



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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DEDICATION
TO THE UNITED NATIONS
AND TO THE
SECRETARY-GENERAL'S OFFICE

On 1 October 1976 the United Nations Meditation Group sponsored a panel discussion exploring the role of the United Nations Secretary-General. Sri Chinmoy, Director of the Meditation Group, opened the session, held in the Dag Hammarskjold Auditorium, and also served as moderator. Speakers were Mr. Robert G. Muller, Director and Deputy to the Under-Secretary-General for Inter-Agency Affairs and Co-ordination and Mr. Donald Keys, United Nations representative for the World Association of World Federalists.

Sri Chinmoy: Today's programme is dedicated to the United Nations and to the Secretary-General's office. May I request that all of you offer a soulful prayer and your loving gratitude to the United Nations and to the office of the Secretary-General. What the United Nations has been doing for mankind and what the Secretary-General has been doing through his service to the United Nations and to the world are most exemplary. To the Secretary-General and to each member of his office we wish to offer now our soulful prayer.

Our first speaker is Mr. Robert Muller, Director and Deputy to the Under-Secretary-General for Inter-Agency Affairs and Co-ordination. You have

come to offer us your illuminating thoughts and wisdom. We are extremely grateful to you for your kind and gracious presence here.



Speaker Robert Muller

Mr. Muller: It is a great honour for me to have been asked to offer a few thoughts on the office of the Secretary-General. I have had the privilege of being associated with two Secretaries-General and of seeing how the daily life of the head of the United Nations Secretariat unfolds.

There are many beautiful human stories I could tell you about the work of the Secretary-General. But it is very difficult in ten minutes to give you even a glimpse of the host of problems that reach his office. Indeed, there is scarcely a problem on earth, which, sooner or later, does not call for his attention. Yes, the Secretary-General has the most challenging, most interesting and, sometimes, most frustrating job on earth.

The shortest definition I can give of the role of the Secretary-General is that he is the eyes, the ears, the brain, the heart and the voice of humanity.

He is the eyes and the ears of humanity, for he is the head of a family of organisations which comprises today 16 specialized agencies and 14 major programmes and several centres, including a United Nations University.

Governments have entrusted each of these agencies with the task of examining one particular facet of the fate of mankind on this planet—food and agriculture, industry, health, trade, education, employment, our climate, communications, the environment, children or refugees. There is

scarcely a problem—from outer space to the atom, from the atmosphere to the sea-bed, from the environment to microbiology—for which there is not an agency or intergovernmental arrangement called upon to provide mankind with a diagnosis of this particular aspect of the human condition.

This Copernican overview reaches the Secretary-General throughout the year and, more particularly, when he meets with the heads of the U.N. agencies in a kind of world cabinet meeting twice a year. At these reunions, he and his colleagues review all major aspects of human affairs.

The Secretary-General is the ears of humanity, for he sits in the General Assembly and listens to the voices, aspirations, beliefs, dreams, differences, problems, complaints and misfortunes of all nations. For the first time in human evolution there is a meeting place where the fate of the whole human race is being discussed by representatives from all regions of the globe and where a way is being sought, often awkwardly, clumsily and hesitantly, but generally in the right direction, to improve the future of mankind on this planet.

He hears also in the privacy of his office and conference room of impending conflicts, threats, hijackings, hostage-takings and natural disasters on which he is requested to help and to mobilise world public opinion and international co-operation. One must have worked with the Secretary-General to appreciate the number, variety and extent of such

demands. Alas, nobody will ever know how many conflicts and grave international situations have been avoided thanks to the role of the Secretary-General.

He is also the brain of mankind, for he is one of the best informed people on the earth's condition. He receives information from his agencies, from debates, from governments and from contacts with heads of state. Often, people exaggerate their claims in order to have a better case. The Secretary-General must help reduce tensions, provide a better understanding, promote reason and harmony between all the nations which comprise humanity. This is the role of the brain in our body: to receive information from the outside world, to synthesize it and to give the body the necessary guidance to function harmoniously. Obviously, humanity is still very far from having found its proper biological functioning. We carry much dead-weight from the past and are only at the beginning of a better understanding of our surrounding world. But we have made immense progress of late due especially to the various world conferences held in recent years on population, the environment, food, the seas and oceans, employment, habitat and, next, on water, the deserts, science and technology. For the first time ever in evolution, one species, man, is engaged in obtaining a full grasp of its entire planetary home and of its proper place, survival and fulfilment in it. This is the great adventure

which is taking place on little planet Earth, forlorn in an isolated corner of the universe.

The Secretary-General is the heart of humanity, for often the answer to a problem cannot be found in intellect and reasoning but in the heart. Sentiments, feelings and love are a mysterious, unexplainable force, often more effective than interest and reasoning. This is why the office of the Secretary-General is a place where morality, honesty, devotion and understanding are of paramount importance. Every man who has held this position has made these the highest and most important values in his office. Each Secretary-General has broadened the dimension of the office in the moral field. U Thant, for example, the man from the Orient, who saw no distinction between life and spirituality, left a profound spiritual message to a United Nations still dominated by the Western belief in the supremacy of material and intellectual achievement. He kept repeating that it was necessary to develop our moral and spiritual values in order to catch up with scientific and technological advances. To him, morality, spirituality and honesty, qualities of the heart, were of primary importance in world affairs. He was right. Sentiment and honesty have been grossly underestimated in the solution of our world's problems.

Finally, the Secretary-General is the voice of humanity for he is often called upon to speak up, to make pronouncements, to express his views. If

there is an outburst of violence somewhere, a war, a possible conflict or a natural disaster, people and governments turn to him to make an appeal, to call for reason, to obtain help. And each year, in his introduction to the annual report on the work of the Organisation, he voices his views, concern and hopes for the world. His statement is one of the best yearly diagnoses of the state of the world.

Over a long span of time, having worked in the United Nations for almost thirty years, I have seen it progressively become a converging point of knowledge, education and philosophy about the human fate. It certainly represents one of humanity's greatest attempts ever to fulfil its destiny on planet Earth. We have come very far. We have gone through a very long biological evolution. We have weathered the storms of a very complicated and hard history, animated by every conceivable group wanting the best for its members. But for the first time a world-wide organisation has been enlisted in the search for the best for everybody, starting with peace. And the problem is fundamentally this:

We are four billion people, and we will be considerably more tomorrow. Every hour 15,000 newcomers are added to our human family and 6,000 brothers and sisters die. The most lucky ones have an average life span of 70 years. The fundamental question is: how best can we fulfil the miracle of life, this incomprehensible gift in the universe?

How can we fulfil ourselves physically, intellectually, morally and spiritually? How can we provide an optimum life for all human beings on this planet? For how many of them? I believe these are the fundamental questions.

During the last few years, immense strides have been made towards a better understanding of the universe, outer space, our planet, our biosphere, our continents, our seas and oceans, and the world smaller than ourselves, the world of microscopic matter and life. Let us not forget that less than five centuries ago the rest of the world did not even know that there existed a continent named America, and less than seventy years ago we did not know that there were bacteria. We have learned so much. We have advanced dramatically into the infinitely large and infinitely small. Man has extended prodigiously the power of his eyes with giant telescopes, spectrosopes, television, radars and electronic microscopes; the power of his hands with incredible machines and factories; the faculties of his hearing with sonars, radio and space telecommunications; the capacity of his brain with computers and automation. Mankind, since the beginning of this century, has been able to double the total number of its living members, to extend life, to improve life for many in so many respects. The great questions are now being posed. One of them is whether we can also extend our hearts and souls to the new dimensions created by our minds, hands

and senses. While physical and mental fulfilment has not yet reached many hundreds of millions of poor, underprivileged and handicapped, the healthy and privileged face the challenge of a moral and spiritual extension of their earthly sojourn.

In the United Nations, the highest priority is rightly accorded to physical and mental fulfilment, for people have first to eat, to enjoy health and to be educated in order to live a decent life. This is the first morality. Lately, the moral dimension has been extended to requests for several new codes of ethics in the United Nations: codes of conduct for the multi-national corporations, for the treatment of prisoners by the police, for the conduct of international economic relations, not to speak of that old and vast subject—human rights. There is not yet much talk about spirituality. But I am convinced that, in the end, the billions of people on this planet will not be able to live in peace and friendship unless they and their leaders find in themselves the purity of attitude, understanding and kindness which alone can bridge individual and collective interests. I firmly believe that this story will also be written by the United Nations.

To me this is an organisation I would not have dared to dream of when I came out of World War II. Mankind should be grateful every day to have the United Nations. It is our duty to make this better known, for most people have no idea what

the United Nations really is and does in the face of truly herculean idiosyncracies and challenges. They read in their papers only about failures and shortcomings, as if trial and error was not the usual path of human progress.

We are all deeply grateful to you for what you are doing in the Meditation Group to stress the moral and spiritual dimension of our work and to help convey a better image and knowledge of the United Nations to our brothers and sisters outside this glass house.



Sri Chinmoy thanks Mr. Muller for his illumining talk.

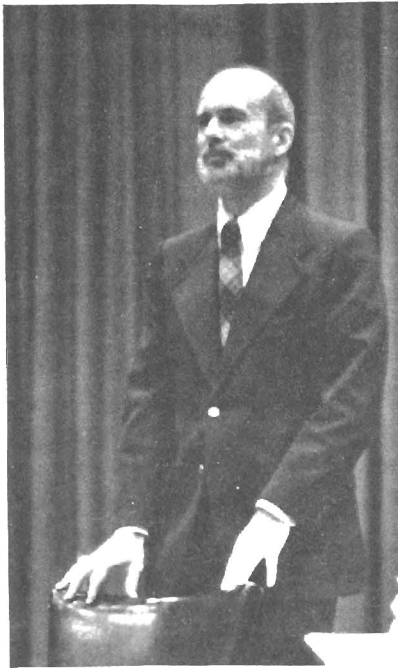
Sri Chinmoy: We are extremely grateful to you for your most illumining and most fulfilling talk. Here at the United Nations I have had the opportunity to hear many talks, but never have I heard such a soulful talk about the United Nations. It was the heart aspect, the inner aspect, the spiritual aspect of the United Nations that today you have brought to the fore so significantly. And for that, each member of our Meditation Group is extremely grateful to you. Your most luminous talk about the Secretary-General and his office has illumined our minds and enlarged our hearts considerably in a most meaningful manner. Your thoughts were extremely clear and fulfilling and the ideas and the ideals that you have placed before us are extremely significant. In a short span you have offered us a vast ocean of light, truth and delight.

We have learned so much from you about humanity's brother-friend, the Secretary-General. You have made it very clear to us today that he is not only the head pilot of the United Nations but also humanity's dearest brother who will come to help, at every moment, anywhere he is needed. He is the only one to help us, guide us and mould us so that we can be true citizens of the entire world.

The United Nations is not only for the United Nations but it is for God's cosmic Vision and God's cosmic Reality. This is what we have also derived from your most luminous talk. You have brought

forward the inner spirit of the United Nations most successfully, triumphantly and illuminingly. For that, our humble Meditation Group will remain eternally grateful to you and to your soul's all-loving service and dedication to humanity.

May the Author of all good bestow His choicest Blessings upon your devoted, dedicated, self-giving service to the United Nations. You have served the United Nations for thirty years with tremendous joy and with a gratitude-heart. I consider this a supreme gift to all humanity.



Speaker Donald Keys

Sri Chinmoy: Mr. Donald Keys of the World Federalists.

Mr. Keys: Whenever I speak about the United Nations, the thing I speak most fervently about, and possibly the thing that registers the greatest surprise in the people to whom I speak, is the people of the United Nations. Very often, foremost in my mind are some of the remarks and the embodied attitude of my dear friend, Robert Muller, because in his own person he embodies to me so much of what the United Nations stands for and is seeking to become. I am referring to his enthusiasm, his dynamism, which is based on deep inner vision, and his long and unflinching contributions.

But I found that this is characteristic of many people in the U.N. They are a dedicated band of people who are serving mankind as a whole and seeking to make real the vision that stands before the United Nations. So it is in many ways highly redundant for me to follow the previous speaker, as we speak from very much the same attitude.

The Secretary-General is at the top of the pyramid of individuals who are working for this vision and this goal. His tasks are multiple not only because he is the administrator of the U.N. system, which is a complete and total and quite adequate task in itself; not only because he is the representative of the collective worlds of nations,

trying to implement the decisions and wishes of the General Assembly and the Security Council, which in itself, again, is a very complete and extraordinarily difficult task; but also because of the variety of experiences, of cultural histories and backgrounds which the members bring to the world organisation. These various elements are its greatest riches and, at the same time, a temporary source of discord and misunderstanding which the Secretary-General himself must be in the position to harmonise.

But, most importantly, the Secretary-General is the spokesman for that which is most incipient, that which is in the process of becoming and being born. The Secretary-General in himself embodies the conscience of the human race, and represents a kind of third force in the world that goes beyond his prescribed, spelled out and specific tasks. He represents that higher force which is seeking realisation and manifestation through a world organism.

He speaks for us, the peoples of the United Nations, for the members of the Secretariat who embody that vision and for the many members of the delegations who also stand for and embody that vision. And he, like they, has the very difficult task of responding to national needs and aspirations and, at the same time, trying to embody and respond to a greater vision, the collective vision of the human species with its planetary needs.

The United Nations is in the process of elevating and making visible on a planetary level the highest values which humanity has succeeded in enunciating in all its many aspects of living. This concerns everything from the values of caring for children, as manifested in the Declaration of the Rights of Children in UNICEF; to the care for refugees and homeless people, as manifested in the Report of the High Commissioner on Refugees; to the code of human rights, which has become legally binding on a global scale; to the search for international security, disarmament and peace, which takes many forms and represents perhaps the most difficult search of the United Nations.

Through every aspect of the United Nations, you can trace the transition to a planetary and species-wide expression of the highest and deepest values of the human race. It is preeminently the Secretary-General who is called upon to embody in himself this quintessence of human values and to stand as its spokesman and adjudicator in the affairs of men. And he must do so armed primarily with the moral force of human conscience, not with political authority—except that which has been grudgingly relinquished by members who, on the one hand, want the U.N. to achieve its goals and, at the same time, are reluctant to allow the world organisation to do so. It is this living dilemma in the state of transitional becoming that the Secretary-General must grapple with in this stage

of human history. This is why the post bears such an enormous burden.

That task, however, is not borne alone, for the Secretary-Generalship also stands for a group of colleagues who are at the forefront of human vision and achievement. When things are done in the name of the Secretary-General, they represent most often an elaborated consensus which has gone through many hands and embodies the heartfelt expressions of many colleagues.

When, in the future, the United Nations becomes what it is destined to become, it will be in very large part due to the moral strength, as well as the other capacities, which all the Secretaries-General and their colleagues have been called upon, beyond normal human endurance, to manifest and embody.

* * *

QUESTIONS AND ANSWERS

Sri Chinmoy answered the following question at a special meditation for delegates on 1 October 1976 in Conference Room 14.

June Henneberger: How can you overcome feelings of resentment and anger that you feel when your superiors appear to be unfair?

Sri Chinmoy: When we work in a group, there are many individuals, many ideas, many thoughts and propensities working together. But we have to do our best to feel that all the individuals in the group, all the ideas and propensities, are part and parcel of our own existence. We have to feel that they are all limbs of our own body, and that all our limbs are working together.

We feel that our superiors do not understand us, do not value us, do not appreciate our sincere effort and dedication. By arguing with our superiors, by trying our utmost to convince them that they are wrong or that they have no feeling of oneness and sympathy with us, we cannot change their way of life. But if we take them as part and parcel of our own existence and feel that we belong to them and that they belong to us, then we can change them.

If we consider our superiors as human beings who are totally different from us, who are perfect strangers to our ideals, ideas and goals, then we shall never be able to get happiness from life. We have to consider our superiors as limbs, or as branches of the one reality-tree. Then, if we notice that one branch is not functioning well, we try to cure that particular branch with our inner love, inner concern, inner light. If today our arms are defective, or if any part of our existence-reality is suffering from a particular shortcoming, what do we do? We focus all our concentration on the defective part and show it all our concern, love, sweetness and affection. We try to muster the rest of our being and show all concern to the defective part. And we eventually cure the defective part.

By a mere wishful attitude we cannot bring this about. In order to do this most effectively, we have to pray and meditate in silence to the Author of all good. It is He alone who has the capacity to cure a defective limb, and He is more than willing to listen to our prayer for the transformation of our so-called "superiors." So, it is only our inner prayer and meditation that can eventually and radically change their life. But before that happens, we can try to feel that they belong to us and we belong to them. We can feel that their misunderstanding, their lack of faith in us and lack of appreciation for what we do, is a fault, a defect, in our own existence-reality.

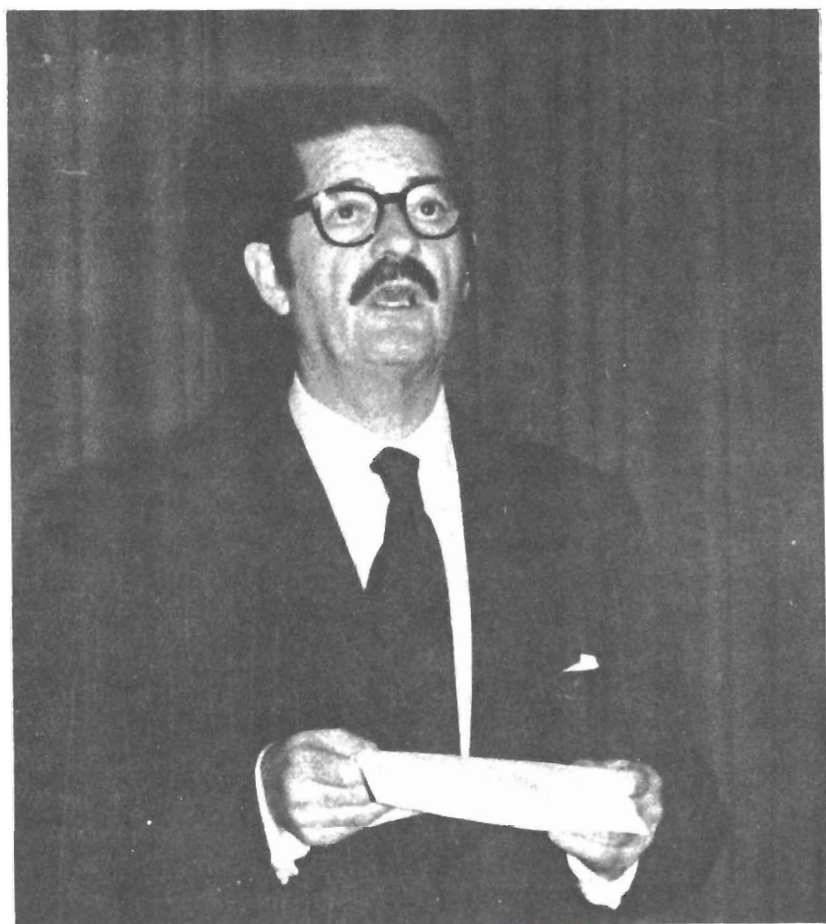
Again, we have to know that the appreciation of our so-called "superiors" is not of real importance. In the long run, in the plan of our evolution, it may be of no avail at all. If we get joy from our own service to the body and the soul of the United Nations, then only we are doing the right thing. What matters is not what our superiors are telling us, or what opinion of us they have. No, what is of paramount importance is how sincerely we are trying to serve the United Nations. When we work at the United Nations, we are trying to please the body and the soul of the United Nations, and not just our superiors. If we can please the Real in us, God, then we are also pleasing the same real Existence that is in our superiors. If we are only for the satisfaction of the Real in us and in all human beings, then our superiors are also included. So, automatically a day will come when the Real in us will change the minds and attitudes of our superiors. As a matter of fact, there is only one superior and that superior is our inner cry for perfection, more perfection, most perfection, continuous perfection in our own life, in each human life and in each creation of God. Our cry for perfection is the only superior reality in us and for us.

CENTENNIAL TRIBUTE TO PABLO CASALS

In tribute to Pablo Casals on the centennial of the great cellist's birth, delegates and U.N. staff joined together in a programme sponsored by the United Nations Meditation Group on 11 October in the Dag Hammarskjold Auditorium. Spanish Ambassador Don Jaime de Piniés offered his respects and Sri Chinmoy, who had met with the Maestro shortly before his death, read out an excerpt from their soulful conversation.

Personal reminiscences were offered by Ms. Sylvia Fuhrman of the United Nations School, who had worked with Pablo Casals and offered concerts for the benefit of the School, and Mr. George Moushon, Chief of the Audiovisual Division of the United Nations.

Ambassador de Piniés: It is especially pleasing and an honour for me to participate in this homage to Pablo Casals on the occasion of his centennial. We are here to pay a deserved and justified tribute to him since if there has been, during the three first decades of the United Nations, a person who has honoured and who has fulfilled during his lifetime the ideals of this Organisation, this person has, without doubt, been that universal Spaniard, that universal Catalan, whose memory today brings us here together.



H.E. Don Jaime de Piniés, Ambassador from Spain, offers his formal respects in a eulogy to Pablo Casals.

The first steps toward artistic glory are not always easy. The young Casals, a modest man from the provinces, solely armed with his father's fiddle bow and with his background of aesthetic ideals, needed and obtained official support to begin his career and he never forgot the protection and encouragement given him by Queen Maria Cristina, opening his way, first in his country, and also facilitating, during the century's close, his brilliant appearance in Europe's musical world.

Casals was not only a genial instrumentalist and the founder of the violincello's modern school of cello playing, but also one of the great men of chamber music and the Maestro of various generations of violincellists. But these artistic merits, which secured for him an outstanding place in contemporary art, were also indissolubly linked to his dimension as a humanist which has made him into a symbol and a legend. His life, as with many other Spaniards of his generation and the following ones, was not free from the troubles and the sorrow derived from extremely violent social and political convulsions. During the many years of his absence from Spain, he always maintained his loyalty to her, since he felt his love for Catalonia, his love for Spain and his love for mankind as a triple dimension of a sole feeling of human solidarity.

His visits to the United Nations and his performances here—some of which I vividly remember—were testimonies of his profound faith in the ideals

of peace, human rights and international cooperation which inspired our Charter.

The measure of genius is often found in the perseverance and in the depth with which it knows how to search, in the realm of moral values, for the more authentic roots of artistic inspiration. This was the glory which was Michaelangelo, Shakespeare, Beethoven and Goya. And also Pablo Casals, who knew how to convert his art and the irradiation of his personality into a permanent tribute to the humanistic values he considered paramount, without ever falling back on the artist's supreme sacrifice, that of renouncing the public communication of his artistic message when he feels that this silence is demanded in the service of his moral testimony.

Casals is a source of inspiration for those who, professing the very same ideals of peace, solidarity and universal cooperation, sometimes feel discouraged before the difficulties which life and the heritage of ancient prejudices place in the path of their fulfilment. It is just, therefore, that the United Nations offer, in turn, a tribute to his memory and that it be recalled in this hour of meditation. Casals is a symbol of the power of the spirit, and we indeed need, in these difficult hours through which the world lives, the light and the example of figures like these so that we may continue our daily work in this Organisation with renewed energy and the devotion which the world and our own countries have the right to expect.

Ms. Sylvia Fuhrman
United Nations International School

Ms. Fuhrman: I was a close friend of Pablo Casals, but our relationship was not a formal one. I was involved with him in his United Nations activities, particularly in his composition, "Hymn to the United Nations." You might be interested in some of the background of that.

When U Thant asked Don Pablo to write a hymn to the United Nations, he said fine, he would be most honoured to do so. The Secretary-General suggested that he use as the text of his composition the preamble of the United Nations Charter. When Casals read the preamble he was most impressed and he said, "Of course, this is precisely what I want to write my music to. But how can I write music to institutions, resolutions, constitutions. We must have the same spirit in more poetic language." And so we had to make the decision of the poet to rewrite the preamble to the Charter and paraphrase it in such a way that Casals could write his music. And, of course, W.H. Auden was the foremost writer in the English language, and his poetry was certainly accepted as the finest of any living poet.

Although Casals wrote his music in a romantic tradition while Auden's poetry was very modern, the two men were able to collaborate together in totally different styles and yet make beautiful music together, as those of you who have heard the hymn know.



Ms. Sylvia Fuhrman of UNIS relating personal anecdotes from Pablo Casals' visits to New York when the Maestro stayed at her home.

It was unfortunate that Auden and Casals never actually met each other. I had the happy chore of being the courier between them. Somehow, when one of the gentlemen was in New York, the other was away. When Casals was in Europe, Auden was in the States, and vice versa. And it was a sad thing to both of them that they never met. Unfortunately they both died within a short time of each other.

Casals wrote many compositions. He was a composer. This part of his musical history is not well known. He wrote his first composition when he was seven years old. And he wrote some beautiful, sacred music for the Abbey of Montserrat in Spain, where in about three weeks they are going to erect and dedicate a large monument to Casals. In the base of the monument will be a replica of the United Nations Peace Medal that was awarded to him by U Thant in 1971 for his composition "Hymn to the U.N." It is his own country, the country that he loved so much, that now recognises him in this way for his centennial.

If I might take a minute to be personal, I would just like to tell the story of the end of the day when Don Pablo gave his last concert here at the United Nations, when the hymn was performed. It was a very full day, and afterwards that evening there was a large party that went on until about one in the morning. Maestro loved parties, and he was always very animated and very excited.

When the party was over and everyone had gone

home, we were readying ourselves for bed and had put on our nightclothes. He became very sentimental as he often did and said it was such a beautiful day that he wanted to say thank you, but how could he say thank you? There was only one way he really knew how, and that was to play for us. There we were, four of us in our nightclothes, and he took out his cello and played for more than an hour. He played the Bach suites which, as many of you must know, were his favorite compositions. And this was typical of his lifestyle: one of great sentiment and great love.

I have the happy chore this day to bring the special greetings of Martita Casals Istomin, his widow. She tried actually to be here today, but she's involved in another centennial ceremony in Mexico, and was unable to come. But she said to please send her very special greetings. Her heart is always with the U.N. as the Maestro's was.

Mr. George Moushon
Chief of the Audiovisual Division of the U.N.

Mr. Moushon: I have a certain interest in music. I write about it as a hobby and, many years ago, when they found in the Secretariat that I did have this enthusiasm, I was brought into the administration of the two concerts that happened regularly each year in the Concert Hall of the United



Mr. George Movshon, Chief of the Audiovisual Division, recalling the memorable concerts by Pablo Casals in the General Assembly Hall.

Nations: the U.N. Day concert and the Human Rights Day concert. This is rather like the army man, the sergeant, who asks for volunteers with knowledge of music, and when two step out he tells them to push the piano. But I enjoy pushing the piano two times a year. It sometimes runs into incredible complexities, but one result of this talent for pushing the piano is that it brought me on three occasions into some contact with Don Pablo.

He came here first in 1958 and you will see, in a little while, the movie that was made on that occasion. In 1963 he came back with his Cantata *El Pessebre* ("The Manger") which involved a large orchestra and choral soloist. And in 1971 he came largely through the instrumentality of Mrs. Fuhrman to give us an afternoon of music which all of us who were in the hall or who saw it on T.V. will not easily forget.

If you study the history of music, you find that some composers and some artists and some singers have relatively brief careers. Mozart and Schubert never made it to their fortieth year. We think of people like Giuseppe Verdi and Arturo Toscanini to be very senior, mature figures in history, and they were in their eighties. When Don Pablo conducted, spoke, played the cello, went to two receptions and drove here from Mrs. Fuhrman's home and back on that 24th of October, 1971, he was 95. I've looked in the reference books to see if there was any artist that was fruitfully at work or

before the public in his 95th year, and I haven't found anyone. It was a phenomenon. It was some internal dynamo that kept him going all these years right to the end.

When you consider this, I was speaking to someone who remembered Queen Victoria. And it was not some childhood memory. He was an adult, a young adult, when he went with his mother and little brother, who was at that time a babe in arms, to the Palace to play a Royal Command private concert for the Queen of England. This was not something that was to him a dim childhood memory. It was something that happened when he was a fully mature young artist. He mentions an incident about his mother, who was a simple Catalonian country woman, very unsophisticated by the values of the world in which Casals was soon to move and certainly by the values of the royal household of England. He remembers during the recital that his mother was holding the baby in her arms. Suddenly the baby started to cry and all the people looked around. With the absolute natural simplicity of a mother, Mrs. Casals senior gave the baby her breast to suck. This is something I guess they remembered in Queen Victoria's palace, Casals reported to me many years afterwards on an afternoon that was made possible by Mrs. Fuhrman. I remember I drove out to her home and had the pleasure of spending several hours in her garden, just talking to Don Pablo and asking him

questions about all sorts of people, long dead, that he knew in his youth.

I said, "Maestro, did you ever think that Gustav Mahler would achieve the popularity that he has today, especially with young people?" He nodded and grunted a couple of times and said, "Well, you know Gustav Mahler was always a talented boy."

There is one story; it is a pocketful. I tell you right off that it didn't happen, but it could have happened. A few years before his death he was rehearsing in Puerto Rico a performance of the Brahms "Serenade for Orchestra." At one point he stopped the musicians and said, "The third bar, please don't play the note that is printed, B natural, but make it a B flat." One of the musicians afterwards protested. He said, "Maestro, this is not Monte Verdi, this is the printed music of Johannes Brahms, and you can't just re-edit it in a rehearsal like this." And Casals is reported to have answered, "No, no, Sasha, Brahms always told me he liked it better this way."

Anyway, the day before the 24th of October, we had a hair-raising rehearsal. There was a problem with the lights in the General Assembly Hall, the lights which we needed for T.V.—which was indispensable for the sharing of this event with people all around the world and through the years. The lights proved an almost impossible obstacle for Don Pablo, who couldn't stand them in his eyes and who got hot. At one moment we thought he

had collapsed on the podium, and a dozen people gathered around him and we helped him out of the strong light. He sat at the side of the stage, with his homburg hat on, at the piano. And I thought, "My God, it's something! I shall go down in history as the man who brought down Pablo Casals." I thought for a moment. He said, "It's better, Mr. Movshon. It is better. I will be soon all right. But you have to remember," he said, "that I am a very old man." And I did indeed remember that.

But that very old man, the next morning, arose at seven. He was staying at Mrs. Fuhrman's house, and very early on there was an argument as to whether he should make a big speech or only a small speech from the concert platform. It was decided that he would make a small speech. He then did something which he never omitted doing. He played Bach on the cello for some time. Towards the middle of the day, he was driven to the U.N. and then, in the presence of thousands of people and hundreds of musicians and dozens of T.V. technicians and assistants like me, this man conducted his hymn twice, conducted two Bach concertos—one for two violins and one for three pianos—made two speeches and embraced the Secretary-General. Do you remember that? When U Thant appeared to give the Peace medal, he looked up and put both arms around the Secretary-General. These two men clutched each other for what seemed a very long time. And Mr.

Thant conceded to me afterwards that he hadn't been embraced so tenderly and compassionately since Duke Ellington.

He attended a long reception upstairs. He made two speeches and he played the cello. He then went upstairs to the second floor and attended the Secretary-General's reception, where he spoke to perhaps a hundred people. He then was taken to Mrs. Fuhrman's house where he permitted himself a small rest. But there was a dinner party with singing that went on late into the evening. I was knocked out by 9:30 and went home. But he went on and, as you heard, in his nightclothes played a little farewell on the cello to assure his coming safely through the night.

I haven't spoken of the deep things of Pablo Casals, but my comrades on the platform have done that very nobly. I remember him as quite remarkable, with a unique place in the history of music and the music profession. I was very aware that he, among the other things, loved Catalonia and liberty. The musical profession, his colleagues, the brotherhood of music, was something that he had enormous regard for, something that moved him very deeply. And the notes themselves, the fibre and the fabric of music, was something that he took with him. I am sure that when they have a little chamber music up there, that that same fibre, that same feeling, is there as it was here on earth in everything that he did and everything that he thought. Thank you very much.

Sri Chinmoy: I would like to read from a soulful conversation I was most fortunate to have with the Maestro on 5 October 1972 in his home in Puerto Rico.

Don Pablo: . . . The child must know that he is a miracle, a miracle, that since the beginning of the world there hasn't been and until the end of the world there will not be another child like him. He is a unique thing, a unique thing, from the beginning until the end of the world. Now that child acquires a responsibility: "Yes, it is true, I am a miracle. I am a miracle like a tree is a miracle, like a flower is a miracle. Now, if I am a miracle, can I do a bad thing? I can't, because I am a miracle, I am a miracle.

God, Nature. I call God, Nature or Nature, God. And then comes the other thought: "I am a miracle that God or Nature has done. Could I kill? Could I kill someone? No, I can't. Or another human being who is a child like me, can he kill me?" I think that this theory can help to bring forth another way of thinking in the world. The world of today is bad; it is a bad world. And it is because they don't talk to the children in the way that the children need.

Sri Chinmoy: I am so grateful to hear

this because my philosophy is also the same. We have to feel that we are all God's children. It is only a child that makes progress and evolves.

Don Pablo: How can they make progress if the child doesn't know what he is? His father and mother don't know this. In the school the child doesn't learn this. And this is what produces the humanity, the bad humanity, we have. This is my idea: the child must know from childhood.

Sri Chinmoy: The child must learn from the parents. The parents have to feel also that they have the supreme responsibility. A child is the flower of God, a child is the instrument of God, the representative of God. The parents have to feel this.

Don Pablo: But they don't.

Sri Chinmoy: That is why the problem starts. If they feel that the child is representing God, then all the time the parents will teach this to their children.

Don Pablo: That is why I say that the children must know what they are, the miracle that they are, as soon as they understand the sense of the word. This is my idea.

Sri Chinmoy: This miracle means that the child represents God on earth. He is the chosen instrument of God. See, we admire you, the world admires you as a musician,

the greatest musician. The world admires you as a lover of mankind, a true lover of mankind. Again, the world sees in you the eternal child. Greatness is not an obstruction in your life. The eternal child is going on, going on making and manifesting the divine Music, the divine Truth within you. So it is your child-heart, childlike heart, that is ready to manifest the Divinity. . . .

O PABLO CASALS

words and music by Sri Chinmoy
October 5, 1976

$\text{♩} = 88$ Moderate

fine

O Pa-blo Ca-----sals, O--- Pa-----blo

Your won-der cel---lo--- flames e-ter-na-----lly

shall-- love----- and----- hal-----low our di-ving and

clim-----bing hu---man frames--. O Pa-blo Ca-----sals,

O----- Pa-----blo Char-ming-ly short in earth's bo-dy height,

Su-preme-ly long in Hea-ven's soul-- length. O child of

to---mor-row's dawn, no--- night you-- saw--- in-- your---

beau--ty's world----- of----- strength-----.

Sing whole song once through
(no repeats), then Da Capo.

U.N. DAY RUN FOR UNICEF

Sixteen young men ran a 450-mile relay from Edinburgh to London to raise money for UNICEF and promote the ideals of the United Nations in conjunction with U.N. Day on 24 October.

The runners were all students of spiritual Master Sri Chinmoy, who is Director of the United Nations Meditation Group. They ranged in age from 21 to 28, and came from all walks of life: student, printer, teacher, civil servant and university Writer in Residence.

To symbolise the rekindling of the spiritual values and ideals upon which the United Nations was founded, the runner passed from hand to hand a flaming torch, which was kept burning throughout the three-day, non-stop run.

It was the same torch which was carried through all fifty states in the U.S. this past summer as part of a 9,000-mile Bicentennial relay run. That run was made by a group of American students of Sri Chinmoy who went by the name "Liberty Torch Runners."

The torch was re-kindled for the 16 British runners as their Declaration of Purpose was read out at a brief pre-run ceremony on 21 October in Edinburgh.

"We . . . share the same spiritual values and human ideals as those upon which the United Nations was founded.

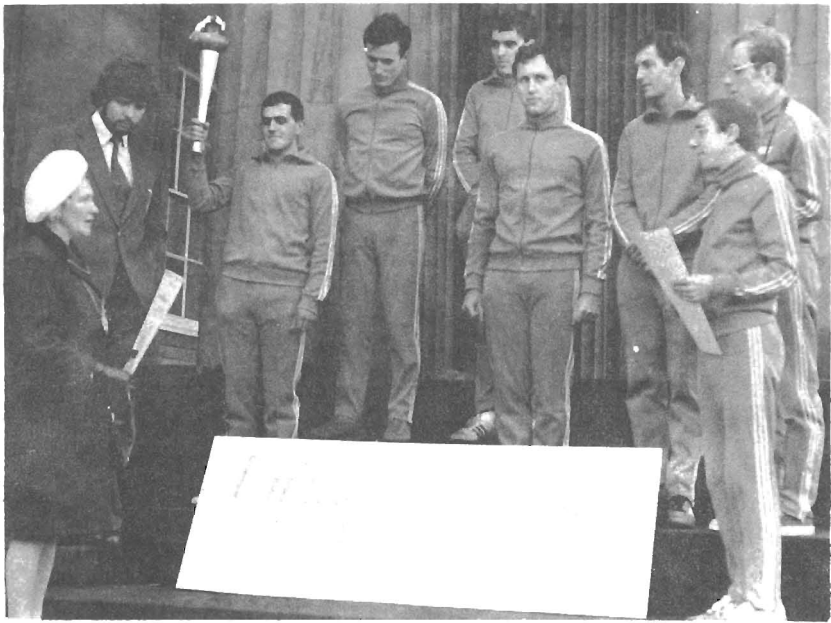
Through its continuing self-sacrifice, we see the United Nations as having a tremendous opportunity in the coming years to inspire the qualities of truth, peace and understanding in the hearts of all mankind. These qualities we believe to be the birthright of every human being.

By running this 450-mile marathon we hope to bring more attention to the United Nations, its role and its importance in representing the highest in human potential."

A copy of the Declaration was presented to Councillor M.N. Mansbridge, representing the Lord Provost (Lord Mayor), who had been unable to attend in person, and was also sent to U.N. Secretary-General Kurt Waldheim in New York.

Said Mrs. Mansbridge: "I am very pleased and honoured to be associated with such a venture I am especially pleased that you are raising money for UNICEF, with which I have a long standing connection. I think what you're doing is a tremendous undertaking, very ambitious. I really admire your aspirations, and I wish you every success. . . ." Mrs. Mansbridge then made a donation on behalf of the City of Edinburgh.

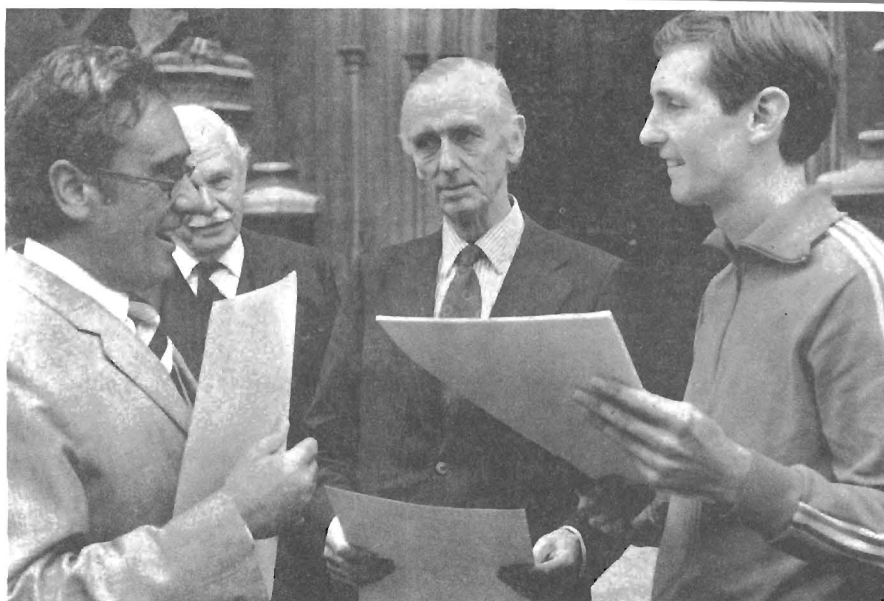
Chris Black, Scotland's Olympic hammer-thrower, then presented a medal to the runners and said he was full of admiration for what they were doing. He commented on the high degree of physical fitness necessary for the undertaking, and



Ms. Nansi Mansbridge, an Edinburgh Councillor, addresses the U.N. Day runners at the start of the run. With her is Chris Black, a British Olympic hammer-thrower.

the amount of dedicated training which must have taken place. Mr. Black took the torch and passed it to the first runner, who immediately set off on the first stage of the journey.

The torch was carried round-the-clock through Newcastle and York, Leeds and Sheffield, Derby and Leicester, finally reaching London on 24 October, which was U.N. Day. The runners covered about 160 miles per day, with each runner carrying the torch for a stint of 5 to 10 miles every 18 hours. Sponsors donated a set amount to UNICEF for each mile run.



Mr. Ray Harrington presents the Declaration of Purpose to Mr. M. Popovic, Acting Director of the United Nations in London. Behind are (left to right) Lt. Colonel D.S.F. Bult-Francis O.B.E., Director of UNICEF in London, and Mr. Eric Price-Holmes C.B.E., Chairman of the United Nations Association in London.

The runners, who had been divided into two teams, met in Trafalgar Square and ran together for the last stretch to Parliament Square. There, outside the Houses of Parliament, they presented a cheque for 500 pounds to Reg Prentice, Minister for Overseas Development, who received it on behalf of UNICEF. Mr. Prentice also received a copy of the group's Declaration of Purpose and a copy of *Beyond Within*, a collection of writings by Sri Chinmoy, who inspired the undertaking.



The runners present the cheque for UNICEF to Mr. Reg Prentice, Minister for Overseas Development.



The runners outside the Houses of Parliament in Parliament Square, London.

Visibly moved by the gesture, Mr. Prentice expressed his gratitude and, referring to the book, said, "Well, I'm not familiar with this book. I haven't read it; that something I have to look forward to. But if this Declaration is anything to go by, then I go along with it all the way. These are the ideals I hope this generation would want to live by. And not only this generation, but future generations."

Ken Pittendritch, Senior Information Officer for the United Nations in London, then commented that of all the ways in which United Nations Day had been observed in Britain, this run was surely one of the most enterprising.

Also present to greet the runners were Michael Popovic from the London United Nations Information Centre, Col. Bult-Francis, Chairman of the United Kingdom Committee for UNICEF, and Eric Price-Homes, Honourable Chairman of the United Kingdom United Nations Association.

THEY SAY AND WE SAY

Sri Chinmoy gave the following short talk to the members of the United Nations Meditation Group on Friday, 15 October 1976.

They say that the United Nations is a mere dream. We say that it is a dream that can grow into reality. Dream is the seed-essence. Reality is the fruit-substance.

They say that the United Nations is not independent. We say that there is no necessity for the United Nations to be independent. For the United Nations lives in the illumining heart of humanity and lives for the aspiring life of humanity.

They say that the United Nations is not powerful. We say that unless the world has given the United Nations the opportunity to show all its strength, outer and inner strength—but especially inner—how can it say that the United Nations is not powerful? The world knows what the outer strength is. But what is the inner strength? The inner strength is revolution. The possessor of inner strength revolts against disappointment-bondage. He revolts against ignorance-night. He revolts against imperfection-mortality.

They say that the United Nations is not stable, that it is constantly changing its policies. We say that if a new policy embodies more light, more perfection and more satisfaction, then naturally it is the bounden duty of the United Nations to adopt the new policy instead of unwisely clinging to the old policy.

They say that the United Nations is losing its moral authority. We say that if it is true, then the world is losing its sanity very rapidly and heading towards an explosion of a devastating character.

"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.

O my enemies, I need you.
I need you to perfect me.

5-11 October
U.N. Meditation Group



C. G.
Dec. 9th 974



A devotee sees a circle which is God
He enters into it with his soul's cry.
He then silently comes and stands
at the centre of the circle and grows
into a tree of ecstasy.

12-18 October
U.N. Meditation Group



C.N.G.
Nov. 30th 1974

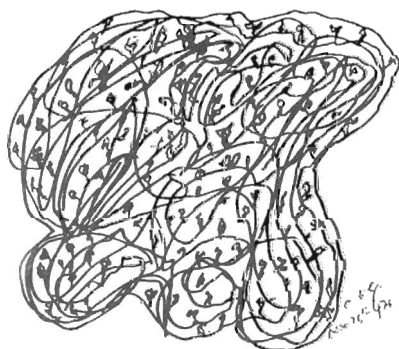
The beauty of life is our purity's spontaneity.

19-25 October

U.N. Meditation Group

Take another look!
Within you is the perfection-tree
with its fulfillment-fruits.

26 October - 1 November
U.N. Meditation Group



C.N.G.
Nov. 26th 1974

OCTOBER ACTIVITIES

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

A programme dedicated to

THE UNITED NATIONS
AND
THE SECRETARY-GENERAL'S OFFICE

Opening Meditation and Dedication to the United Nations
and the Secretary-General's Office — *United Nations Meditation Group*

Guest Speaker — *Mr Robert G. Muller, Director and Deputy to the
Under-Secretary-General; Office for Inter-Agency Affairs and Co-ordination*

Reflections on the Theme — *Mr Donald Keys, UN Representative of the
World Association of World Federalists*

Songs dedicated to the Secretary-Generals — "*O Kurt Waldheim*"; "*U Thant*",
"*Dag Hammarskjold*"

Readings from the writings of the Secretary-Generals

Song dedicated to the United Nations — "*O United Nations*"

FRIDAY, 1 OCTOBER 1976
12 NOON
Dag Hammarskjold Auditorium

*The United Nations Meditation Group
warmly invites you to*

A Classical Concert

THE THIRD OF FOUR CONCERTS
IN THE 1976 SERIES

THURSDAY 7 OCTOBER 1976
1 - 2 P.M.
Dag Hammarskjold Auditorium

The programme includes:

Bach Trio for Violin, Flute and Cello

Vivaldi Concerto for Flute in A minor - 1st movement
flute, piano, cello

Mozart Violin Sonata in B flat - 1st movement
violin, piano

Fantasia by Orlando Gibbons
violin, flute, cello

Beethoven Piano Sonata (Pastorale) - 1st movement

Chopin Waltz in C minor
arr. for cello and piano

"La fille aux cheveux de lin" by Debussy
arr. for soprano saxophone and piano

Admission free

Light refreshments

*The United Nations Meditation Group
has the honour of inviting you to*

"A CENTENNIAL TRIBUTE TO PABLO CASALS"

*a special programme dedicated to
the late Master-Musician
in the year of his one hundredth birthday*



*"The highest goal of music is to bring
mankind together in oneness"*

— Pablo Casals

The programme will include:

Tributes to Pablo Casals
by those who knew him
and worked with him

"Pablo Casals Breaks His Journey"
A film of Pablo Casals'
1958 visit to the United Nations

Musical selections
on cello, violin, flute and piano
including Gabor Rejto, student of Casals

Scenes from his life
and readings from his writings

MONDAY, 11 OCTOBER
12 NOON

Dag Hammarskjöld Auditorium

All are welcome

Admission free



UNICEF CHILDRENS' PARTY
WITH SPECIAL GUEST:
BOB McALLISTER OF TV'S WONDERAMA

The members of UNICEF and the UN
Meditation Group invite you and
your children to a Halloween Benefit
Party for UNICEF.

PLACE: EX-PRESS BAR - 3rd Floor
Secretariat

DATE: Friday evening, Oct. 29

TIME: 6:30 - 8:00 p.m.

Refreshments will be served and
children are encouraged to wear
their native costumes or Halloween
costumes.

Tickets - \$2.00 for adults
.75 for children

Tickets will go on sale on Wednesday
and Thursday, the 27th and 28th of
October on the 4th floor of
the Secretariat.

THERE WILL BE NO TICKETS SOLD AT THE DOOR