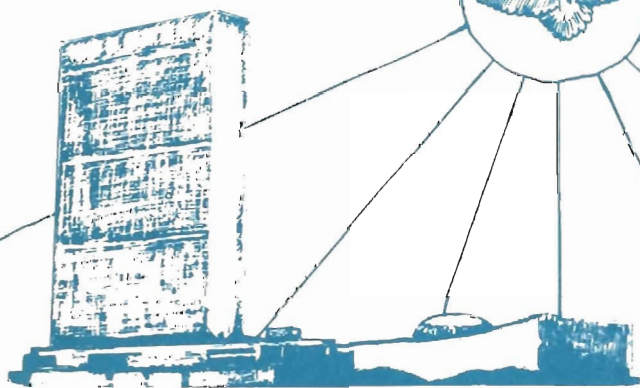


# Meditation at the United Nations

United Nations:



the Heart-Home  
of the World-Body



Monthly Bulletin of  
Sri Chinmoy Meditation at the United Nations

Vol. VI, No. 11  
27 November 1978

INSIDE FRONT COVER  
(BETWEEN)

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**MEDITATION  
AT THE  
UNITED NATIONS**

MONTHLY BULLETIN OF  
SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS

(1)

Since January, 1973, Sri Chinmoy Meditation at the United Nations 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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*Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents.*

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Photographs: Richard Howard

(2)

## SRI CHINMOY MEDITATION AT THE UNITED NATIONS

United Nations:



the Heart-Home  
of the World-Body

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.

(3)

## EDITOR'S NOTE

*Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents, who believe that inner reflection and meditation can bring us in touch with the founding spirit of the United Nations and inspire renewed dedication to its ideals.*

*The main focus of our activities, both in New York and in Geneva, is our twice-weekly meditations, which provide an opportunity for quiet, spiritual renewal in an atmosphere reflective of the highest purposes of the world organisation. In addition, through an ongoing series of conferences and symposia, we provide forums where ambassadors, Secretariat officials and staff, religious leaders and other world-minded individuals can share and reinforce their spiritual vision for the United Nations.*

*The Meditation Group was founded in 1970, when interested staff members invited the distinguished spiritual leader Sri Chinmoy to conduct non-denominational meditations at New York Headquarters. Since then, the Group's membership has grown considerably and its expanded activities have been warmly received by the U.N. community.*

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## LIBERIA DAY PROGRAMME

*On 3 November 1978 Sri Chinmoy Meditation at the United Nations sponsored a programme in honour of Liberia on the anniversary of its joining the United Nations on 2 November 1945. The "Liberia Day" celebration featured guest speaker Ambassador David M. Thomas of Liberia and a short film about a human settlement project in Liberia. A transcript of Ambassador Thomas' talk follows.*



*Ambassador David M. Thomas, Permanent Representative of Liberia to the United Nations.*



*Ambassador David M. Thomas, Permanent Representative of Liberia to the United Nations:*

First of all, I wish to thank you sincerely for the fine tribute you have paid my country today. I enjoyed the singing immensely.

In San Francisco thirty-three years ago Liberia, as a founding member of the United Nations, along with all the other signatory members, seriously committed herself to the accomplishment of the aims and principles enshrined in the Charter of the United Nations. Therefore, Liberia, and the other Member States as well, I am sure, believes that the United Nations, with its imperfections, is the best organisation conceived by world leaders after World War II to ensure peace and security for the peoples of the world and to afford them the privilege of living together as good neighbours. Since the establishment of the United Nations, Liberia, not unlike the other Member States, has appreciated the importance of the United Nations as the best forum before which to express the virtues and opinions of States on international problems. The economic and technical assistance rendered during the years is also creditable.

In the midst of the many complex problems with which the United Nations is confronted, it is good that there is an appreciation for meditation. It is my firm conviction that since man as a human being is also spiritual, it is necessary for him to keep in touch with the Supreme Being, the Source of life and all the blessings that may be bestowed upon it. It is necessary also to seek guidance and help from this Source of spiritual power. As a Christian, I firmly believe in the Golden Rule which was enunciated by Jesus. Regardless of what religion one may practise, it is my belief that unless

the United Nations, or any other organisation, adopts the principle of the Golden Rule: "Do unto others what you would have others do unto you," I am afraid it will fall short of the goal it has set for itself—to maintain peace and security. Although the United Nations has not found a solution to all the international crises and problems that have arisen from time to time, it has done well in containing them. We still believe that at present it offers the best hope of the peoples of the world to discuss and peacefully resolve their differences. To this Liberia is firmly committed.

Thank you.

## NORMAN ROCKWELL: ARTIST OF AMERICANA

*On 10 November 1978 Sri Chinmoy paid the following memorial tribute to the American artist Norman Rockwell during a meeting of the Meditation Group in the Dag Hammarshjold Auditorium.*

*Sri Chinmoy:* Let us for a minute offer our prayerful meditation so that the artist of Americana, Norman Rockwell, may receive the universal Peace and transcendental Bliss which his soul so rightly and richly deserves.

He not only saw America's simplicity-life and America's happiness-heart, but he also became simplicity and happiness in the purest sense of the term.

No matter what ultra-modern science has made of America, no matter what the modern intellectual giants have made of America, in the depths of America's heart and life there shall always dwell three virtues: simplicity—a childlike simplicity; happiness—a child's happiness; and satisfaction—a child's constantly blossoming satisfaction that comes when America becomes and offers to the world what the child in it has. No virtue that America has can ever diminish or vanish, for virtue is an immortal gift which God Himself grants to aspiring souls, and aspiring nations.

America's vastness the world knows. America's oneness only a soul like Norman Rockwell could feel. We the seekers shall always feel in him America's oneness-loving life and America's satis-

faction-distributing heart. Norman Rockwell embodies the Reality's revealed dream.

## NORMAN ROCKWELL

Words and music  
by Sri Chinmoy

*♩* 110) Moderate *fine*

Nor-man Rock-well Nor-man Rock-well, Nor-man Rock- - - -well!

Your good A-me-ri-ca's sim-ple-ty-are, Your kind

A-me-ri-ca's hap-pi-ness-heart for-ever in your

kind-ness-me-mo-ry shall dwell.

O il-lus-tri-ator su-preme, O Re-a-li-ty's

re-vealed dream, A-me-ri-ca's

height, A-me-ri-ca's depth, A-me-ri-ca's breadth, A-me-ri-ca's

length Sa-lute your splen-did A-me-ri-ca-ness-

strength. *D.C. with repeat*

DEVOTIONAL CONCERT  
AT THE HINDU TEMPLE SOCIETY  
OF NORTH AMERICA

*On 12 November 1978 Sri Chinmoy and members of the Meditation Group were invited by Mr. G. V. Subba Rao, head of the new energy programme of the United Nations Department of International Economic and Social Affairs, to hold a meditation and concert of devotional music at the Hindu Temple Society of North America in Flushing, New York. The overwhelming beauty of the authentic Hindu temple combined with the haunting subtlety of the Indian esraj played by Sri Chinmoy and devotional Bengali songs by the Meditation Group choir, created a very sublime atmosphere.*

*Following is an excerpt from introductory remarks delivered by Dr. A. Alagappan, Secretary and Life Trustee of the Hindu Temple Society of North America and a transcript of Sri Chinmoy's talk.*

*Dr. A. Alagappan, Secretary and Life Trustee of the Hindu Temple Society of North America: It is a great privilege and honour to receive Sri Chinmoy and all the young friends who have come with him. We all know that this is an external temple which meets the eye. But what is important is the internal temple. The *chakras* must be opened and the *jiva* must go and have communion with the Universal Spirit. This is what Sri Chinmoy has achieved, and this is what we are struggling to do. Of course, when a person becomes perfect, he wants to shed the benign radiance on others. While*

India has many holy people who have been able to do this, we in New York are blessed with one person who has been silently and steadfastly doing this, and this is Sri Chinmoy. Not only by his teachings but also by his example, he has been able to inspire so many people and put them on the right path. So we give him not only a double and triple welcome, but a welcome for every day.

*Sri Chinmoy:* I bow to the Absolute Supreme. I bow to Ganesha, Ganapati, (Siddhidata), the giver of Realisation. I bow to the Benediction-Sun and Compassion-Sky of this temple. In the inner world I bow to the aspiration-cry and dedication-smile of this most hallowed temple.

You all know that I am a talker, an incessant talker. I talk here, there, all-where. Indeed, this is the self-styled profession that I have chosen. But now, at this most sanctified place where the Bounty of the Absolute Supreme is reigning supreme, my Beloved Supreme has changed my profession. My God-ordained profession is gratitude-heart, gratitude-heart.

My Indian friends, my Indian brothers and sisters, my Indian hearts, my Indian home, I am a seeker and I shall remain so throughout the length and breadth of Eternity. For to be a seeker is to remain a continuous lover of God and server of God, always at His Feet. Him to please in His own way is my sole goal.

Our distinguished professor, our distinguished seeker-professor, has corrected me and I am most grateful to him. I was under the impression that this temple is solely dedicated to Hindus or Indians. But now I realise that this is the joint effort of both Indian seekers and American seekers.

Nothing gives me greater joy than to hear that American brothers and sisters and Indian brothers and sisters have worked together for the fulfilment of one cause, one hope and one heart, in which all-loving, all-illuminating and all-fulfilling oneness reigns supreme.

I wish to offer my soulful gratitude to my dear brother Rao and to other distinguished friends and seekers here; also to my very good old friend Ananda Mohan.

Now I wish to ask my students to sing a song which is the soulful unification of these two countries: "I dearly love my India/And its age-old silence-peace. I dearly love my America/And its childheart-beauty." Without India, America is incomplete; and without America, India is incomplete. But when they are together, when they are for each other, at that time they please the Absolute Supreme in His own way. India is God the Vision, America is God the Mission. The union of Vision and Mission can only bring about God the Satisfaction.

*Mr. G. V. Subba Rao introduced Sri Chinmoy to K. Subba Rao, M.D., Chairman of the Board of Trustees of the Hindu Temple Society of North America, who thanked Sri Chinmoy after the concert.*



*Mr. K. Subba Rao:* It is our sincere wish and desire that we have the real good fortune to have you again. It was very inspiring.

## PROGRAMME FOR "PANAMA DAY"

*Ambassador Jorge Enrique Illueca of Panama addressed the Meditation Group at a "Panama Day" programme on 14 November 1978, in honour of Panama's joining the United Nations on 13 November 1945. The programme also included the performance of a new song composed by Sri Chinmoy about the Ambassador, as well as slides and music of Panama. A transcript of Ambassador Illueca's talk follows.*



*His Excellency Mr. Jorge Enrique Illueca, Permanent Representative of Panama to the United Nations.*



*His Excellency Mr. Jorge Enrique Illueca, Permanent Representative of Panama to the United Nations:* Let me first of all express my thanks to Sri Chinmoy for his generosity toward me that I have recorded very deeply in my heart. Honorable Sri Chinmoy, distinguished friends and colleagues, no words of mine can convey to the Sri Chinmoy Meditation at the United Nations the depth of my appreciation for their kindness to my Government and my people. I must tell every one of you how very happy I am and how very deeply the Panamanian delegation is honoured by this commemorative programme marking the anniversary of the day of entry of the Republic of Panama into the United Nations.

Everything that is great and noble in this world is the product of meditation. Our modern world, with its technological prodigies and interplanetary adventures, has originated in the meditation of Copernicus, Galileo and others. If we move from the sphere of the concrete and tangible into the sphere of great artistic creations, we find that meditation is the mirror of our mind and conscience, the world around us, and our own individuality. Then we understand more clearly that meditation is the essential creative power of a human being and is an example of our creative potentialities.

The adherence of Panama to the United Nations was the consequence of a meditated act, because the unity of all the countries to promote world order is an imperative of our time. The association with the United Nations has been of the greatest benefit to Panama. Thanks to the many instruments of the United Nations, thanks to the international forum of the Security Council and the

General Assembly, so important in shaping international public opinion, Panama has seen its desires and ideals achieved in a rather substantial manner. There is still a great way ahead, but now, thanks to the United Nations, the way on the road to full independence and sovereignty seems less difficult.

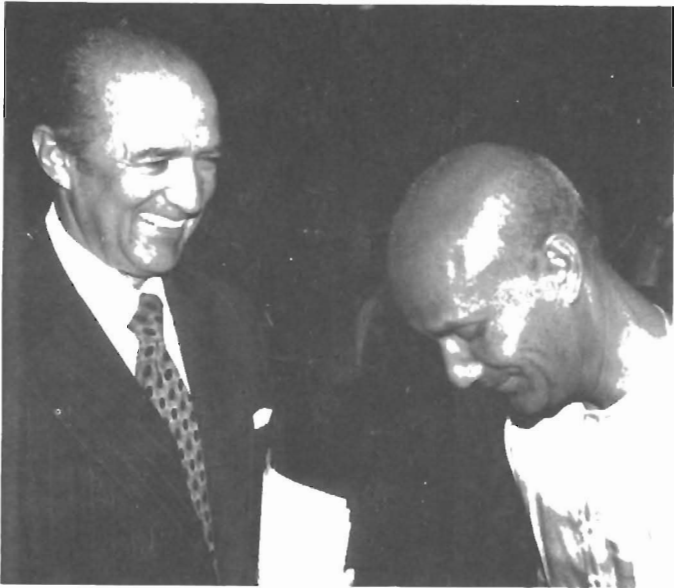
The history of Panama and the Panamanian personality have received the beneficial influence of the United Nations and, ladies and gentlemen, let us recognise that this influence represents in its essence a spiritual order: the product of the meditation of governments and diplomats that, in our time, are compelled by the Charter to practise tolerance and live together in peace with one another as good neighbours, and to promote social progress and better standards of life in human freedom. For all these reasons, the delegation of Panama is very pleased and honoured to participate in this act today which is a reaffirmation of the United Nations' faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small.

To conclude, I must say that meditation is not something static. At the United Nations meditation is a prelude to action, because action is only justified when it is in harmony with the ideals of peace, social justice and economic development, which are a constant guide to our great family of nations. One should meditate and then act accordingly. In the same natural way as has been stated, I quote: "If in the beginning was the birth, immediately there was action."

On behalf of the Panamanian Government, the Panamanian people and all the members of the

delegation of Panama, I wish to thank again Sri Chinmoy and his Meditation Group at the United Nations for having dedicated this day to celebrate the admission of Panama on 13 November 1945 to the United Nations system—that system which is the bulwark of peace, the place where the future of humanity is emerging, the cradle of the best and noblest hopes of mankind.

Thank you.



*After the programme, Ambassador Illueca thanked Sri Chinmoy: "Today you have touched something very significant in our inner being. We feel that we have encountered some superior feelings in ourselves that are very, very nice. There are really no words to express these feelings. They are something very good."*

## AMBASSADOR ILLUECA

Ambassador Illueca!  
Professor, Editor Illueca!  
Barrister, Mentor Illueca!  
Congressman, Chairman, President prominent,  
Server, Brother Illueca!  
A great illumination-mind  
In you we find, in you we find.  
A good perfection-heart  
Has smashed darkness-dart.  
A supreme oneness-life  
Beyond ignorance-knife ;  
A God-satisfaction-soul –  
Within your ken, your Goal.

♩ = 126

JOHANNESBURG MESSA

Words and music  
by Sir John Stainer

Moderately fast

## INTERNATIONAL THANKSGIVING 1978

*On 20 November 1978 Sri Chinmoy Meditation at the United Nations sponsored the fourth observance of International Thanksgiving at United Nations Headquarters. Guest speakers included Ambassador Davidson L. Hepburn of the Bahamas, Ambassador E. Owono Asangono of Equatorial Guinea, Ambassador C.G. Maina of Kenya, Ambassador Harald Rose of the German Democratic Republic, Mr. Zaim Imam, Political Adviser of Kuwait and Mr. Christian Schmittlein, Third Secretary, from the Mission of the Federal Republic of Germany. Colonel Geiger was also present as a representative of the Swedish Mission to the United Nations.*

*Following are excerpts from the programme.*



*His Excellency Mr. Davidson L. Hepburn, Permanent Representative of the Bahamas to the United Nations. The Bahamian people are proud*

to be a part of this august international and universal body. Our participation in the United Nations is growing, gradually, from a rather nominal one to a more substantive one. The material benefits received, as a result of membership in the United Nations for the past five years, cannot be measured in a tangible way in terms of technical assistance, for example. But in an intangible form, such as training and experience, our membership has been invaluable. As a result, there has been a greater consciousness of global activities in the Bahamas society. Indeed, there is a stronger sense of belonging and less insularity, and the general public is beginning to demand more participation by its representatives. Most importantly, we are better able to understand the many social, economic and political problems which plague so many of our brothers and sisters categorized, like ourselves, as small developing nations. Consequently, we are more willing to lend moral, financial and technical assistance wherever possible.

Membership in the United Nations has been a catalyst to the Bahamas. The exposure has challenged our delegates to deal with issues in a more constructive and decisive manner. Hence, we are more positive in our conviction that the fulfilment of the true values of peace and harmony with one's fellow human beings and with one's environment are within mankind's grasp. And we hope that by sharing this belief with our colleagues here at the United Nations we can enhance the image of the organization by fostering better relations and strengthening the call for the maintenance of universal peace and security.



*His Excellency Mr E. Owono Asangono, Permanent Representative of Equatorial Guinea to the United Nations:* Before referring to the Equatorial Republic of Guinea, I would like to say a few words to manifest the importance and the highly significant role that meditation has for the human being. Because of the multiple factors of the social and political life of our environment, the process of humanization is very difficult. It is then indispensable and necessary to surrender every now and then to meditation, as a way to the purification of our spirit and the rediscovery of our inner self. The United Nations constitutes the hope and dream of the international community for the solution of grave problems that affect humanity. We have then the obligation and duty to work pure in spirit. The Meditation Hall, created by Secretary-General Dag Hammarskjöld, should constitute the centre of rediscovery for humanity. We render homage to the illustrious Secretary-Generals Dag Hammarskjöld and U Thant for their dedication to the cause of humanity.



With Equatorial Guinea's admission to the community of nations, its people, who before did not recognize their own existence and value, were born to a new light. The joining of Equatorial Guinea to the United Nations means the complete and effective acquisition of all its rights, duties and obligations before the International Community. The Equatorial Guineans feel that it is their duty and obligation to contribute to the common efforts for the edification of an honourable and prosperous universal human society and, at the same time, recognize their right to participate in the benefits of this community.



*His Excellency Mr. C. G. Maina, Permanent Representative of Kenya to the United Nations: In the spirit of International Thanksgiving this week, Kenya has much reason to be thankful, particularly when one looks around at many parts of the world*

where peace and tranquility are more of a theory and a wish than a practical proposition. We are grateful as Kenyans to be in a position to demonstrate that it is possible in this imperfect world for a human society made up of different races, peoples, religions, and cultures to exist free from the evils we are all struggling to eliminate through the United Nations.

Kenya has benefited along with many other countries from the achievements of the United Nations in maintaining peace and security in various parts of the world over the three decades the Organization has been in existence. Of course, we have shared with others the disappointments of the Organization when it fails to bring about peace and solve problems which have afflicted many unfortunate parts of the world. For Kenya to be counted among those making an effort to bring about peace and to improve the lot of many suffering peoples of the world is a happy experience irrespective of whether or not those efforts are successful. We are, therefore, happy to join all our friends in this International Day of Thanksgiving, even for the imperfect peace in an imperfect world that we have continued to enjoy in the past year. It is our hope that men and women and leaders everywhere in the world will have the opportunity to sit back and count not only the problems, but also the blessings that we have, because without the ability to sit back and reflect on the basic values of human existence and the relationship between man, his immediate environment and the rest of the universe, the human being often behaves no better than the lesser creations that inhabit the earth.



*H.E. Dr. Harald Rose, Permanent Representative of the German Democratic Republic to the United Nations:* Our people have been enriched materially and intellectually through manifold exchanges with many peoples, above all with the socialist sister countries. When we started, we had not only to clear away the ruins in our cities and villages, but, what is more, to remove the ideological garbage left behind by fascist barbarity. Thus, a culture has emerged which is committed to socialism and peace, to love of one's people and respect for other peoples and which promotes the full development of the individual's creative potential. It is a culture which brings forth and fosters active solidarity with all people fighting for national independence and against social oppression. ✓

For the German Democratic Republic, the commitment to the principles of the Charter of the United Nations is not only motivated by political or juridical considerations. It is deeply rooted in our philosophy and ideology and in our concepts of value, in short, in our new life. ✓



*Mr. Zaim Imam, Political Advisor of Kuwait to the United Nations:* The United Nations means a great deal to my countrymen. We view the United Nations as the institution that can ensure our very survival through the establishment of international security and the rule of law. It is also the institution which completes the process of decolonization and ensures protection for human rights and fundamental freedoms. I cannot deny that my countrymen, like citizens all over the world, have frequently been disillusioned with the United Nations. Through painful experience they have learned that the United Nations is at an early stage of a great international experiment being carried out at a time of bewildering change. To strengthen the United Nations, Member States should work to improve it as an object in itself. They should cease to use it as an instrument for the furtherance of national policies. My countrymen believe that with the proper political will, which must evolve in an increasingly interdependent world, the United Nations can fulfil its real goals, which are to suc-

cour victims of aggression, prevent territorial expansion, harness advanced science and technology in the service of mankind, narrow the gap between affluence and poverty, protect human rights and promote social justice.



*Mr. Christian Schmittlein, Third Secretary, Permanent Mission of the Federal Republic of Germany to the United Nations.* The German artists, philosophers, writers and painters of the 19th century did not want to be "German" artists in the first sense; coming from middle Europe, they wanted to give their message and their way of thinking to all states. They did not want to be German national artists, but they wanted to be world citizens. This is true not only for Goethe, but also for Heinrich Heine, Karl Marx or any of the others. So, you see that the German culture is not limited to what is now the present Federal Republic of Germany. German culture has always been directed towards the larger world.

This is how we understand our role in the United Nations, too. We try to strengthen all the attempts

and all the efforts for peace. The German culture in the past as well as in the present in the Federal Republic of Germany has tried to work for peace for all people.

## QUESTIONS AND ANSWERS

*Following are Sri Chinmoy's answers to questions on meditation and spirituality submitted by members of the Meditation Group in November 1978.*

*Question:* Is there a difference between man and God?

*Sri Chinmoy:* No. Today's imperfect and unfulfilled man is tomorrow's perfect and fulfilled God. God and man are eternally one. God needs man to manifest Himself; man needs God to realise his true Self. There is no yawning gulf between man and God. Through his aspiration and meditation man can become conscious of his oneness with God.

*Question:* I've made the observation that people may say they don't believe in God, but in times of need they call to God. Could you comment on this?

*Sri Chinmoy:* This is absolutely true. Suppose an atheist is seriously ill or the nearest and dearest member of his family is dying. At times like this, when he is helpless, he may not use the term 'God,'

but he may look up for light; and that light is nothing but God. Any time he feels helpless he may look for something, and what he looks for is God. Today there is no God for him but if some catastrophe takes place in his life, immediately he cries out for something, and that very thing is God.

*Question:* Does God get angry as we sometimes get angry?

*Sri Chinmoy:* No, God does not get angry in that way. Our kind of anger and God's kind of anger are totally different. In our case, when we get angry with a person, usually we try to destroy or kill the person. In God's case, it is not like that at all. God's anger is His divine Justice in disguise. When He sees that His Love does not work, then He has to use His divine Force in order to perfect the person. It is like the mother who first shows her love and affection to her child. Then if the child does not listen, she becomes very serious only for the child's own good. So there is a great difference between ordinary human anger and the divine dispensation of God's Justice.

If you see force in the personal aspect of God, then you may feel that He is angry. But this so-called anger is necessary. By any means He wants to achieve perfection. If by showing a very powerful and destructive face He feels that He can change you, then He will show it. If His Love-Power cannot transform you, then naturally He will use His Force-Power. If you feel His Power in the physical, you may take it as anger. But if you



are in the soul, you will see that it is not anger. By using His divine adamant Will, God is only energising you and bringing forward your divine determination.

*Question:* How can I avoid getting nightmares?

*Sri Chinmoy:* Do you keep your hands on your chest when you are sleeping? That is not advisable, for that can give you a nightmare attack. Also, if you sleep on your chest, you can get nightmares. Sleep either on your back or side, but not on your chest. If you sleep on your chest, there will be very little body circulation and you will have difficulty breathing. Many children are attacked by nightmares because they sleep on their chest.

*Question:* In the war between intuition and common sense, which one should we listen to?

*Sri Chinmoy:* Intuition is the real truth. What we call common sense is not common sense at all. In real common sense, God comes first; the highest Reality comes first. A spiritual Master once said, by way of a joke, "When people come to me as disciples, the first thing I ask them to do is to give up their common sense." One of his disciples replied, "If we give you our common sense, then only you will give us your proper sense."

*Question:* How can I think of God when He is so vast?

*Sri Chinmoy:* Don't think of God as an infinite expanse. Think of God as someone who is inside your heart. Think of God as someone infinitely more beautiful than any flower or any human being. Think only of His Beauty aspect. Feel that there is somebody inside you who is infinitely more beautiful than anybody or anything that you have ever seen or could ever imagine. It is easier to pray to the Personal God, because you can see and feel Him directly. But if you think of God as something vast, then it becomes more difficult.

God is like a vast expanse of water. When the water takes the form of ice, you see something solid, and it is very easy for your mind to be convinced of its reality. But when you see water as a vast expanse of liquid, then you feel that you are totally lost. So from now on, try to think of God as a most luminous Being inside your heart. Then try to speak to that Being.

*Question:* If God the Impersonal is infinite Light, Peace and Bliss, does this mean that God the Personal does not have infinite Light?

*Sri Chinmoy:* If God takes His Personal form, that does not mean that He is not infinite. God the Impersonal is most luminous and God the Personal is also most luminous, only He takes a form. When God is Impersonal it doesn't mean that He is greater or brighter. Only in the one case He is without form and in the other case He is with form.

*Question:* Must seekers search for God as Personal?

*Sri Chinmoy:* In most cases, it is advisable for beginning seekers to cry for the Personal God, for the Impersonal is very difficult to realise. If one cannot yet perceive the Impersonal God, he uses his imagination. Sometimes he enters into proper imagination; sometimes he enters into false imagination. Imagination as such is not bad, but it can be false; it can be all mental fantasy. So it is nearly always advisable to cry first for the Personal God and then to let the Personal show His other form.

*Question:* In attempting to raise one's consciousness, is it helpful to hold a thought of God or some of His aspects in one's mind or should one concentrate on God's golden Aura?

*Sri Chinmoy:* It depends on the individual. One individual may want to see God in His Personal aspect at the end of his spiritual journey. In his case, it is better for him to concentrate and meditate on God in His Personal aspect. Another person may want to see God as Light, without form. This can also be done. Again, there are some seekers who want to see God both with form and without form. It entirely depends on the seeker's own aspiration. God is ready to show Himself in whatever way pleases the seeker most. It is the seeker who makes the choice.

In your case, the best thing will be to concentrate on God as a golden Light. This golden Light is the divine Light of manifestation on earth.

This is the best approach for you, because in you there is abundant light. Each person has an aura. Your aura is golden. So if you concentrate and meditate on God's golden Aura, if you concentrate and meditate on the colour gold, it will be most effective for you.

*Question:* If we really please God, will He also please us in what we desire?

*Sri Chinmoy:* When you really please God, your will cannot be different from God's Will; your will and God's Will are automatically the same. At that time, you will not be able to ask for the fulfilment of your vital desires as you did before you became inseparably one with God's Will. There are seekers who feel that if they please God during their meditation, then He will please them by fulfilling their vital desires. But this kind of thing He will never do. God won't do it because He loves you. If He did not love you, if He did not care for your progress, then He would feel that if you enter into the life of desire or temptation in this incarnation, no harm; you can think of Him in the next incarnation. But He does not do that. Once you accept the spiritual life, God has more faith in you than you have in yourself. Your faith may not be constant. Today you have faith and tomorrow you don't have faith at all in the spiritual life. But once God sees that you have entered into the spiritual life, His Faith always remains. Just because He has Faith in you in ample measure, He won't allow you to enter consciously into ignorance once again. For the vital this is difficult to accept, but for the soul it is a great gift and boon.

*Question:* After the soul leaves the body, does it usually go away if it is an advanced soul?

*Sri Chinmoy:* If the soul is an advanced, bright soul, it will usually go to a higher region. Again, some souls will stay, in spite of being very bright and very powerful. They want to see if they can be of some help to their friends or dear ones in the inner world. There are many ways in which souls can help. They can come to their dear ones in a dream, giving them some light and inspiration. Or they can tell them to try to achieve something for God while they are on earth. They say, "Don't waste your time. Do as much as you can before you leave the body." Each soul feels sorry that it has wasted time while on earth.

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