore the inner flames of that mystical body. And as we develop ourselves, as we allow that light, which is within us, to shine forth, so do we enlighten and illuminate the body of humanity. What the United Nations Meditation Group is doing is not new; it is old. But the world has forgotten the ancient teachings. I sincerely hope that, with the opening of this Conference, the hearts and minds of the distinguished delegates will be touched spiritually; that we who know the path and who have taken that step would, in our meditations, influence them spiritually with the vibratory powers of a united meditation; that not only will this Conference be productive but that the future of the world itself will be spiritually illumined.

Thank you.

THE DEPUTY REPRESENTATIVE OF THE UNITED STATES
TO THE UNITED NATIONS

September 17, 1976

Dear Mr. Keefe:

On the occasion of the beginning of the 31st Session of the General Assembly, I should like to reaffirm my support of the enduring ideals of the United Nations. The United Nations continues to represent a unique opportunity in the hearts and minds of mankind throughout the world for cooperation and the advancement of universally held goals. It must have the whole-hearted support of individuals and their spiritual dedication. As an avenue for expression of this dedication, the United Nations Meditation Group is to be commended for keeping the need for support of the United Nations high in public consciousness.

Yours very sincerely,



W. Tapley Bennett, Jr.

Mr. A. Kevin Keefe
Conference Co-Ordinator
United Nations Meditation Group
Room A-515, United Nations
New York, New York

The Office of the Permanent Observer of the Holy See to the United Nations, which also held a programme for their staff reflecting on the upcoming General Assembly, expressed their joining in spirit with the Meditation Group Conference and sent a section of Pope Paul's Message from this year's Day of Prayer for Peace.

“It is necessary before all else to provide peace with other weapons. . . . What is needed above all are moral weapons, those which give strength and prestige to international law. . . . moral principles which already exist, but still in a theoretical and in practice immature, weak and tender state, are only at the beginning of their penetration into the profound and operative consciousness of Peoples. . . .

“Let us remember the pledge we give to be forgiving and to pardon when we invoke God's forgiveness in the ‘Our Father’. We ourselves lay down the condition and the extent of the mercy we ask for when we say: ‘And forgive us our debts, as we have forgiven those who are in debt to us’. . . . This is a lesson to be meditated on still more and to be applied with confident courage.

“Peace expresses itself only in peace, a peace which is not separate from the demands of justice but which is fostered by personal sacrifice, clemency, mercy and love.”

MEDITATION FOR DAG HAMMARSKJOLD

On 17 September 1976, the anniversary of Dag Hammarskjöld's death, the members of the United Nations Meditation Group gathered for a few minutes of silence in the Meditation Room of the United Nations. Afterwards Sri Chinmoy spoke about the experience.

This is the first time that all the members of the Meditation Group have gone to the Meditation Room and meditated together. This is a significant occasion for us. But something infinitely more important, this is our soulful tribute to the immortal memory of the U.N. Pilot, Dag Hammarskjöld. We went to the Meditation Room to observe the anniversary of his death. According to human wisdom, death is a halt, where all movements cease for good. But according to divine wisdom, death is a step we take while walking along Eternity's road.

We went there to observe the passing, or the extinction, of Dag Hammarskjöld's body-consciousness. This is what the outer world will say. But the inner world tells us that we did not go there to observe the extinction of anything. We went to observe the illumination of a great soul, a sublime soul. His mind was illumined, his heart was totally awakened and his soul was fulfilled.

When we think of the Secretary-General Dag Hammarskjöld, we come to realise that in him the great battle, the age-long battle between mind and heart, had come to an end. In him, the mind and the heart became good, intimate friends. We all know that when there are two friends, both friends walk together towards the same destination. But in his case, we observe something extraordinary. The mind went along the road of illumination and the heart marched along the road of liberation. However, they were in perfect conformity to one another, in perfect understanding. We think that if two persons are true friends, then they must walk together. But this is not necessary. If there are two goals that eventually merge into one goal, then these subordinate goals must be reached before we reach the ultimate goal. Illumination was the first goal, which his mind wanted to attain, and liberation of the aspiring heart was the second goal, which his heart wanted to achieve. So his mind went to the illumination-shore and his heart went to the liberation-shore. Then from the liberation-shore and the illumination-shore, the mind and the heart together went to the Perfection-shore. The Perfection-shore is the ultimate goal of each human being.

When we observe a thing with our physical eyes, with our naked eyes, we see a loss and gain, failure and success. But when we use our inner eye, our third eye, we see that there is no such thing as loss

or gain, failure or success. On the physical plane, definitely it is a terrible loss for such a great soul, such a good soul, to leave the body in a plane crash. What an unfortunate experience for humanity to have. But from the spiritual point of view, it was not an accident, but a glowing reality that was entering into the ever-glowing, illumining and fulfilling Reality.

Here we are all seekers. Dag Hammarskjöld was a seeker in the purest sense of the term; he was a seeker of the highest order. His heart cried for the satisfaction of mankind. His mind cried for the illumination of mankind. His body, his physical consciousness, is nowhere to be found; it is all in the elemental sheaths. But his soul is not only in Heaven but also on earth. The soul-bird flies from Heaven to earth, from earth to Heaven. When it comes to earth, it comes with new hope, new light, new illumination, new compassion and new consolation. Then it becomes one with us. And when it flies to Heaven, it carries our inner cry, inner thirst and inner hunger. It also carries our insufficiencies, our weaknesses, our misunderstanding, our lack of sympathy and oneness. It carries to Heaven all the darkness of the unlit strangling world that we live in or have created for ourselves. Each time the soul of this great seeker, Dag Hammarskjöld, comes down, it brings down for us at the United Nations and for seekers all over the world the hope that awakens mankind, the consolation that sustains

mankind and the compassion that eventually lifts up humanity's fate to the golden Heights of Tomorrow's Dawn.

QUESTIONS AND ANSWERS

Sri Chinmoy answered the following questions during a meeting of the United Nations Meditation Group on 21 September 1976.

Patrick Brown: How can we stay in the heart when we are doing tasks which involve the mind?

Sri Chinmoy: We can remain in the heart, even when the mind is necessary to perform specific tasks, if we know that we are not the mind or the body or the vital, but the heart. If we know that we are nothing but the heart and that we have nothing but the heart, then automatically everything that we do is being done in and through the heart. Now we feel that we have a mind, we have a vital, we have a body, we have a heart and we have a soul. But if we feel that we have only one thing, the heart, then naturally we will use only that one thing when we want to achieve something or give something.

If we feel that we have many levels of being then naturally we will be tempted, we will be inspired to use all these when we feel it is necessary. But if we can make ourselves feel that what we have and what we are is the aspiring heart, then the consciousness of the heart will come to the fore and inundate the whole body from top to bottom,

from the sole of the foot to the crown of the head. If I repeat "I am the heart, I am the heart," then we will only have the heart's consciousness no matter what we do. Then the problem of the mind's involvement in our activities will not arise. For we are not using the mind as such; we are using only the thing that we claim to be our own, our very own, and that is the heart.

So if you always think of yourself as the all-loving heart, all-illuminating heart, then the heart itself will take care of the so-called problems that we face every day in our multifarious activities.

Nicole LaFleur: What are the major qualities of the United Nations soul?

Sri Chinmoy: There are many, many qualities but universal oneness is the most important quality that the soul of the United Nations wants to offer. This universal oneness houses both the one and the many. The United Nations is like a tree with countless branches. Here many have become one and, again, one has become many. This moment the United Nations is the tree; the next moment it is the countless branches. A tree without branches is not a tree. Again, if the branches do not belong to a tree, then they cannot exist. Many become one for realisation and one becomes many for manifestation.

Joe LaGalia: What do the delegates and ambassadors who are participating in the General Assembly offer to the United Nations spiritually?

Sri Chinmoy: I am giving only my own inner feeling. Since all the delegates, all the diplomats, have a heart and a soul, they have the best intention to serve mankind as such. From the practical point of view, they may not succeed. But their intention is always good. Otherwise, they would not come to the United Nations to be of service. Their inner motive is excellent. However, when we try to do things on the outer plane, we often meet with countless problems. If we give way to these problems, then we don't succeed.

But all the diplomats and delegates have something spiritual to offer. They have come, first of all, to serve their country, their nation. Their nation is not one person but thousands and millions of people. They represent their nation, so millions of people are inside them, speaking through them to the world at large. So the message that the ambassador of a nation gives is something that the nation wants the whole world to hear. It is the nation's collective freedom or collective contribution to mankind that the ambassador is offering. Therefore, we must realise there is something deep or meaningful inside him, something fruitful inside him. This very thing, on the outer plane, may not bear fruit all at once. But just because it does not

bear fruit immediately, we cannot say that the nation does not have a good motive or that the individual who represents the nation has a bad intention.

Each delegate is a human being and each human being has a soul. That means a solid portion of God's Consciousness-Light is inside each individual. Each individual has the capacity, the potentiality, the needed power to serve mankind spiritually. But it takes time. Some individuals open up to the light sooner than others. But nobody—no diplomat or delegate or individual—can live without in some way offering to the Source the love, concern, sympathy, compassion, devotedness and all the other good qualities that come from the Source.

Question: What should our attitude be toward working at the United Nations?

Sri Chinmoy: Our attitude should be one of conscious self-giving. This self-giving can take various forms on the outer plane. Here we are dealing with many individuals. If we find it difficult to give ourselves to many individuals, many countries, at least we can have an attitude of forgiveness. We forgive in order to make forward progress.

If we have so-called enemies, then we will all the time harbour evil thoughts towards our enemies. When we feel that we have enemies around us we actually forget our own goal. We think only of our enemies—how to conquer them, how to annihilate

them. This becomes our goal. Then what kind of progress are we going to make?

So the best attitude is to always think of the goal. The goal is always found in self-giving. The more we can give soulfully, the sooner we shall get satisfaction in what we are doing or what we are growing into. Each individual knows how to offer something to the world at large. Each individual knows how to offer something to his body, vital, mind, heart and soul. Only we have to do it.

We create thoughts, ideas and ideals. Let us say that a thought has entered into our mind. Immediately if we want to nourish that thought, we can put a good feeling into the thought. And that feeling comes from the heart itself. If we do not nourish the thought with our heart's psychic feelings, the thought remains powerless; it remains unfulfilled. Here we are talking about attitudes on the mental plane. But the real divinity, or the real essence of anything divine, lies only inside the heart. So anything that we see in the form of creation or anything that we create ourselves must be nourished by the feelings of the heart.

At every moment we can be attacked by negative thoughts, assailed by undivine thoughts. Again, at every moment with our inner will we can create good thoughts, loving thoughts, illumining thoughts, fulfilling thoughts. These thoughts can only function properly when we have an inner feeling from the heart.

The feelings of the heart we can increase only by self-giving. Right now we use the term "self-giving" precisely because we have not sufficiently cultivated or developed the capacity that makes us feel that we are of the one and for the many. We have not yet discovered our universal oneness. But once we have discovered our oneness with the rest of the world, then it is not self-giving; it is only the fulfilment of our own inner awakening. When my hand does something for my leg or vice versa, they do not take it as self-giving. Hand and leg are part and parcel of one reality; they are one reality.

Unfortunately, at the present state of our evolution, our limited vision has not granted us the capacity to feel everyone as our own. So let us start with the idea of self-giving. We shall give what we have and what we are; we shall give our good thoughts.

So the best attitude right now is the attitude of self-giving. If there are adversaries, wrong forces or others who do not see eye to eye with us, then we have to move forward on the strength of our forgiveness-capacity or our forgetfulness. We shall not forget our ideal, no. We will forget only unhappy, unhealthy experiences that we get from others while we are trying to serve the divine purpose within us.

THE FACE OF TRUTH

On Friday, 24 September 1976, Sri Chinmoy delivered the sixth lecture of the 1976 Dag Hammarskjöld lecture series at the United Nations.

A seeker wishes to see the face of truth in spirituality, in religion, in love, in brotherhood, in every field of reality, in every branch of the reality-tree. But unfortunately, the face of truth is not to be found there. The face of truth is found only in longing, in the longing for truth. Not only the face of truth, but the very heart of truth, is to be found only in the longing itself. What is truth? Truth is the longing, the birthless and deathless longing which we have and which we are. This is the only truth—nothing more, nothing less.

Some seekers are of the opinion that truth is not to be found here on earth, that truth belongs to the hoary past, that it is a memory of the past which we are carrying and dragging. But this is not true. Truth was there before, truth is here now and truth will also be present in the future.

The truth of the past is the truth-beauty in God's cosmic Vision. The truth of the present is the truth-duty in God's cosmic Realisation. The truth of the future is the truth-infallibility in God's cosmic Manifestation.

Here on earth, a seeker notices three kinds of truth: peripheral truth, median truth and core truth. Peripheral truth says that there is no love. "Love is the essence of life, but there is no love on earth."

Median truth says love and be loved. "I love mankind; therefore, it is obligatory on the part of all human beings to love me."

Core truth, the truth of the inmost reality, says, "I love God the Creator, for He is none other than Love. I love God the Creation because it is nothing other than love."

Truth needs a possessor, a revealer and a fulfiller. The truth-possessor is he who is at least a few centuries in advance of his time. The truth-revealer is he who stands in front of humanity, facing humanity. He enters into humanity's countless needs and transforms humanity's needs into deeds. The truth-fulfiller is he who lives only for humanity, for humanity's sake. Unless and until each human being becomes a perfect instrument of the Absolute Supreme, the task of the truth-fulfiller is not complete.

A seeker of the highest, ultimate Truth, a seeker who has established his constant oneness with the Absolute, can at once be a truth-possessor, truth-revealer and truth-fulfiller, on the strength of his oneness with the perennial Source, his oneness with the Transcendental Light, the ever-transcending Transcendental Light.

Here we are all seekers, seekers of the United Nations, for the United Nations. The United Nations itself is both the seeker and the truth. When we look at the body-reality of the United Nations, we see that the United Nations plays the role of the seeker. But when we look at the soul-reality of the United Nations, then we see that the United Nations is nothing short of Truth and Light and Delight.

The seeker in the United Nations is becoming and growing into the truth-reality, and the truth-reality is constantly unveiling its hidden treasures—its immortalising, all-illumining and all-fulfilling treasures. These treasures are concern, sympathy, union, oneness, justice-light, perfection and, finally, satisfaction in all that the United Nations does and all that the United Nations is going to do. The United Nations is growing into the perfection-tree that will offer its branches of concern, sympathy and oneness to humanity.

When we seek, we long for a reality. When we long for a reality which is other than our true self, this reality will always remain a far cry. If we live in the body-reality and, from the body-reality, if we want to reach the soul-reality, then we shall never succeed. But if we can dare to say and feel there is only one reality—the soul-reality—which is founded upon our oneness-reality, our universal oneness-reality, our transcendental oneness-reality,

then only can we safely say that inside our longing itself is the birthless and the deathless Truth. Then we can say that our longing itself is the everlasting Truth, the immortal Truth, the eternally transcending Truth, the infinitely fulfilling Truth.

"MEDITATIONS FOR THE WEEK"

The following "Meditations for the Week" cards were offered to all who attended the regular weekly meetings of the Meditation Group.

My outer confidence is my inner surrender.
7-13 September
U. N. Meditation Group



Love swiftly discovers oneness.
Oneness quietly invents delight.
14-20 September
U. N. Meditation Group



C. G. G.
Sep 27 '52

Peace begins when expectation ends.

21—27 September
U.N. Meditation Group

He alone is my friend who dares to correct me.
He alone is my foe who is afraid of silence.

28 September—4 October
U.N. Meditation Group



C. G. G.
Oct 4 '52

MUSIC SECTION

Following are two songs in a series Sri Chinmoy is composing and dedicating to the United Nations.

O WILSON'S LEAGUE OF NATIONS

O Wilson's League of Nations pure,
No more your dream remains obscure.
Behold your tree, its fruit and flower
Dancing in the world of oneness-hour.

$\text{♩} = 100$

The musical score is written on five staves in a single system. It begins with a treble clef, a key signature of one flat (B-flat), and a tempo marking of quarter note = 100. The first staff contains the first line of music with the lyrics 'O Wil-son's League of Na-tions pure---,'. The second staff continues with 'No more your dream---- re----mains ob----scure---' and ends with a 'fine' marking. The third staff has the lyrics 'Be-hold your tree, its fruit----- and----'. The fourth staff continues with 'flo-----wer, Dan-----cing in-- the--'. The fifth staff concludes with 'world of one-----ness-hour----' and a 'Da capo (without repeat)' instruction. The music features various rhythmic patterns, including eighth and sixteenth notes, and rests. There are also some handwritten annotations like '4' and '5' below the notes in the fourth and fifth staves.

O Wil-son's League of Na-tions pure---,
No more your dream---- re----mains ob----scure---
Be-hold your tree, its fruit----- and----
flo-----wer, Dan-----cing in-- the--
world of one-----ness-hour---- Da capo
(without repeat)

O BODY OF THE WORLD

O body of the world,
 O soul of the world,
 In you the nest of
 Cosmic Oneness rest.
 Yours is the nectar-role,
 Our soul's desire to grow
 In your duty's vision-glow.

♩ = 112

The musical score is written on five staves in a single system. It begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). The tempo is marked as quarter note = 112. The music consists of a single melodic line. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes. The score includes a repeat sign at the beginning, a 'fine' marking above a double bar line, and a 'D.C. (w/o repeat)' instruction at the end. There are also some performance markings like '3' and '5' above notes.

O bo-dy of the world, O soul-- of the world,
 in you the nest of cos---mic one---ness
 rest----- *fine* Yours is the nec-tar role-----,
 our soul's de-sire----- to----- grow-----
 in your du-ty's vi-----sion glow----- D.C.
 (w/o repeat)

SEPTEMBER ACTIVITIES

In addition to its regular Tuesday and Friday meetings, the Meditation Group sponsored the following activities:

The United Nations Meditation Group
cordially invites you to participate in

The Second Annual International United Nations Meditation Group Conference

on the theme
"Inner Flames at the United Nations"
held in conjunction with the 31st Anniversary of the United Nations

"We are faced...with different aspects of a single over-all problem: the survival and prosperity of all men and women with their harmonious development, physical as well as spiritual, in peace with each other and with nature."
—Kurt Waldheim



"I have certain priorities in regard to virtues and human values...I would attach greater importance to moral qualities or moral virtues over intellectual qualities or intellectual virtues...and above all, I would attach the greatest importance to spiritual qualities."
—U Thant



"...But common to us all, and above all other convictions stands the truth, that the greatest prayer of man does not ask for victory, but for peace."
—Dag Hammarskjöld



"...The one common undertaking and universal instrument of the great majority of the human race is the United Nations."
—Trygve Lie



AGENDA MONDAY 20 SEPTEMBER

MEDITATION AND MUSIC

9:00 a.m. — 12:00 noon Conference Room 3

Please join us at any time during our meditation session for world peace, led by Sri Chinmoy, Director of the United Nations Meditation Group, with music dedicated to the United Nations.

LUNCHEON

12:30 p.m. — 1:30 p.m. Church Center for the United Nations, Second Floor

Special International Vegetarian Luncheon. All are welcome. Tickets sold at the door (\$3.00), or by reservation: call Mr. Sims, Ext. 6188.

Menu: Onion Soup, Eggplant Parmegian, Spanakopeta, Vegetable Kebabs with Basmati Rice and Chutney Sauce, Garden Salad with Herb Dressing, Homemade Bread, U.N. Anniversary Cake.

SPEAKERS

2:00 p.m. Conference Room 3

Address on the theme "Inner Flames at the United Nations" by Sri Chinmoy

Guest speakers from the U.N., political and spiritual communities.

BAKE SALE

All homemade baked goods

Cakes

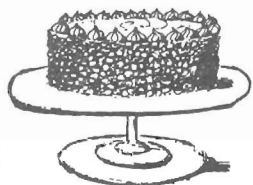
Pies

Cookies

Pastries

Breads

Our Special Cheesecake



WEDNESDAY 8 SEPTEMBER
12:15 - 2:00
CONFERENCE ROOM DC-1992
UNDC BUILDING

JUICE SERVED WITH BAKED GOODS

BUY FOR YOUR FAMILY AND FRIENDS

Sponsored by the United Nations Meditation Group

You are cordially invited to:

“Jharna - Kala Fountain - Art”

A 30-minute colour film depicting the remarkable achievement of a contemporary spiritual artist painting 10,000 paintings in 100 days.



Thursday, 16th of September
7 p.m.
20th floor Conference Room
Lexington Avenue Building
1485 Lexington Ave.
[between 46 and 47 Streets]

Admission free

Light Refreshments

Sponsored by The United Nations Meditation Group

UNITED NATIONS
DEVELOPMENT PROGRAMME



PROGRAMME DES NATIONS UNIES
POUR LE DEVELOPPEMENT

PAUL HOFFMAN STAFF ASSISTANCE FUND

ONE UNITED NATIONS PLAZA
NEW YORK, N.Y. 10017

TELEPHONE: 754-1224

CABLE ADDRESS: UNDEVPRO • NEW YORK

REFERENCE:

21 September 1976

Dear Ms. Gershon,

On behalf of the Paul Hoffman Staff Assistance Fund I wish to thank you and the United Nations Meditation Group for their generous contribution to the Fund. The check in the amount of \$50 which you have sent us under cover of your letter of 9 September will certainly be used to help in case of emergency.

Yours sincerely,

A handwritten signature in cursive script that reads "Gordon Havard".

Gordon Havard
Chairman

Paul Hoffman Staff Assistance Fund Committee

Ms. Gail Gershon
Secretary
United Nations Meditation Group
Room 3001
United Nations, New York, 10017