

# 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.*

## TABLE OF CONTENTS

Questions and Answers .....	6
To-morrow's Noon .....	20
The Bicentennial Flames at the United Nations.....	22
• <i>excerpts</i>	
United Nations Meditation-Flowers .....	37
Song—"We Believe" .....	41
"Meditations for the Week" .....	42
Letters .....	45
<i>from the Secretary-General</i>	
<i>from UNICEF</i>	
<i>from UNIS</i>	

## QUESTIONS AND ANSWERS

*(Continued from previous issue)*

*On 12 November 1976, Sri Chinmoy requested the members of the United Nations Meditation Group to ask him a question from any field of endeavour. These soulful questions and answers, appearing first as a series in the United Nations Meditation Group Bulletin, are to be published in book form during the early part of 1977 as a New Year's offering to the soul and the body of the United Nations.*

### INTRODUCTION

*Sri Chinmoy:* I have repeatedly said, to work at the United Nations is not like working at any other place. To work at the United Nations, to serve the United Nations in any capacity—whether in the highest role or the lowest role—is a supreme honour. For each nation here is a solid branch of God's Reality-Dream or Dream-Reality. Therefore, here we get the opportunity to discover and realise that we are of the One and for the many and, again, that from the many we have come to please the One. When we come out of the One for the



many, we carry the Dream of the One for the many. While we are away from the Source, we try to please the Source and fulfil the Source. And from the many when we come to the One, we come with the hope of adding to the Source.

I shall be extremely happy and grateful if one by one you could ask your short and soulful questions. My answers will be my dedication, as your questions will be your dedication to the soul of the United Nations. Very soon we shall offer our soulful aspiration-book to the soul and the body of the United Nations, to all the members and all those who are aspiring to unite the world into one body and one soul, to all those who truly love not only God the Creator but also God the creation. God the creation has the greatest opportunity here at the United Nations to flower into a most illumining Reality.

*Jane MacArthur:* How can we best fulfil our roles at the United Nations?

*Sri Chinmoy:* We can best fulfil our roles at the United Nations by consciously feeling at every moment that we are divinely chosen instruments of God, divinely chosen to play a significant role at the United Nations. Once we think and feel that we are chosen instruments, then automatically we can fulfil our roles. For inside this feeling of ours divine fulfilment looms large in a special way.

*Cate Claxton:* What qualities on the material and spiritual plane can we offer to the United Nations to best fulfil the United Nations?

*Sri Chinmoy:* First of all, you have to know what the spiritual qualities are and what the material qualities are. Spiritual qualities are many; material qualities are also many. But the first and foremost material quality on the earth plane is concern. And the first and foremost quality on the spiritual plane is self-giving. So, if our body, vital and mind have true concern for the United Nations, then we have to know that the quality that we have exists on the material plane, on the earth plane. Again, if we have the inner attitude of constant self-giving, if we have the constant message of self-giving, then that is a spiritual quality that we have. This spiritual quality and material or earth quality can be unified only when each is fulfilled in its proper way. That is to say, when we look at the body of the United Nations, we will look with our concern; we will see that humanity is depending on the vision of the United Nations to lead it to greater progress. And when we think of the soul of the United Nations, the inner reality, we have to feel that its fulfilment can take place only on the strength of our own self-giving. We have to give ourselves to the cause, to the vision and to the goal that the United Nations has placed before us: world peace, world harmony and oneness-light.

*Cherie Roberts:* How can we fulfil the hearts and souls of the children of the world?

*Sri Chinmoy:* We can fulfil the hearts and souls of the children of the world only by becoming the hearts and the souls of the children of the world. What do we mean by that? At every moment we shall have enthusiasm and eagerness to learn more about Truth, more about Light, more about Delight. At every moment we must cultivate an eagerness to learn something illumining and fulfilling. It is our eagerness to learn that will give us a childlike heart, a childlike soul. This is the only way we can fulfil the hearts and souls of the children of the world.

*Teri Schiffel:* Will the Supreme send more real leaders to help support the United Nations?

*Sri Chinmoy:* I cannot categorically say what the Supreme is going to do. Already there have been quite a few extremely good leaders. Some of the leaders got the opportunity to lead, while others did not. But if there is a need for more leaders, then the Supreme will definitely grant more leaders. But if the leaders that are already there have the capacity, while others are praying for the capacity in their own way, then the goal of the United Nations will not always remain a far cry. In

this case, there is no need for the Supreme to grant the United Nations more leaders.

*Anne Claxton:* When and how will the leaders and representatives of the nations of the world, especially of the developing nations, begin to seek spiritual solutions to their problems?

*Sri Chinmoy:* There is no fixed date or fixed hour. It is only when we as individuals feel the necessity of oneness. Only when the hour has struck for a particular individual will that individual cry for world oneness, world progress and world perfection. The process will be one of constant awareness—by becoming consciously aware of what one as an individual and what one as a nation has to do. It is in conscious awareness that the right things can take place at the right moment in the right way and all the negative forces can be conquered, all the world problems can be solved.

*Linda Serlin:* What is involved in establishing an inner connection with the United Nations?

*Sri Chinmoy:* In order to establish an inner connection with the United Nations, one has to look at the United Nations as the soul and one has to feel oneself as the soul. The soul is the represent-

ative of the God-reality, Truth-reality, Light-reality on earth. So if one sees the soul of the United Nations, then one will feel that everything that the United Nations does or stands for is absolutely perfect. Again, one's own aspiring soul is also perfect in its own way. If one sees both the United Nations and oneself as only the soul, then perfection is meeting with perfection. One perfect soul is meeting with another perfect soul—birds of a feather flock together. It is like this: if one can see one's own perfection, then only is one going to see perfection in others. So in order to establish an inner connection with the United Nations one has to feel that one is nothing short of the soul. And the soul of the United Nations has to be placed at every moment before this mental vision.

*Bob Mueller:* What is the most important thing to remember while working at the United Nations?

*Sri Chinmoy:* The most important thing to remember while working at the United Nations is the vision of the United Nations. The vision of the United Nations is world peace and world harmony: one nation, one soul and one goal. While working at the United Nations, you have to sing all the time in the inmost recesses of your heart the oneness-song.

*Bill Paradis:* What role will music play in bringing about world oneness?

*Sri Chinmoy:* Music will play a most important role in bringing about world oneness, for music embodies the Universal Heart, the Oneness-Heart. Music transcends the barriers of nations, nationalities and religions. Music embodies universal Light and universal Truth, and music also embodies the oneness-reality which we see in universal Love, universal Light, universal Awareness and universal Wakefulness. Universal Wakefulness we see inside all music. Music has to play a most important role in bringing about world oneness, for music is the connecting link between the One and the many and between the many and the One.

*Cathy Wald:* How can you dedicate each task you do to the soul of the United Nations?

*Sri Chinmoy:* You can dedicate each task you do to the soul of the United Nations only if you feel that by doing this you are expediting and accelerating your own progress. If you separate your own progress from that of the United Nations, then you will not be able to dedicate each task to the soul of the United Nations. So you must feel that your own progress and the fulfilment of the United Nations are one and identical.

*Kusumita Pedersen:* Are the ideals of the United Nations applicable to every area of our lives without exception?

*Sri Chinmoy:* Yes, the ideals of the United Nations should be applied to each and every human heart, mind, body and vital. These ideals are found in oneness-song. In every area of our lives there should be the message of oneness. The United Nations means the united reality, which is God's cosmic manifestation taking place through His cosmic Vision. The different nations here are like the petals of a flower; only if all the petals are together will they form a rose. If the petals are torn, if the petals are scattered, then we can't call it a rose. There has to be a oneness, and this oneness is based on the collectivity and the unification of reality. So the body, vital, mind, heart and soul of each individual must be united. If the body, vital, mind, heart and soul of each individual are united, that means that all the nations representing God-reality on earth can be united.

*Phil Hirschi:* How can I feel that my small job at the United Nations is really important to the total spirit of the United Nations?

*Sri Chinmoy:* Each drop is essential to the ocean. You may be holding a very insignificant job,

but if you are taken away, one more drop will be missing from the ocean. And when all the drops are taken away, there is no ocean. It is the unification, the combination, of countless drops that makes the ocean.

Similarly, the whole United Nations right from the Secretary-General is only one body, one soul, one reality, which is composed of glowing thoughts and glowing ideals. You represent a thought in an infinitesimal measure. The capacity that you have is in the form of an ideal. The ideal is always the same, although you may or may not embody the ultimate truth that this ideal holds. But you do represent and embody an iota of the ultimate truth. Some individuals have perhaps a little more light than others, but it is the combination of everybody's light that makes the whole reality.

So, you as an individual, in whatever capacity you are serving, must feel that you are necessary, that you are needed. Like you there are many who make up the United Nations. If all are excluded precisely because they are not Secretaries-General, or because they are not holding high posts, then there will be no United Nations. When a house is built, there are many bricks, there are many nails. If one or two bricks are missing, then there will be a hole. The walls will not be strong and the foundation will not be secure. So each one is necessary, each one is essential. Each worker, no matter how insignificant his task is, is necessary in order to



keep the body and the soul of the United Nations together.

*Michael Salafia:* Should the body of the United Nations remain fluid so that the soul of the United Nations can more easily manifest?

*Sri Chinmoy:* Yes, it is really good not to have a rigid way of looking at life. If you have flexible ideas, if you are adaptable to circumstances, then it is infinitely easier to manifest the truth—not only here at the United Nations but everywhere. The outer reality or the outer consciousness has to be flexible so that the inner reality can easily manifest itself in and through the outer reality. The inner vision can manifest itself only in and through the outer field of manifestation.

*Harry Austin:* How can we feel and show our gratitude to the United Nations?

*Sri Chinmoy:* You can show your gratitude to the United Nations by becoming gratitude itself. When you think of gratitude, imagine that a flower is growing inside you. And feel that this particular flower has to be placed at the Feet of the Absolute Supreme. By imagining that a beautiful flower which is blossoming petal by petal and

offering its fragrance inside your heart, you can easily offer your gratitude. Gratitude is something beautiful, extremely beautiful: beautiful, more beautiful, most beautiful. And what is beautiful, more beautiful, most beautiful in you or around you or before you? It is a flower. So that most beautiful thing you must try to have inside your heart, which is the real reality in you. So inside your heart, inside your reality, there should be something that is really beautiful, divinely beautiful, supremely beautiful. So, if you can think all the time that this flower-heart is your only reality, then automatically you will be offering gratitude to the soul of the United Nations.

*Pat Brown:* How can I increase oneness with the soul of the United Nations?

*Sri Chinmoy:* Here we have to know that oneness can be found only in aspiration. There is no other place, there is no other reality where oneness can be found. It is in our own aspiration that we can have oneness. And how can we increase our oneness? We can increase our oneness on the strength of our more intense, more sincere, more soulful and all-loving, all-crying aspiration. If your aspiration increases, automatically our oneness increases. This oneness can easily be established, felt or, the best thing to say, realised, with the soul of the United Nations through an intense inner cry.

*Myra Agdern:* How can I become self-giving with spontaneity and joy?

*Sri Chinmoy:* Joy, spontaneity and self-giving always go together. If one has a joyful heart, that means that one possesses spontaneity or a spontaneous heart and also that one is self-giving. Or we can say that self-giving is the hyphen, the connecting link, between joy and spontaneity. So, if one wants to be constantly self-giving to the omniscient, omnipresent, omnipotent Reality, then one has to constantly cultivate inner joy. Inside this inner joy, without fail one will find self-giving, and this self-giving embodies both spontaneity and joy.

How can you become self-giving? You can become self-giving by constantly feeling joy in every part of your existence from the sole of your foot to the crown of your head. If you can feel that a river is flowing in and through you carrying the message of joy, then automatically and spontaneously you can become self-giving in whatever you say, do or grow into.

*Ben Lieberman:* How can we see through God's Eyes?

*Sri Chinmoy:* We can see through God's Eyes only when we feel our conscious, constant and all-loving oneness with our Inner Pilot, the Lord

Supreme. First of all, if we live in the mind or in the vital, then we have to try to establish a free access to the inmost recesses of our heart. But if we already live in the heart, then we have to feel the Presence of the One who lives in the inmost recesses of our heart, the Lord Supreme. When we feel His Presence, at that time we have to go one step ahead and feel our inseparable and eternal oneness with Him. Once we feel our inseparable, eternal oneness with Him, then whatever we do, we feel that He is doing it in us, with us and through us and we are doing it in Him, with Him and through Him. So, if we want to do anything on our own, it will be a serious mistake. But if we want to do something in and through Him, then the thing that is of paramount importance is to establish our conscious and constant oneness with God, the Pilot Supreme.

*Saroja Douglas:* How can we accept everyone who works at the United Nations as our very own?

*Sri Chinmoy:* We can accept everyone who works at the United Nations as our very own provided we feel that there is only one source. Here let us say that the source is the soul of the United Nations. If we love the soul of the United Nations and can soulfully and devotedly claim the soul of the United Nations, then automatically we will accept all the members of the United Nations as

our own. It is like the head of the family. If we love the head of the family, if we claim the head of the family as our own, then all the members of the family also become ours. Also, if we like someone, if that person has a dog or cow or any animal, we also like his animal. Just because we love him, anything that belongs to him we feel is ours. So the soul of the United Nations embodies all the members of the United Nations. Only by becoming consciously one with the source can we claim all the members as our own, our very own.

*(To be continued in the next issue)*

## TO-MORROW'S NOON

1.

Altruism is good, but to know what God's Will is and act accordingly is infinitely better.

2.

If you feel ambivalence towards humanity, I assure you, God will forgive you, humanity's soul will forgive you, but your own inner oneness-heart, which wants constant divine fulfilment on earth, will not forgive you.

3.

It seems that we are in an absurd situation: on the one hand we desperately try to ameliorate our life of aspiration; on the other hand we cherish our teeming doubts and our darkening frustrations.

4.

If you are amenable to the reasoning mind, then your life will be a fruitless, continuous start; but if

you are amenable to the aspiring heart, then yours will be the life of immediate start, immediate progress, immediate finish and immediate satisfaction.

5.

Although you are amoral, you have a fair chance for your nature's transformation, for you strongly believe in God's all-forgiving, all-illuminating Compassion.

6.

To have aplomb is to compel success to come and touch your feet instead of your running after success.

7.

O ascetic soul, I did love you once upon a time, but now I love to live with and die for life's acceptance-soul.

## THE BICENTENNIAL FLAMES AT THE UNITED NATIONS

*In the spring of this year Sri Chinmoy answered questions on the Bicentennial offered by the United Nations Meditation Group, which were subsequently published in one volume, The Bicentennial Flames at the United Nations. Excerpts from this book follow.*

### PREFACE

This is the most significant year for America, the Bicentennial year. It is my sincere wish to answer a few questions on the Bicentennial offered by the United Nations Meditation Group from the spiritual point of view. If each of you can kindly meditate for a couple of minutes and then give me a question, I shall be very grateful. This will help all the members of the Meditation Group considerably. If the questions are meaningful and soulful and the answers also are soulful, then it will be a great service not only to the soul of the United Nations but also to the soul of America. Something more: it will be a great service to the Universal Soul, for America's Independence is something most meaningful and fruitful in God's entire creation.

*Sri Chinmoy  
United Nations Headquarters  
21 May 1976*



*Mr. Donald Keys:* What could America's contribution be to the family of nations in the next two hundred years?

*Sri Chinmoy:* In the next two hundred years America's contribution to the family of nations will be equality's universal birthright and reality's transcendental height. America is great. America is good. America's greatness is going to increase in infinite measure in the next two hundred years because America knows what greatness is and where it comes from. Greatness is self-giving and its source is love in peace and peace in love. America's goodness lies in this: God for God's sake, man for God's sake. Aspiration for a higher life is for God's sake. Truth-discovery is for God's sake. Peace-distribution is for God's sake. Delight-manifestation is for God's sake.

America's matchless contribution shall be her supreme universal friendship in which the family of nations will see beckoning hands, oneness-satisfaction and perfection-manifestation. America means contribution. Right now this contribution at times is conditional, at times unconditional. But either in the near or distant future, America's contribution will always be unconditional in the outer life because America is undoubtedly going to make tireless efforts to become a supremely unconditional instrument of the Pilot Supreme.

*Ms. Dolores Novoa:* How can we rekindle the significance of America in our hearts and in the hearts of others?

*Sri Chinmoy:* We can rekindle the significance of America in our hearts and in the hearts of others by becoming glowing sacrifice in the inner life and growing service in the outer life.

*Mr. Richard Howard:* What is the most important thing America has learned in her first two hundred years and what is the most important thing she has to learn now in order to make the fastest progress?

*Sri Chinmoy:* In her first two hundred years America has learned the momentous necessity of the childlike heart. Now, in order to make the fastest progress, the most important thing is for her to have a life of conscious and continuous self-giving.

*Ms. Saroja Douglas:* What is the difference between political independence and spiritual independence?

*Sri Chinmoy:* The difference between political independence and spiritual independence is this: political independence is the individuality of a particular party whereas spiritual independence is the independence of a seeker from darkness, bondage and ignorance.

*Mr. Michael Jameson:* How can other nations of the world feel their oneness with the United States in celebrating our Bicentennial?

*Sri Chinmoy:* Other nations of the world can feel their oneness with the United States in celebrating the Bicentennial if they feel that they have one goal and that goal is to love God and practise truth unconditionally.

*Ms. Cate Claxton:* Do the Bicentennial celebrations add strength to the soul of America?

*Sri Chinmoy:* The Bicentennial celebrations without fail add strength to the soul of America, for a Bicentennial is not a mere celebration but a genuine invocation of the soul of America that liberated the body of America from a foreign yoke.

*Ms. Michele Hein:* Has the character of America changed significantly since the nation was born two hundred years ago?

*Sri Chinmoy:* Yes, the character of America has changed significantly since the nation was born two hundred years ago. Previously a soulful promise reigned supreme; now a fruitful hope reigns supreme.

*Ms. Linda Serlin:* As our souls come forward on our birthday, does the soul of America also come forward during this Bicentennial year?

*Sri Chinmoy:* The soul of America comes forward during this Bicentennial year to bless America's Heaven-climbing aspiration and America's earth-transforming service.

*Ms. Wendy Tashiro:* Is there any special significance to the outer events which will occur this year?

*Sri Chinmoy:* The outer events will bear special significance only if the inner awareness is conscious and complete. If not, the outer events in this year will have no special significance.

*Mr. Bill Paradis:* When the government of America was young, it seemed to have a greater spiritual aspiration. How can that be regained in the government today?

*Sri Chinmoy:* Today's government can regain the same spiritual aspiration if it feels that there is only one thing both on earth and in Heaven that will satisfy and fulfil the real in it, and that is aspiration.

*Mr. Art Tortolero:* How will the degree of unity in the spiritual community affect the spiritual progress of America?

*Sri Chinmoy:* The degree of unity in the spiritual community automatically reflects the spiritual progress of America. Spiritual unity is not and cannot be a stagnant pool. It is a flowing, glowing and running river which is going to enter into the universal sea of humanity's perfection.

*Ms. Jody Yeates:* Is the soul of America satisfied with America's outer and inner progress?

*Sri Chinmoy:* The soul of America is satisfied, but since there is no end to outer and inner pro-

gress, the soul of America could be more satisfied if America cared more devotedly for its outer and inner progress.

*Mr. Al Sims:* Will the next two hundred years see the manifestation of the soul's qualities of America and, if so, how will it take place?

*Sri Chinmoy:* Yes. The next two hundred years will see the manifestation of the soul's qualities of America. This manifestation will take place in America's conscious and unconditional leadership of humanity and America's constant and self-giving friendship with humanity.

*Mr. Matthew Hogan:* We celebrate the spirit of 1776. What exactly was that spirit, and also what is the spirit of the United States today?

*Sri Chinmoy:* Previously a soulful promise reigned supreme; now a fruitful hope reigns supreme. The spirit at that time was promise; now it has become hope. The spirit of the past was the discovery of inner adamant will to fight against bondage. The present spirit is the aspiration for God-manifestation plus the aspiration to become humanity's brother, humanity's selfless lover and divinity's constant server.

*Ms. Myra Agdern:* How can we incorporate the spirit and the outer activities of the Bicentennial?

*Sri Chinmoy:* You can incorporate the spirit and the outer activities of the Bicentennial by becoming consciously aware that the spirit of the Bicentennial is carrying the outer activities along with their results to the most illumining and fulfilling Goal.

*Ms. Carol Tooker:* Is there any special quality that Americans can especially work on now to help bring forward all their potential divinity?

*Sri Chinmoy:* There are two special qualities that Americans can work on to help bring forward all their potential divinity. These two divine qualities are the feeling of universal oneness and constant and cheerful self-giving to the Supreme Pilot, who is man's own highest Reality.

*Ms. Loren Bright:* How can American politics return to the spiritual values that they had during the time of the Founding Fathers and some of our earlier presidents?

*Sri Chinmoy:* American politics can return to the spiritual values that they had during the time

of the Founding Fathers and some of the previous presidents only if the political leaders and other leaders feel the supreme necessity of an inner life that has the capacity to bring about outer success, outer achievements, outer perfection and outer satisfaction.

*Ms. Cherie Roberts:* How can we regain the nobility and wisdom of the Founding Fathers in America today?

*Sri Chinmoy:* You can regain the nobility and wisdom of the Founding Fathers in America best by meditating on the independence-spirit of America, which was treasured not only by earth's aspiration but also by Heaven's illumination.

*Ms. Cathy Wald:* Is the soul of America like a child that keeps on growing and developing?

*Sri Chinmoy:* The soul of America, like a child, is growing, glowing, developing, illumining and fulfilling. It is a soul that is most progressive and most striking.



*Ms. Martha Keys:* When the soul of America and the soul of the world discuss things, what suggestions and advice do they have to mankind?

*Sri Chinmoy:* When the soul of America and the soul of the world discuss things, they have many suggestions to make, much advice to offer to mankind. But primarily they have one suggestion, one piece of advice to offer and that is, "Move on, move on! The Goal, the ever-transcending Goal, is ahead and not behind."

*Ms. Marlene Artkowsky:* What is the spiritual significance of being two hundred years old?

*Sri Chinmoy:* The spiritual significance of being two hundred years old is that the journey of America will continue eternally toward the establishment of a better, more illumining and more fulfilling human family on earth.

*Ms. Anne Claxton:* How can America make the most spiritual progress and how can America be of most service to the world?

*Sri Chinmoy:* America can make more spiritual progress if it can feel that it has been selected as a

choice instrument of the Supreme, for the Supreme. America can serve the world most provided America feels that the service it renders to the community of nations is nothing but its own illumining and self-fulfilling expansion.

*Ms. Denise Yarkousky:* What does the soul of America always try to teach its American children?

*Sri Chinmoy:* The soul of America always tries to teach its American children to be divinely brave and remain so eternally in order to fight against humanity's outer darkness and inner ignorance. Humanity's outer darkness is the sense of division; humanity's inner ignorance is the life of doubt.

*Mr. Kevin O'Brien:* In the next two hundred years will the spiritual forces tend to manifest more than they have in the first two hundred years?

*Sri Chinmoy:* Undoubtedly the spiritual forces will be able to manifest in the next two hundred years much more than they did in the past two hundred years, for not only America's but also humanity's aspiration is continuously proceeding forward, upward and inward.

*Ms. Kimberly Childs:* As citizens of the United States, what can we do to help our development in the next century?

*Sri Chinmoy:* In the next two hundred years, as citizens of the United States you can help yourselves develop just by clearing the mind of the thick forest of doubt and by liberating the heart from its insecurity-cave.

*Mr. Ken Peck:* When America emerged as a nation two hundred years ago, she stood forth as a symbol of hope, promise and freedom for the peoples of the world. How can she transmit these qualities to the world-body today?

*Sri Chinmoy:* America's hope, America's promise and America's freedom—these America can transmit to the world-body today provided America does not claim them as her own personal achievements, but as compassionate boons from above, from the Almighty Father.

*Ms. Anne Agostini:* Is independence as spiritually significant for other nations as it was for the United States?

*Sri Chinmoy:* Yes. The spiritual significance of independence is always the same for each nation. But one nation can receive much more Light from above and offer much more sacrifice to God than other nations, on the strength of its inner cry to become one with the universal Reality and the transcendental Vision.

*Ms. Kathy Everhart:* How can the American people realise their love for the soul of America?

*Sri Chinmoy:* The American people can better realise their love for the soul of America if they discover that the real and immortal reality in each human being, in each nation, is only the soul-reality. Everything else is transitory.

*Mr. Joe LaGalia:* What gift will the United Nations give to the United States on its Bicentennial?

*Sri Chinmoy:* There are two gifts the United Nations may give to the United States on its Bicentennial. One gift is gratitude, for the United Nations is housed in the United States. The other gift is its promise to help and fulfil America the way America's soul wants to be helped and fulfilled.

*Mr. Ben Lieberman:* Is there an art form that is intimately tied to the soul of America, such as music is associated with Germany?

*Sri Chinmoy:* Yes. There is an art form that is intimately tied to the soul of America, and that is America's untiring inner and outer efforts to grow into a supreme God-seeker, a supreme peace-lover and a supreme satisfaction-distributor to humanity.

*Ms. Teri Schiffel:* What birthday gift would the Supreme want the soul of America to place at His Feet on this Bicentennial?

*Sri Chinmoy:* The Supreme would like to have a gratitude-heart from each and every American placed at His Feet as the birthday gift.

*Ms. Barbara DeLong:* How can American citizens learn to love their country more?

*Sri Chinmoy:* American citizens can learn to love their country more by realising the supreme fact that there is no difference between true love of one's country and true love of God. One's country is nothing short of God's concentrated creation.

*Ms. Linda Zwingenberg:* How can American citizens best further America's role in the world in the next two hundred years?

*Sri Chinmoy:* American citizens can best further America's role in the world in the next two hundred years by claiming the rest of the world as their very own. This feeling of oneness can alone bring to America an unprecedented leadership and a unique friendship.

*Mr. John Ofosu-Benefo:* We know that the United States is very powerful militarily and politically on the world horizon. In God's scheme of things, what is the role of the United States in the evolution of mankind's spiritual development?

*Sri Chinmoy:* Militarily and politically the United States is very powerful. Your statement is perfectly true. In the Supreme Pilot's scheme of things, the United States is going to play the role not so much of leadership as of friendship, nay, brotherhood, in mankind's evolution. And evolution is another name for mankind's spiritual development.

## UNITED NATIONS MEDITATION-FLOWERS

1.

Before I die,  
Once more my crying and sighing soul shall try  
To see the supreme Truth's victory high.

Before I die.

After my death,  
My Lord will console my failure-heart.  
But He will not demand another start  
Of my useless breath.

2.

I buy, I buy  
Humanity's cry.  
I sell, I sell  
Divinity's Bell.

I take, I take  
Humanity's death.  
I give, I give  
Divinity's Breath.

3.

O every day  
I see a soulful way.  
O every night  
I see a fruitful light.  
O every life  
Is a victory over strife.  
O every death  
Begins a mightier breath.

4.

Mine is the soul  
That flies from perfection-height  
To satisfaction-light.  
Mine is the mind  
That runs from frustration-blight  
To destruction-night.  
Mine is the Lord  
Who sleeps with my failure-mind  
And dances with my victory-soul.



5.

O Truth-lover,  
I love you.  
O Truth-teller,  
I need you.  
O Truth-possessor,  
Am I not yours, only yours?

6.

My  
Inner life informed  
My outer life  
About God's unbelievable  
And  
Impossible visit.  
But alas, my inner life  
Unwisely or deliberately forgot  
To mention the Hour,  
The Hour of Eternity's  
Expectation-pangs.

7.

God's Hands I have touched.  
Therefore  
My mind and I  
Shall be saved.

God's Feet I have felt.  
Therefore  
My heart and I  
Are forever safe.

8.

Fast as light, and high as God.  
Don't sleep, wake up!  
You will be able to run  
As fast as light.  
Don't sit, stand up!  
You will be able to fly  
As high as God.

## WE BELIEVE

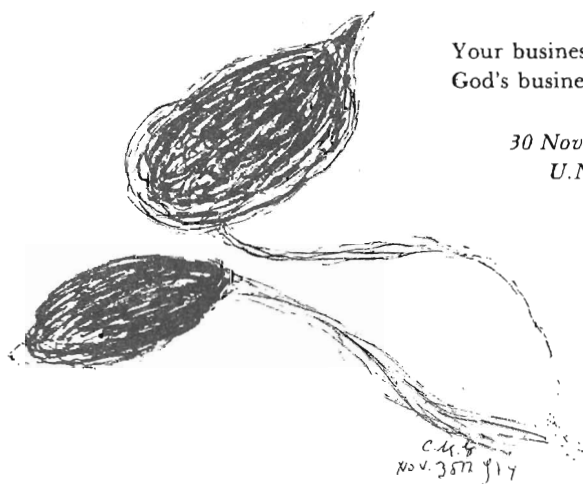
*On 27 August 1976 Sri Chinmoy set the United Nations Meditation Group motto to music, with the following spontaneous tune.*

*♩* = 108 Moderate WE BELIEVE

We-- be--lieve----- and-- we-- hold-----  
 that each man has the po--ten--ti--a--li--ty--- of reach--ing the  
 Ul--ti--mate Truth. We al--so be--lieve-- that man-- can--not  
 and-- will not----- re--main----- im--per--fect---  
 For--e---ver----- Each man is an in--stru--ment of God.  
 When the hour-- strikes-----, each in--di--vi--du--al  
 soul----- lis--tens to the in--ner dic--tates-- of---  
 God----- When man lis--tens to God, his im--per--fec--tions---  
 are turned-- in--to per--fec--tions, his ig--nor--ance in--to know--ledge,  
 his sear--ching--mind--- in--to re--vea--ling-- light-----  
 and his un--cer--tain re--a--li--ty----- in--to  
 all ful--fil--ling Di--vi-----ni--ty.

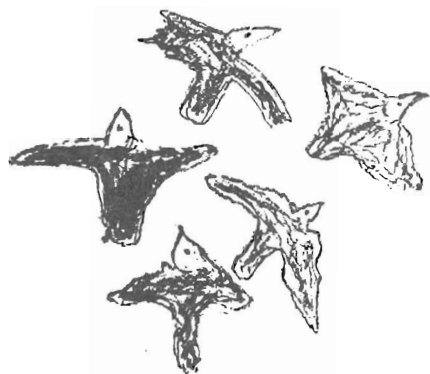
## "MEDITATIONS FOR THE WEEK"

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



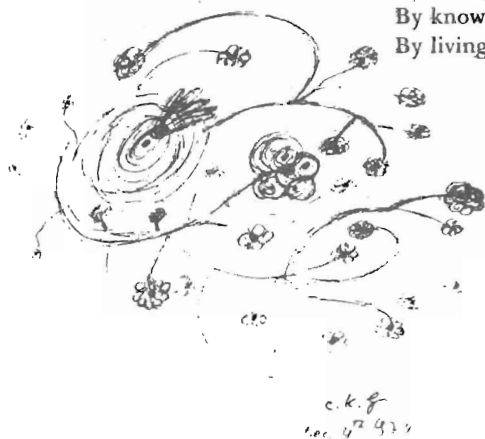
Your business is to begin.  
God's business is to finish.

*30 November—6 December  
U.N. Meditation Group*



Smile at the outer world;  
you will succeed.  
Cry for the inner world;  
you have already succeeded.

*7-13 December*  
*U.N. Meditation Group*



By seeing the past I gain nothing.  
By knowing the future I gain something.  
By living the present I gain everything.

*14-20 December*  
*U.N. Meditation Group*

*c.k.f.*  
*Dec. 4<sup>th</sup> 1971*

*On 14 December 1976 Sri Chinmoy offered the following prayer for the end of the year:*

*Sri Chinmoy:* This will be our last meeting for this year. May we most soulfully invoke the presence of the soul of the United Nations to bless us and to guide us, and to illumine the road to world peace, world harmony and oneness-world, where God's Truth, God's Light and God's Bliss shall reign supreme.



THE SECRETARY-GENERAL

13 December 1976

Dear Sri Chinmoy,

I wish to thank you for the beautiful flowers and the kind message of congratulations which you sent me on behalf of the United Nations Meditation Group following my appointment to another term of office as Secretary-General of the United Nations. Your thoughtfulness in conveying these good wishes was very deeply appreciated.

With best wishes,

Yours sincerely,

A handwritten signature in cursive script, appearing to read "Kurt Waldheim".

Kurt Waldheim

Sri Chinmoy,  
Director  
United Nations Meditation Group

**UNICEF****UNITED NATIONS CHILDREN'S FUND · FONDS DES NATIONS UNIES POUR L'ENFANCE**

UNITED NATIONS, NEW YORK

30 November 1976

Dear Ms. Gershon,


Thank you very much for your letter of November 23rd with which you were kind enough to enclose a check to the order of UNICEF in the sum of \$40.00. I note that this represents the proceeds of the party which was given on October 29th by the United Nations Meditation Group and some staff members of UNICEF.

We are most grateful to the Meditation Group and to all of the others who participated in this event. It is not just the money, but the wonderful feeling which your group expresses.

I was sorry that I was unable to attend the party this year. I remember with great pleasure the first party given in 1975.

With kind regards, and again many thanks,

Sincerely yours,

  
Henry R. Labouisse  
Executive Director

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



**UNICEF****UNITED NATIONS CHILDREN'S FUND · FONDS DES NATIONS UNIES POUR L'ENFANCE**

UNITED NATIONS, NEW YORK

16 December 1976

Dear Mrs. Gershon,

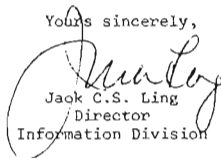
I am sending this letter to you as the Secretary of the UN Meditation Group to convey our heartfelt thanks to every member of your group who have so kindly and readily given their time to help at the Australian UNICEF benefit concert last Sunday.

As I understand from Elfi Lunkenheimer, some members of your group actually postponed a concert in Queens which was scheduled for that day in order to be able to help us. Your immediate response to our last-minute request for help is deeply appreciated and the very kind and reassuringly committed disposition of each one of you made it a real pleasure to work with you.

UNICEF is most grateful, indeed, for the continuous support your group has been kind enough to give us, and we hope that there will be many more occasions in the future for us to work together.

With many thanks and best wishes for the Christmas season and a happy and successful New Year,

Yours sincerely,



Jack C.S. Ling  
Director  
Information Division

Mrs. Gail Gershon  
Secretary UN Meditation Group  
room 3001

cc: Mr. Bernie Curchack



United Nations  
Room 929, New York, N. Y. 10017

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Mr. John H. Bruce

16 December 1976

Dear Mrs. Gershon,

Thank you so much for the arrangements you made to have some members of the Meditation Group help us with the sale of tickets on December 6 for the benefit performance given by Mrs. Shakuntala Devi, and again on the evening of the performance, December 8, handing out posters and collecting tickets.

In thanking you for your co-operation, I would also like to add a word of thanks to Misses Anjali Crager, Linda Zwingeberg, Jody Yates, Michelle Hein and Anne Agostini who so cheerfully helped us on the above dates.

Sincerely yours,

A handwritten signature in dark ink, appearing to read 'R.K. Basu'.

R.K. Basu  
Secretary  
Board of Trustees

Mrs. Gail Gershon  
United Nations  
Room 3001