

# 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. 12  
27 December 1978

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**MEDITATION  
AT THE  
UNITED NATIONS**

MONTHLY BULLETIN OF  
SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS

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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

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.

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## 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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## A TRIBUTE TO ELEANOR ROOSEVELT

*On 1 December 1978 a commemorative programme for Eleanor Roosevelt was sponsored by Sri Chinmoy Meditation at the United Nations, held in the Dag Hammarskjold Auditorium. The programme opened with a very moving silent meditation conducted by Sri Chinmoy, followed by the song "Eleanor," composed by Sri Chinmoy in her honour and sung by several members of the Meditation Group. Guest speakers included Eleanor Roosevelt's grandson, Mr. Curtis Roosevelt, now a Senior Programme Officer in the United Nations Department of International Economic and Social Affairs; Ms. Estelle Linzer, a former personal assistant to Mrs. Roosevelt at the United Nations Association, now the NGO Representative of the Johnson Foundation, and Mr. Allard Lowenstein, former United States Ambassador. A section from a documentary film on the life of Eleanor Roosevelt showing her work on the drafting of the Universal Declaration of Human Rights concluded the programme. Excerpts follow.*



*Mr. Curtis Roosevelt, Senior Programme Officer, Department of International Economic and Social Affairs. Over the years I've heard many*



speeches about my grandmother, many talks both formal and informal, recalling what she said and what she did, but I must tell you with all my heart that the silent meditation followed by the singing is the most accurate and true expression we could ever give to Eleanor Roosevelt.

Eleanor Roosevelt perhaps epitomizes some of the best qualities of representatives at the United Nations. She had a personal directness and a sense of integrity. We know she represented the United States, and any delegate that represents a Member State is under the instructions of the foreign office of that State and is expected to carry them out. But she somehow seemed to go beyond that, to transcend that. Delegates from all parts of the world would ask her for coffee or tea, and talk to her quite frankly about the issues and the problems of their countries, as if she really didn't represent the United States, as if she really represented all people. She was able both to represent her country as well as to maintain a certain personal integrity which the delegates respected. I think she maintained this not through any intellectual virtuosity or manipulation, but because she gave love. She represented that essential human quality that lies within all of us. Whether she was talking over a personal problem with a delegate or engaged in negotiating one of the sticky problems forming the Universal Declaration of Human Rights, her thoughtfulness was always quite realistic. There was a quality of love that enabled her to transcend the intellectual. It wasn't that she didn't use her mind; she was completely aware of the political issues and their subtle-

ties. She was, indeed, as street-wise as any politician can be who has grown up in New York City. Yet, somehow she was able to maintain her ideals while being completely realistic, aware of the political variables with which she was dealing. That's not easy. Maybe it is the mind which gets in the way of bridging the gap between ideals and being realistic. She never talked about that type of thing; one had to observe her assimilation of the heart and the mind. She was a very spiritual person with a deep inner spiritual life. She would indeed have been much in sympathy with your meditation and singing today.



*Ms. Estelle Linzer, NGO Representative, Johnson Foundation:* I want to thank you for the opportunity to come today and speak about a lady who entered my life in 1953 and who left it, only physically, in 1962. She was Hannah Eleanor Roosevelt. Mrs. Roosevelt was a part of my life

when I started to grow up and when I learned about the Universal Declaration of Human Rights thirty years ago.

When Mrs. Roosevelt left the United States delegation to the United Nations, she became the world's most famous volunteer. She came to the American Association for the United Nations and said, "Now I want to volunteer. I have nothing to do." The idea of Mrs. Roosevelt not having anything to do was a little ludicrous, but we accepted her offer. And for the nine years until her death she travelled, she spoke, she corresponded and she wrote about the United Nations and, most importantly, about her government in the United Nations—what she hoped her government would be doing that would be effective in the United Nations.

I was privileged to work with her at the A.A.U.N., which is now the United Nations Association, and to travel with her and to learn about her and learn from her. This was the finest experience of my life.

I think many of you, having heard what Curtis said, now have a better realisation and a better insight into Mrs. Roosevelt. She was a very practical lady, a very realistic lady who never lost her ideals, as Curtis said. She was unique and she touched so many lives. She was very modest and at the same time she knew who she was. I remember flying with her to Florida one time when she was going to give a speech. And this was at a time when our domestic airlines used to roll out a red carpet whenever a celebrity arrived. So when we arrived at our destination, we looked out the window and saw them roll out the red carpet, and the microphones and the television people were there. Mrs. Roosevelt turned to me and said, "My dear, there must be a celebrity on this plane." And I had to

explain to her who this celebrity was — it was she, of course.

I think what we want to remember too is that Mrs. Roosevelt started her career when she was over 60. She was a widow. She could have stayed home in her country estate and never have to do anything but garden and read and take care of her children and grandchildren forever. But she started a career. She became the United States delegate after she was 60. Her second career was, as I say, as unofficial ambassador when she spoke about the United Nations and what she hoped her government would do in the U.N.

Mrs. Roosevelt had another wonderful quality: she was a listener. She was never too busy to hear what people had to say. That's a very important quality which I hope that all of us can share. I remember we arrived in Chicago early one morning in the days when one took the overnight sleeper. She had come to meet with a chapter of our Association in Chicago. When we got off the train at Union Station at 5:45 in the morning, there was the usual welcoming group with flowers. The porter who helped us off the train said, "Mrs. Roosevelt, may I speak to you for a moment?" He had taken care of us all the way from New York, and she said, "Of course." I stepped aside and I watched, but I tried not to listen. I just saw her nod and say a few words to him. And as we walked out of the station, Mrs. Roosevelt said, "He wanted to talk to me about his daughter. His daughter is a drop-out. He is heartbroken that she has left school. He wanted his child to have a better education than he had had." And I said, "But what advice did you give him, Mrs. Roosevelt?" She said, "None, I just listened. I agreed with him and I told

him of common experiences we might have had." But she heard him out, and I wonder if this isn't a lesson for all of us. It was a delightful experience to know that she was hearing what people said.

Another quality I think she had which stands all of us in good stead is that she was a product of her times. She was a lady of New York society who learned all the new ways of the new world as she grew older and more mature. She never stopped learning. And I think that was very important to me as I travelled around the country with her: to see that she really kept gathering information. She used her mind quite a bit. And I would say that although she was probably not world-famous for her sense of humour, she was certainly noted for it among her colleagues and her friends. She had a good, delightful wit. She could be extremely critical of those ideas or those matters that she did not approve of or that she thought could be ameliorated.

She knew that people called her a do-gooder, that people called her the den mother of the world, that people called her many derogatory names. But the experience that I remember so well with her was coming to a town, a city in the middle West. And when we got out of our car there was a long group of people just talking on the sidewalk. And they were all men who had large Texas sombreros on. And if you know your history you know what the fifties were like, and that probably Eleanor Roosevelt or Franklin Roosevelt was not the most favourite person in the world to these people. As the door opened and she was helped out of the car and started to walk to the hotel, every man took off his hat and bowed. I think this is the way we all feel about Mrs. Roosevelt. She was a great lady, she

was a wonderful friend, and she was an example that I live by and I hope many of us will do so.

Thank you.



*Mr. Allard Lowenstein:* When I represented the United States on the Human Rights Commission, I sat in the chair that she had occupied. The efforts and hopes of Eleanor Roosevelt inspired everyone on that Commission. Of all the marriages of person and function that have occurred since the war, I suppose the most brilliant and lasting was her personification of what human rights is and must become. It seems to me that what we need now is to try to get more of her spirit into each of us.

# ELEANOR

Eleanor, Eleanor, Eleanor, Eleanor!  
U.S. mother pure,  
The world's sister sure.  
O heart of compassion-lore,  
O soul of protection-shore!  
Champion fighter for human rights,  
Illumination of poverty-nights.

Words and music  
by Sri Chinmoy

(♩=100) Moderate

E-lea-nor, E-lea-nor, E-lea-nor,

*fine*

E-lea-nor-----! U. S.

mo-ther pure---, The world's sis-ter sure---

(♩=88) *slower*

O heart of com-pas-sion-lore-----, O soul

*a tempo*

of pro-tec-tion-shore-----! E-lea-nor, E-lea-nor,

E-lea-nor, E-lea-nor-----!

Cham-pion fight-er for----- hu-man rights,

Il-lu-mi-na-tion of----- po-ver-ty-nights.

*D.C. with repeat*

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## JAPAN AND ITALY HONOURED

*On 5 December 1978 a programme honouring the anniversaries of Italy and Japan joining the United Nations (14 December 1955 and 18 December 1956 respectively) was sponsored by Sri Chinmoy Meditation at the United Nations in the Dag Hammarskjold Auditorium. Guest speakers were Ambassador Piero Vinci of Italy and Ambassador Isao Abe of Japan. The programme also included the performance of two new songs written for the occasion by Sri Chinmoy, one in tribute to each of the countries, as well as the national anthems of both countries.*

*Excerpts from the programme follow.*



*His Excellency Mr. Isao Abe, Permanent Representative of Japan to the United Nations. Ladies*



and gentlemen, thank you very much for your welcome and for the very nice song. I think that is one of the nicest songs I have heard in the United Nations. People often shout at the United Nations, but they never really sing, especially such a nice song.

Japan was admitted to the United Nations on 18 December 1956. I myself knew it only by its record. It is true that Japan joined the United Nations with the high hope that the United Nations could do much to achieve the purposes and objectives of the Charter and that Japan certainly could make some modest contribution and cooperate with the United Nations. The Japanese public has a warm sentiment, appreciation and attachment towards the United Nations. Recently, when I went back to Japan to visit some provinces and gave lectures on the United Nations activities, everywhere I had a very nice welcome from the public, and I was asked a lot of questions. Some of them were difficult to answer and others a little bit naive. But I was deeply impressed by the enthusiastic interest of the Japanese people in the United Nations.

Of course, it should be admitted that the United Nations has not always been successful in solving the problems of the international community. It has had some failures too, which have aroused, even in Japan, a sense of frustration and disappointment. We are facing precisely the same problem here at the United Nations: why the United Nations has not been successful, especially in recent years, in dealing with such important problems as the Middle East problem, the South Africa problem, the East-West ideological conflicts

and the economic problems of the so-called North-South dialogue. There are also a lot of problems, very serious ones, which have not yet been proposed to the United Nations for various reasons, and which are a very serious threat to the peace of the world. We must take these facts very squarely, very objectively and seriously.

We know that difficulties arise for various reasons: ideological differences, conflicts between economic interests or other national interests. But I do think there is one thing that we must consider. As we have done in the past, we will continue to use only words, discussion – rather than force or violence – to deal with the problems at the United Nations, in our efforts to constructively solve these problems. But we sometimes forget what is often said not only in Japan but elsewhere, that “eloquence is silver, but silence is golden.”

The real value of words exists in the true thinking behind them. For words to be really meaningful, they must be the outward expression of thoughts of inner value. I believe this is something your Group is striving to achieve. I think that more communication between men, often expressed by words, but more often by silence, could perhaps help us to understand each other. If this could be practised at the United Nations, if everybody could sit silently, without discussion, and practise meditation as you do, it would be useful for us in correcting our overuse of words at the United Nations.

Well, I think I should not abuse your kindness and conform to the wish that you have in your Group not to shout, not to speak too much. I simply wanted to express my view about the need for communication from mind to mind, sometimes

by words but mostly without words, at the United Nations.

Thank you.



*His Excellency Mr. Piero Vinci, Permanent Representative of Italy to the United Nations:* Thank you very much for this most generous introduction. Let me start by saying that I'm very happy to be here with the Meditation Group, a Group which, under the outstanding leadership of Sri Chinmoy, is working to support spiritual values at the United Nations. Spiritual values are always one of the driving forces among people. In this connection I would like to say that I happened to be in Rome this last summer after the death of Paul VI and for the election of the new Pope, John Paul I. I

noticed that when the Smiling Father came on television, he spoke in everyday, humane terms, and it struck the whole world. God's world has such a spiritual potential, which needs to be awakened in order to fulfil the expectations and the aspirations of mankind.

Perhaps what is most important is that we have an article in our new Constitution adopted after the Referendum by which it was decided to set up a Republic of Italy in which Italy solemnly renounces war as a means of carrying out its national policy, and secondly, by that same article, Italy commits itself to surrender its sovereignty in favour of international organisations which work for peace. So, you see how much this new Constitution is in tune with the principles and purposes of the United Nations. That is why our role and our actions at the United Nations have been much easier for us than perhaps for others, because we have had no national interest to defend, but rather we have tried to defend the principles and the purposes of the Charter of the United Nations.

I think we try to play our role with all the conviction and effort commensurate with the influence a country like mine can exercise. You might remember that Italy is the eighth major contributor to the regular budget of the United Nations among the 150 members. So, we try to exercise our role in the Security Council, in the economic field and in so many things. One instance that I might perhaps mention is in the peace-keeping operations. In one of the first peace-keeping operations, the one in the Congo, thirteen members of our Air Force gave their lives, and their names are inscribed on the wall along with Dag Hammarskjöld's close to the Meditation Room. I think the names

would be inspiring to you since you dedicate so much of your time and your thinking to meditation.

Before saying “*Au revoir*” to you, I would also mention one of the most significant remembrances of my own experience, and that is the visit of Pope Paul VI to the United Nations in 1965. At that time Secretary-General U Thant had this wonderful idea and, being close to him, I had the unique opportunity to support the idea, along with Monsignor Giovannotti, who was then the Permanent Observer of the Holy See. I think it turned out to be one of the most momentous events which have taken place at the United Nations. I still remember one of my Moslem friends who told me that he had bought a record which reproduced the speech, and that he would very often listen to it because of the great message that speech conveyed to every single human being.

Thank you.



*Ambassador Vinci, Sri Chinmoy and Ambassador Abe stand with members of the Italian and Japanese delegations for the playing of the national anthems.*

# JAPAN

Japan, Japan, Japan!  
A soulful flower garden.  
Clearly you see,  
Quickly you do.  
Silence-ecstasy  
Your property true.  
Japan, Japan, Japan!  
High Heaven's hallowed Plan.

Words and music  
by Sri Chinmoy

(♩ = 120) Moderate

*fine*

Ja - pan, Ja - pan, Ja - - - pan!

A soul - ful flower gar - - - den.

Clear - ly you see, Quick - ly you do.

Si - lence - ec - sta - sy Your pro - per - ty true.

Ja - pan, Ja - pan, Ja - - - pan!

High Hea - ven's hal - lowed Plan. *D.C. al fine with repeat*

## ITALY

Italy and Italy's Rome  
Own the world's fondness-home.  
Michelangelo, da Vinci,  
Mona Lisa and Vatican-Tree  
Lead the world to Nectar-Sea  
In sweet silence-secrecy.

Word and music  
by Sri Chinmoy

(♩ = 126) Moderately fast

I - ta - ly and I - ta - ly's Rome *fine*

Own the world's fond - ness - home.

Mi - chel - an - ge - lo, da Vin - ci,

Mo - na Li - sa and Va - ti - can - Tree

Lead the world to Nec - tar - Sea

In sweet si - lence - se - cre - cy. *D.C. al fine with repeat*

## HUMAN RIGHTS DAY PROGRAMME

*On 8 December 1978 Sri Chinmoy Meditation at the United Nations sponsored an observance of Human Rights Day in the Dag Hammarskjold Auditorium. The programme was opened with silent meditation led by Sri Chinmoy and the singing of the song "O Human Rights" by the Meditation Group singers. The guest speakers included Ambassador Rikhi Jaipal of India, Mr. K.F. Nyamekye of the Mission of Ghana to the United Nations and Mr. B. Ramcharan, Assistant to the Director of the United Nations Division of Human Rights in Geneva. The programme closed with the song "All Men Are Created Equal" performed by the singers and a reading from the Universal Declaration of Human Rights.*

*Following are excerpts from the programme*



*His Excellency Mr Rikhi Jaipal, Permanent Representative of India to the United Nations: I am glad to be invited to this celebration of the 30th anniversary of the Universal Declaration of Human*



Rights and to be given the opportunity to express my personal views.

I come from a country in which it is a way of life, a part of our cultural tradition, to accept the interdependence of rights and duties. I am told that when Mahatma Gandhi was shown the first draft of the Universal Declaration of Human Rights he read through it carefully and exclaimed, "But there is not a word in it about our duties to one another." I suppose the concept of duties is one which belongs to older societies which have been able to survive mainly because of the inter-relationship between rights and duties.

But the old is giving way to the new and in the world of today there is increasing awareness of the rights of the individual. This is as it should be, because mankind is emerging from the past legacies of feudalism, slavery and tyranny. In this century mankind has been subjected to two world wars as well as several regional and local wars and also to the tyranny of ideology, colonialism, racial discrimination as State policy and so on. As a reaction to all these evils which have kept man in a state of subjugation, there has been an escalation of expectations in the field of human rights.

One feels a sense of exhilaration every time one reads the Universal Declaration of Human Rights. It is a great landmark in the evolution of man. At the same time one also wonders whether the entire range of human rights promised to us can be realised fully. Given the objective conditions in many Third World countries like mine, where the pressure of population and the pressure for land and non-renewable resources is increasing at a tremendous rate, one begins to wonder whether human rights are compatible with conditions of

over-crowding. And yet I believe that in the years to come, despite the over-crowding of the planet and its dwindling resources and the ever-present threat of nuclear annihilation, there will be a deeper awareness of the true meaning of human rights. I have no doubt that the human rights movement has acquired a logic and momentum of its own that could lead to the building of one interdependent world, a world where reason and justice will prevail. Of course, on the way to that world men may have to make heavy sacrifices, because it is not yet in the nature of man to make the right choices by peaceful means.

This makes one ask a fundamental question about the nature of the human being and his potential. I do believe that if one tries to preserve one's rights at the expense of others' rights, it leads to violations of human rights. The only way to promote a general respect for human rights is to become aware of oneself and to identify oneself with others. This deeper awareness can come only through regular meditation and I should like to think that meditation would be prescribed as essential for all offices, factories, farms and also in the armed forces. For after all, the most important human right is the right to be human. Without it, other rights cannot have any real value or meaning.



*Mr. K.F. Nyamekye, Counselor, Permanent Mission of Ghana to the United Nations:* Ladies and Gentlemen, my Ambassador, His Excellency Mr. Frank Boaten, has asked me to express his deep appreciation for the invitation to share with you his thoughts on this special day for human rights. My Ambassador is particularly grateful for the kind words expressed in the letter addressed to him by the Programme Co-ordinator of the Meditation Group as regards the contribution of the Ghana delegation to the cause of human rights. He regrets that it has not been possible for him to be here in person. He has however asked me to represent him and to convey to the Meditation Group his best wishes and every success in its endeavours.

While we look at the question of human rights in a global context, as Africans, we naturally consider as a priority problems in this field that are nearer home on our continent. As members of the developing world, we look at the matter also in the context of economic development and the fair share of the fruits of our resources on the

international market. The celebration of the 30th anniversary of the Universal Declaration of Human Rights should be an occasion for re-examination of our methods for achieving the goals of the Declaration, especially in Southern Africa. It is our view that it is the responsibility of the international community to ensure the elimination of the gross violation of human rights on our continent. This year's celebrations should offer us the opportunity to rededicate ourselves to the cause of our unfortunate brothers and sisters and join in the international mobilization for the eradication of apartheid and racial discrimination once and for all.

We are heartened to note the increasing recognition of the link between human rights and economic development. It is even more encouraging to Ghana as a developing country to learn that the Commission on Human Rights has decided to consider human rights and economic development at its future meetings. It is our expectation that serious attention will be paid to redressing the imbalances that exist in international economic relations.

Our emphasis on human rights in Southern Africa does not imply that we do not appreciate problems in that field in other areas. We believe that the denial of all forms of rights and fundamental freedoms everywhere and under whatever circumstances is intolerable. Every individual is a complete entity and should have the right to enjoy the basic human rights for the fulfilment of his or her full self. Thank you.



*Mr. B. Ramcharan, Special Assistant to the Director, United Nations Division of Human Rights, Geneva: Sri Chinmoy, Ambassador and good friends, I am very happy to be with you here once again today, and I should like to speak to you on the theme of individual commitment and action on the occasion of the 30th anniversary of the Universal Declaration of Human Rights. . . .*

Ambassador Jaipal was referring earlier to the rights and the duties of the individual. That is quite appropriate. . . . The distinguished Deputy Foreign Minister of India, in his statement to the Plenary in the general debate at this session of the General Assembly, emphasised how human rights are closely related to the objectives of the Meditation Group. With your permission, I should like to quote a paragraph from that speech to you. It reads, "The Preamble of the Charter 'reaffirms 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.' This objective is directly related to the purpose of the United Nations to maintain

international peace and security. For peace does not lie in a mere cessation of hostilities or containment of conflicts, or even in disarmament measures concluded in a general environment of violence, coercion and subjugation. As Gandhi said, 'The way to peace is the way to truth.' Truth lies in equality and justice, and an individual cannot pursue truth, the highest urge of his soul, unless he is able to exercise his fundamental freedom and human rights." It is very important to note the relationship of the self to peace and the rights that belong to the self.

What then should be the role of the individual human being? On this occasion of the 30th anniversary of the Universal Declaration of Human Rights, we should ask, each one of us, what we can do, or how we can approach the situation before us. There are certain aspects that I should like to refer to which are closely related to your objectives here as members of the Meditation Group.

It is imperative for us to recognise that we all belong to the common human family. I believe we should also pledge ourselves to the concept of human solidarity. It cannot be in the conception of our Maker that some of us live in luxury and some of us live in squalor; that some people should live a life of misery and degradation while we as human beings are ignorant and oblivious of that degradation.

We should try to be our own keeper in the sense that we try to develop ourselves and, by personal standards of conduct, to be examples to others. We should also try to be our brother's keeper, which means that if there are violations of human rights in any part of the world, we will concern ourselves with them, speak out and act; we cannot remain

members of the silent majority in the face of glaring violations of human rights.

The United Nations should strive to bring the individual in closer relationship to it. It should, for example, encourage the institution of individual petitions. Too often in this organisation we forget the words "We, the peoples" and we tend to transpose it into "We the *nations* of the United Nations." There are also topics like the role of youth in the promotion and the protection of human rights that we can develop further.

So I think this is a time for individual commitment and action. It is a time to rededicate ourselves not merely to the principles of the Universal Declaration, but to going out in the world and striving by example and by effort to bring about full realisation of its aims, objectives and principles.

HAPPY ANNIVERSARY, AUSTRIA;  
HAPPY BIRTHDAY, SECRETARY-GENERAL

*On 15 December 1978 a programme in honour of the anniversary of Austria's joining the United Nations on 14 December 1955 was sponsored by Sri Chinmoy Meditation at the United Nations. The programme included several songs performed by the Meditation Group singers, one of which was a song about Austria, composed especially for the occasion by Sri Chinmoy. The guest speaker was Mr. Gustav Ortner, Deputy Permanent Representative of Austria to the United Nations. Slides of Austria were shown, accompanied by selections from Austria's rich musical heritage.*

*The Meditation Group then observed the 60th birthday of Secretary-General Kurt Waldheim (which was actually on 21 December). Mr. F. Mayrhofer-Grunbuhel, Special Assistant to the Secretary-General, spoke briefly, offering thanks on behalf of Mr. Waldheim, who was unable to personally attend, due to the heavy pressure of his work. The Meditation Group singers sang four songs in the Secretary-General's honour, "Congratulation," "O Kurt Waldheim" and two songs which Sri Chinmoy had composed to words of the Secretary-General. Sri Chinmoy also spoke and later presented Mr. Mayrhofer-Grunbuhel with a birthday cake, decorated with a unique, edible likeness of the Secretary-General, and sixty red roses, which were later delivered to the Secretary-General's office.*

*Following are excerpts from the programme and a letter of thanks from Secretary-General Waldheim.*





*Mr. Gustav Ortner, Deputy Permanent Representative of Austria to the United Nations.* I first want to thank you very much for welcoming me on this commemorative day which you have organised, and I want to congratulate you also for your performance of the choral singing which we have just heard. As an Austrian and as an amateur musician, I was very sensitive to the very fine quality you have achieved in producing your music.

As this is the anniversary for us in the United Nations, I should like to give you a brief account of Austria's first year of membership in the United Nations, and then a very brief overlook of the main activities up to now.

The year 1955 witnessed three major events for Austria. On 15 May 1955 the Austrian State Treaty was signed in Vienna between France, the Soviet Union, the United Kingdom and the United States of America, on the one hand, and Austria, on the other hand. Many of you will perhaps still remember photos of the signature of the State Treaty, which was acclaimed outside the Belvedere in

Vienna by a great mass of people. Five months later, on 26 October, the Austrian Parliament adopted the constitutional law declaring Austria's permanent neutrality, which explicitly precludes the country from joining military advances and from granting military bases to foreign powers. Finally, on 15 December, exactly thirteen years ago, Austria became a member of the United Nations.

The official Austrian delegation took its seats for the first time in the General Assembly on 1 November 1956. On 9 December 1957 the General Conference of the International Atomic Energy Agency unanimously chose Vienna as its permanent headquarters. In 1959 Austria was elected to the Human Rights and Minority Committee and to the Committee on Peaceful Use of Outer Space, of which Austria's representative subsequently served as Chairman.

1966 was an important year for us. The General Assembly recognized Austria's cooperation with the United Nations and the Industrial Development Organization, UNIDO, chose Vienna as its headquarters. Vienna was then unanimously chosen as the site of the first United Nations Conference on Outer Space, which took place in 1968. In 1971 the Permanent Representative of Austria to the United Nations, then Ambassador Kurt Waldheim, was elected Secretary-General of the United Nations. In 1972 Austria became the first neutral country to be elected to the Security Council. Its work in the Security Council is an example of the policy of active neutrality which has been pursued by Austria in the United Nations.

In 1976 the General Assembly decided to transfer some further United Nations units to the forth-

coming United Nations Headquarters in Vienna and re-elected Secretary-General Waldheim for a further period of five years, a fact of which we are extremely proud. In the last General Assembly it was decided that the United Nations Conference on Science and Technology, to be held in August of next year, will also be held in Vienna.

I will conclude my remarks by emphasising again that Austria, a neutral country, has since its membership in the United Nations, tried by active collaboration to contribute in the sense of the Charter as an active and neutral country, and to be a mark-stone within the United Nations. We have the feeling that we have found within the world community general approval for our activity.

Thank you.

## AUSTRIA

Austria, Austria!  
Not big in earthly size,  
But won the Heavenly prize  
Of neutrality-lore  
And reached the wisdom-shore.  
Austria, Austria,  
U.N. Pilot: your gift supreme.  
He flowers the world's oneness-dream.

Words-  
By Sri Chinmoy



*Sri Chinmoy:* We the members of the Meditation Group are observing the most auspicious birthday of our beloved Secretary-General Kurt Waldheim. We are praying most soulfully to the Absolute Supreme to grant our dear Secretary-General infinite Peace and Bliss on this most memorable occasion. Prayerfully we are invoking the Presence of the Absolute Supreme to grant him continuous success in his outer life and continuous progress in his inner life, so that he can steer the United Nations Boat most swiftly to its destined goal.

We are extremely happy to have Mr. Mayrhofer with us. He has come here today to represent our dear Secretary-General. On behalf of the Meditation Group I wish to offer him our soulful gratitude, which springs from the inmost recesses of our heart unreservedly and unconditionally. He advised and assisted us when the Meditation Group passed through some very dark and inclement weather. Because of Mr. Mayrhofer the Meditation Group exists today. If it had not been for him, it would have been buried in oblivion by this time. Therefore, individually and collectively, we most

soulfully offer our gratitude-heart and our prayerful life to him.



*Mr. Ferdinand Mayrhofer-Grunbuhel, Special Assistant to the Secretary-General:* Thank you very much. I would first like to thank you, Sri Chinmoy, for your very kind words which were addressed to me but which were totally undeserved. It is true that on several occasions I have dealt with members of your Group, which was always a pleasure, but I did so in the homework of my normal duties. I don't think I really did anything above that which would deserve such a very kind tribute as you have paid to me.

However, I should like to tell you, and especially the members of the Meditation Group, how glad I am to be here with you today. The main part of the programme concerned Austria and the commemoration of its joining the United Nations, which indeed for Austria was a very important event. As an Austrian I am very pleased to have been here on this occasion. Of course, my present allegiance is only to the United Nations, but I can

confess to you that at times I still feel homesick for Austria. Perhaps some of you will understand that feeling after having seen the beautiful slides which we have just been shown.

The other part of the programme, of course, deals with the Secretary-General and his forthcoming 60th birthday. He has asked me to thank all of you, and in particular the members of the Meditation Group, for this programme. He has also asked me to convey his sincere and very best greetings and wishes to all of you.

Dr. Ortner has already spoken about the beautiful music here today. I must say that I liked the most recent song ("Congratulation") especially.

When I informed Mr. Keefe that the Secretary-General would unfortunately not be able to be with you today, he asked me whether I would speak about the Secretary-General. I told him that I really didn't think that it would be appropriate for an assistant of the Secretary-General to speak about his superior. Therefore, I just want to say one thing: I have worked for the Secretary-General for almost six years now, for two years when he was Foreign Minister of Austria and almost four years here in New York. I can tell you only that it most certainly is worth working for him.

Thank you very much.





THE SECRETARY GENERAL

20 December 1978

Dear Sri Chinmoy,

I wish to thank you for the kind wishes which you extended to me in connexion with my 60th birthday and for the beautiful flowers you sent me for this occasion.

I very much regret that official commitments relating to the General Assembly made it impossible for me to join you for your Group's gathering on 15 December, but I greatly appreciated this invitation to take part in this programme. Mr. Ferdinand Mayrhofer-Grunbuhel told me of the activities that had so kindly been arranged, for which I am indeed grateful.

Yours sincerely,

A handwritten signature in dark ink, appearing to read 'Kurt Waldheim', written in a cursive style.

Kurt Waldheim

Sri Chinmoy  
Meditation at the United Nations  
New York

## A VISIT WITH AMBASSADOR AND MRS. ZENON ROSSIDES

*The evening of 15 December 1978 the members of Sri Chinmoy Meditation at the United Nations visited with Ambassador and Mrs. Zenon Rossides of Cyprus in their home in Manhattan. The group sang two songs that Sri Chinmoy had composed to poems by the Ambassador, as well as a song of gratitude that Sri Chinmoy dedicated to him. As a tribute to Ambassador Rossides' unique service to the United Nations and to his country, Sri Chinmoy presented him with a plaque, a banner with the group's credo printed on it and a festive cake decorated with the Ambassador's picture. Following are some excerpts from the evening's conversation.*

*Mrs. Rossides (chatting informally with Sri Chinmoy before Mr. Rossides arrived): My husband admires you very much, what you are doing. He is a firm believer in the spirit. Whatever happens to the world for its progress will be through the spirit. All the other intellectual approaches don't really help towards the betterment of the world.*

He is really more of an artist and poet than a diplomat. He loves poetry. He sometimes thinks of publishing his poetry now in book form, but so far he hasn't because it was in his youth that he wrote all those poems. Then his life started—law and politics—and he had no time for poetry. But now that he is going to have some rest, I think he will



start writing again and he will see about publishing his poems.

*Sri Chinmoy:* Will you be going back to Cyprus now?

*Mrs. Rossides:* We shall stay here. We will go back and forth, but our headquarters will be here, because we've been here for such a long time, over twenty years now, and we have grown attached to our home. Not only that, we have so many more interests here than in Cyprus. My husband thinks globally and he finds more room for thought here. Also, we have been away from Cyprus for such a long time that our friends either have left or died, and we really have more friends here.

*Comment by Mrs. Rossides about a picture of Archbishop Makarios, President Kennedy and Ambassador Rossides:* Archbishop Makarios was invited by President Kennedy to come to Washington. At the time, Zenon was the Cyprus Ambassador to both the U.S. and to the U.N. That's why he is there, accompanying the Archbishop on his official visit. Unfortunately we lost him. He was a great man for Cyprus; it was a great loss for our country. And he was so young; he was not old.

*Ambassador Rossides arrived and the meditation group choir sang "Ambassador Rossides."*

*Mr. Rossides:* Thank you very much. It was very beautiful. It was lovely because I think as we are listening to this song, we feel the importance, as we see you all here singing, of what you can do now, in the sense that you are in contact with the United

Nations. That is very important because in the United Nations the work is usually done on the level of the intellect of man.

Right now we are trying to get over the difficulties that a world full of power and war has brought into the present state of the United Nations. The United Nations was established to elevate humanity above the level of the balances of power and the arms race, all of which tend toward the destruction of man. In the progress of science and technology man discovers better means of destruction, because most of the technological advances are devoted to the interests of war and very little to the progress of man otherwise than through war. The progress of science provides conveniences of life which are very useful in many ways, but they are also followed by the excess of technology, which brings other dangers to life. Therefore, man is found on a perilous path. So, scientific and technological achievements should be a great asset, but they are potentially a danger to the very survival of humanity and to the environmental conditions which make life possible.

That is the great difference between the present day and the past, because before we could not destroy the earth. No matter how many millions of men we destroyed, the environment remained untouched. But now, with nuclear power, the world is in danger because of people who have not changed their mental outlook. They are a generation from the past. Humanity is attempting through the United Nations to adjust itself to these new conditions of life. Although these conditions cannot always be expressed in words, they can be understood. But people have not become conscious of this. Although they know the effect of science and technology, they still belong to the world of before.

not being able to change the attitude of their minds. It is not easy to change the human mind and intellect, because the work of the intellect is the work of the human brain. This human brain is part and parcel of the body, so use of the intellect is a bodily exercise. No matter what the mind has achieved in terms of science and technology and other things, it is still geared to what the body sees.

And thus the real difference can be seen when spirit comes into play, because it is not a bodily function. It is not a function of the brain which calculates: two and two make four. It is a completely different function in the same man. Man's spirit is something that does not emanate from a working of his brain. This spirit may be completely ignored, but it is always there as potential power, because the spirit is the link of man with the Universe.

The Universe is where we come from. A direct link from the Universe comes into man, and this link cannot come in various types, such as a good or evil spirit. Spirit is the positive link of man with the Universe, as there is nothing evil in the essence of the Universe. The Universe is functioning on the basis of balance, harmony and what we call love. This is how the whole Universe functions. Thus the power of the Universe is tremendous, beyond any human power on this little globe, and that power is the positive power of balance—which means justice, which means harmony, which means love of all good things we know. All relations are geared to those terms, inspired from the universal flow. Therefore, in scientific terms, the universal flow embodies what we really believe is God. God and the universal flow are one and the same thing.

Therefore, men whose spirits are evoked cannot think differently from each other, and when the spirit is evoked in everyone in more or less the same way, that is the only way all humanity can be saved from its great predicament in the age of nuclear weapons. Only from the spirit of man can there be understanding and cooperation, for in essence, no man is really seeking anything different from any other man. So bringing forward the spirit is the way one can bring understanding into the United Nations, if there were ever a way. Now so deep is the intellectual influence that people try to cast aside spiritual influence, but through the spirit is the only way that man can harmonise the political. If we cannot stop the arms race because there is no political will to comply with the Charter for international security, escalation will lead to total destruction. We need to feel the necessity of bringing peace into the world. For that, one has to bring the spirit into play. Then man's mind can become a depository of the spirit. Spirit is a link with nature, with the Universe, but the spiritual element may be so hidden that man may not know this and may never understand it.

Work for the spirit of man is a great asset to humanity and I want to praise Sri Chinmoy for what he is doing. His work is far more important than all the conferences in the United Nations. It is far more important than all the declarations of the United Nations, to glorify man and the higher ideas, the larger ideals that are so necessary today. In man, who has progressed in science and technology, these ideas and ideals have become so necessary for peace.

*Sri Chinmoy:* You know, Ambassador, how much we love you and adore you. We are fully aware of your height, not only in the political world but also in the world of aspiration and dedication. We are all seekers. In you we truly have found a spiritual brother and also a lighthouse—the lighthouse at the United Nations that beckons seekers and also shows them the way and guides them. We are all your younger brothers and sisters and we want always to bask in the sunshine of your spiritual glory.

A few minutes ago your wife told us that you would stay here and not go back to Cyprus. I was so happy to hear that, for we are always in need of your guidance, which you have always so graciously given us. We shall always seek your advice when we undertake anything good and great at the United Nations and we shall always be deeply grateful to you for your kind and good guidance. We feel that you always act like our true spiritual brother who, like a pole star, will guide this little meditation group, which is seeking to be of service to the United Nations.

*Ambassador Rossides:* Thank you. I am grateful for what you have said. Not only am I grateful, but all of your feelings are fully reciprocated with adoration and concern for your progress, for what you are doing seems progressive for all of mankind.

The task is now difficult, for the more there is science and technology, the more there is materialism, although now we have reached a point where the highest scientists realise that there is something more than science, something beyond. And this is the flow of the Universe with which they have come in contact without realising it. They know how the

stars circulate and how the constellations go, but they haven't found what the origin of life is. But you realise it by your spiritual approach.

*The meditation group choir sang "Aspen Leaves" and "Cosmic Rhythm."*

*Ambassador Rossides (about the poem "Cosmic Rhythm")*: It was true. I was lying on the slope of a hill in the forest and it was dark. I was listening to the rhythm of the cricket, which is not the same as it is here. Here it repeats the sound in haste; there it is in a rhythm. And it was like the beat of the Universe. Gradually, as I listened to it, I felt that I was getting away from this earth and going and mixing with the flow of the Universe, with the stars and their rotation as they go round. And the sound of the cricket was getting more distant as I felt myself leaving this earth and joining the constellations. I felt the eternal Universe, the love of the Universe, the harmony.

After I travelled there for how long I don't know—it was not more than five minutes, but it felt as if it were Eternity—gradually I found myself back on this earth, lying there, in the embrace of Mother Earth—as part of it, and yet part of the Universe. That is the idea of the spiritual content of man—that he joins with the flow of the Universe while still being here bound to this earth. In this way he is liberated in spirit.

*The choir sang several songs by Sri Chinmoy related to the marathon race, including one song composed to the words of Lord Byron.*

*Ambassador Rossides*: Marathon is a kind of wild herb and Marathon was a great field where these herbs were found. The field was called Marathon because there were so many of these herbs. Now they forget the herbs and just remember the battle of Marathon.

There is a sequel to this poem by Lord Byron. Greece was under the heavy rule of the Turks. Everything was in slumber.

*Mr. Rossides read out several verses from the poetry of Lord Byron.*

That brings us to the progress of technology, which has destroyed many, if not all, of the values of man. Heroism and self-sacrifice for the common good, for example, can rarely exist, because there is no small field in which to fight for a cause. Everything can be manipulated by a button and destruction can come to the other side of the earth because of a button, and there is nothing an individual human being can do to prevent it. There can be no heroism that can stop this destruction. So the moral values degenerate. The moral fiber of man is eroded by the progress of science and technology. Hence I repeat that only by the heavenly force of the Spirit can we be saved from the evils of technology, from the evils of the progress that has been very beneficial to a certain extent, but by overreaching has also become most destructive. We must evoke the Spirit. This is the way to save ourselves.

*Sri Chinmoy (presenting Ambassador Rossides with a plaque and the Meditation Group banner):*  
You have saved us, so this I am giving to you with our deepest gratitude.



*Ambassador Rossides:* The plaque is beautiful. I will really treasure it. *(After reading the banner)* What you say here is what I expressed about God Himself being the immortal flow of the Universe. It is God who creates the immortal flow of the Universe. This is exactly the expression of this idea. When we say the immortal flow of the Universe, we mean God.

One thinks these words are part of the preamble to the United Nations Charter. Excellent, wonderful.





## AMBASSADOR ROSSIDES

Ambassador Rossides,  
 O heart of sympathy-seas!  
 Your oneness-soul in closeness-role  
 Has freed our peace-cry from sleepless dole.  
 To you the U.N. Meditation Group  
 A soulful, tearful gratitude-troop.

Words and music  
by Sri Chinmoy

(108) Moderate  
 Am-bas-sa-dor Ro-ssi-des.  
 O heart of sym-pa-thy-seas -  
 ! Your one-ness  
 - soul in close-  
 -ness - role Has freed our  
 peace - cry from sleep- less  
 dole - - To you the U. N. Me-di-ta-tion Group  
 A soul-ful, tear-ful gra-  
 -ti-tude - -troop -

D.C.

# ASPEN LEAVES

Within thy shade, O cedar tree,  
O cypress, have I rested,  
But dreams olympian drew from thee,  
O aspen silver breasted.

In thy sibyllic murmurings  
I hear an ancient sighing,  
The voice of an immortal sings  
Prophetic, deep, undying.

And O when moonshine touches thee  
And silver fountains scatter,  
Pale hands of Dryads beckon me  
To haunts of fawn and satyr.

Words by Zenon Rossides  
Music by Sri Chinmoy

(♩ = 120) Moderate

The musical score is written on a single treble clef staff with a key signature of three flats (B-flat, E-flat, A-flat) and a 4/4 time signature. The tempo is marked 'Moderate' with a quarter note equal to 120 beats per minute. The lyrics are written below the staff, with hyphens indicating syllables that span across multiple notes. The piece concludes with a double bar line and the word 'fine' written above the final note.

Wi--thin thy shade, O ce--dar tree, O cy--press, have I---  
res---ted. But dreams-- o--lym--pi--an-- drew from thee----,  
O as--pen sil--ver-- brea----sted. In thy-- si--byl--lic  
mur--mur--ings I hear an an--cient sigh---ing. The voice  
of an im--mor--tal---sings----- Pro--phe--tic---, deep---,  
un--dy---ing. And O-- when moon--shine tou--ches thee-----  
And sil---ver foun--tains scat--ter, Pale-- hands of  
Dry--ads--- bec---kon-- me To haunts of fawn and sa--tyr.

## COSMIC RHYTHM

I love, I love even this body;  
 so many years, so many things, have we lived together . . .  
 And I find it lying along the slope of the forest,  
 bound to life immovable, in embrace of Mother-Earth,  
 hearkening to the unearthly breathing,  
 The mountain's quiet breathing, to the rhythm of the cricket.

(♩ 96) Moderate

Words by Zenon Rossides  
 Music by Sri Chinmoy

i love. I love e-ven this bo-dy: so---

ma-ny years, so---ma-ny things, have we lived to-ge-ther .

and I find it ly-ing-- a-long the slope of the

fo-rest ---, bound to life--- im-mo-va-ble.

in em-brace of Mo-ther Earth---

hear-ken-ing to the un-earth-ly brea-thing,

The moun-tain's qui-et brea-thing---

to the rhy----thm of the crick-et

I love, -- I love e-ven this bo--dy.

*ritard*

*a tempo*

*ritard*

*fine*

(50) BCTWK