

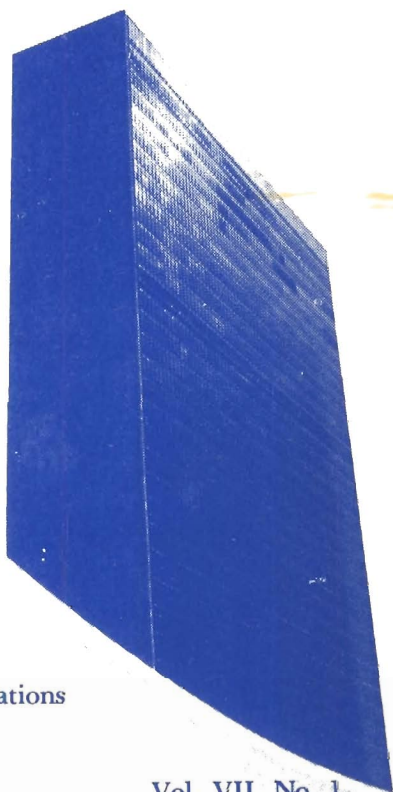
Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations



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**MEDITATION
AT THE
UNITED NATIONS**

MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

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.

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 MEETING WITH PREMIER BIRD OF ANTIGUA

On 2 January 1979 Sri Chinmoy met with Premier V. C. Bird of Antigua during a holiday visit to the sunny island by the spiritual leader and some of his students. The two spoke about the United Nations, and the Meditation Group choir sang Sri Chinmoy's newly composed "Antigua" song, which the composer dedicated to Premier Bird. Below are some remarks by Premier Bird after Sri Chinmoy presented him with the Meditation Group banner.



Premier V. C. Bird: You are working with a body that is helping the whole world because it provides a forum where people can talk. Various countries give their points of view and also listen to what others have to say. And at times they adjust their thinking because of other points of view that have been expressed.

When we achieve our independence, we expect to become a member of the United Nations and to



assist in any way we can in seeing that this august body continues to help the world's troubles and misunderstandings.⁶ Your presence at the United Nations in the Meditation Group must help because, after all, it is the inner values—the way we think and the faith that we express—that . . . will be able to dilute the wrongs and make a better world for us all.

Thank you very much for coming. And I would again like to welcome you to Antigua and say I am very glad that you chose to come here on this occasion. I hope that you have enjoyed your stay. All the best for the New Year. All best wishes until you come again.

Sri Chinmoy wrote the following inscription in the guestbook after the meeting:

Dear Premier, On behalf of the Meditation Group at the United Nations I wish to offer you our most soulful gratitude. We shall always treasure your kind and illumining thoughts.

Antigua, Antigua, Antigual
Perfect land, perfect friend, perfect closeness.
No stranger you see, no remoteness.
Columbus found your sublime beauty.
You still offer pristine purity.

ANTIGUA

Words and music
by Sri Chinmoy

Moderate

fine



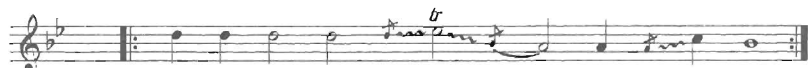
An - ti - gu - a, _ An - ti - gu - a, An - ti - gu - a! _



Per - fect land, per - fect friend, per - fect close - ness.



close - - - - - ness.



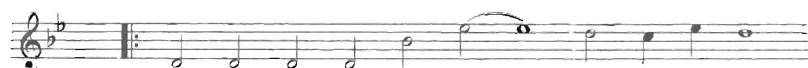
No stran - ger you see _ no _ re - mote - ness.



An - ti - gu - a, _ An - ti - gu - a, An - ti - gu - a! _



Co - lum - bus found your su - blime beau - ty, _



You still of - fer pris - tine _ pu - ri - ty,



pu - ri - ty, pu - ri - ty. *D.C. al fine with repeat*

WOODROW WILSON AND HIS DREAM

On 12 January 1979 Sri Chinmoy Meditation at the United Nations honoured former United States President and founder of the League of Nations, Woodrow Wilson, in a commemorative programme in the Dag Hammarskjold auditorium. Mr. Donald Keys, President of Planetary Citizens, offered his own personal comments about his association with the family of the former United States President. The programme also included the performance of the song "O Wilson's League of Nations" as well as the reading of a scene between Woodrow Wilson and his daughter, Margaret, from Sri Chinmoy's play on America, The Sacred Fire. A transcript follows.



Mr. Donald Keys, President of Planetary Citizens:
I would like to preface my very few remarks with some biographical material written by the leader of the Meditation Group, Sri Chinmoy, in his book *America in Her Depths*.

“Ever-memorable is the name of Woodrow Wilson. He was born in Virginia in 1856, the son of a Presbyterian minister.

“Princeton University of New Jersey, one of the most important universities in the United States, nurtured Woodrow Wilson's youth, and in 1902 he became its head. As president of the University, he successfully carried out a good many reforms. He held that high position for eight long years. Then he had to steer the course of his life in another direction: he was elected Governor of the state of New Jersey. Just two years later the leaders of the Democratic Party selected Wilson as their Presidential candidate, and he was elected President of the United States. The spirit of Andrew Jackson, the seventh President of the U.S.A. and founder-president of the Democratic Party, once more smiled through his worthy descendant, Woodrow Wilson, the twenty-eighth President and a mighty champion of democracies the world over.

“Wilson's Inaugural Address on his assumption of the Presidential Chair is characteristic of the man: ‘This is not a day of triumph; it is a day of dedication. Here muster, not the forces of party, but the forces of humanity.’

“The election of Wilson has a special significance, for it marked the first time that all the forty-eight states took part in the election. For the two territories of New Mexico and Arizona had been admitted to the great family of the American Union by then. Between 1789 and 1912 the original thirteen states had increased to forty-eight and the population of four million to ninety-five million.

“A notable feature: Wilson was the only President to deliver his own messages. The messages of his predecessors had been read out by somebody else. He had the gift of excellent speech-making.

“In August 1914, the First World War broke out in Europe. America remained aloof and silent. In January 1917 Germany’s foolhardiness overleapt its bounds. Germany went to the length of declaring that her submarines or U-boats would sink on sight any ship belonging to any nation carrying goods to the enemy. America, true to her Monroe doctrine, kept clear of the European *melee*. But when a hundred American lives were lost with the torpedoed giant of the Atlantic, the passenger ship *Lusitania*, America was horror-struck. Her next move was to take arms against the submarine-infested sea of troubles. That was in April, 1917. Desperate Britain and France saw the benign Hand of God in America’s decision to come forward and stand by them. In his war message to Congress, Woodrow Wilson called upon America to put an end to the wanton aggression and brutal tyranny of Germany:

“‘The day has come when America is privileged to spend her blood and her might for the principles that gave her birth and happiness and the peace which she has treasured. God helping her, she can do no other.’

“Further, the truth of his democratic heart cried out:

“‘The world must be made safe for democracy.’

“America’s action saved France from being bled to death and Britain from being starved unto surrender.

“Wilson was the chief architect of the organization known as the League of Nations, which was potentially a step towards human unity. ‘Unless America takes part in this treaty,’ Wilson was firmly convinced, ‘the world is going to lose heart. I cannot too often repeat to you how deep the impression made upon me on the other side of [the] water is that this was the nation upon which the whole world depended to hold the scales of justice even. If we fail them, God help the world! Then despair will ensue.’

“In this connection let us not forget William Bolitho:

“ ‘Like Arthur and the legendary Alexander, and many other lesser men, he [Woodrow Wilson] left, even though defeated, a hope, a promise: that League which is as it were a symbol of his perished flesh and blood, a fragment torn out of his heart and left with us, to serve for one who will come after in a retaking up of his adventure.’ ”

* * *

I wasn't privileged to know Woodrow Wilson; he died the year I was born. I had the privilege of knowing one of his daughters, Eleanor Wilson McAdoo, who, in carrying on with the faith of her father, was supporting my small efforts in work for human unity. Another marvelous daughter carried the faith forward in her own way, in an inner search for herself and human unity in a famous ashram in India.

With great men like Woodrow Wilson who sow a seed of a new beginning or lay a foundation stone crucial to humanity's future, it is almost characteristic that they feel they have failed. Recently I visited the Woodrow Wilson House in Washington, D.C. It is maintained as an open museum and anyone can visit and move freely through the house. There was an atmosphere of nobility, of intelligence and of sorrow, because it was here he lived when he was aware that he had failed to bring America into the League of Nations, the League which he himself had initiated. And yet in his sorrow, if he could have but known that he was instrumental in laying the foundation stone which led directly to this Organization! If Franklin Roosevelt was the Father of the U.N., Woodrow Wilson was its Grandfather. In the acts which he undertook he made a beginning of an unprecedented, historic and evolutionary unfoldment which is leading even now through this universal Organization—in which America and virtually every country is playing its role—leading to a more fully expressed human unification.

Thank you.

SWAMI VIVEKANANDA HONOURED

On 19 January 1979 Sri Chinmoy Meditation at the United Nations paid tribute to the dynamic spirit of Swami Vivekananda with a programme of meditation, music and speeches. After a silent dedication, Sri Chinmoy read a poem about Vivekananda which was followed by the performance of two of his songs about the Swami and Chicago, where, in 1893, Vivekananda was first recognised at the Parliament of Religions. The guest speaker was Mr. Ghandikota Subba Rao, head of the U.N.'s new energy programme. A transcript of the programme follows.

Sri Chinmoy read out the following translation of his newly-composed Bengali song about Vivekananda before he sang it, accompanying himself on the harmonium.

Dedicated to Swami Vivekananda

O Swami Vivekananda!
Sri Ramakrishna's life-breath!
Sri Ramakrishna's supreme gift to mankind!
Sri Ramakrishna's victory-song all-where!
The victory-world's delight you were—
Lo, the cyclone-valour of the Absolute.
You awakened your slumbering India,
You awakened humanity's sleep.
In you blossomed the form universal.
O hero-warrior sannyasi,
In the core of the creation sleeplessly shall burn
The incense of your self-offering.

THAKURER PRAN

Words and music
by Sri Chinmoy

(♩ = 92) Moderate fine

Tha-ku-rer pran Tha-ku-rer dhan Tha-ku-rer ja--ya-- gan

Vi--ve--ka--nan--da-- tri--lo--ka--nan--da

Sho--ir--jyer tu-----phan---

Ja--ga--le Bha--ra--te ja--ga--le ma--na--be Phu--ta--le bish-wa rup

Vir sann--ya--si dha--rar hi-----yai At--ma--hu--tir

at--ma--hu--tir dhup----- D.C. al Fine



Mr. Ghandikota Subba Rao, Senior Officer in Charge of Energy, Office of the Under-Secretary-General, United Nations Department of International Economic and Social Affairs: How could I have said "no" to the wish of Sri Chinmoyji that I

say a few words on this memorable occasion? Sri Chinmoyji composed those beautiful songs, in which he aptly summarizes the teachings of Swami Vivekananda, one of the most dynamic spiritual personalities of recent times. He was the most distinguished disciple of Sri Ramakrishna Paramahansa, who was himself a great reservoir of spiritual energy. The dynamic aspect of that spiritual energy is represented by Swami Vivekananda. There are two aspects: one is the potential energy and the other the spiritual activism of the ascetic. In terms of spiritualism, Vivekananda was an activist. He was the outer expression of the inner strength and inner energy of Sri Ramakrishna.

And what a name! Vivekananda—one who lives in the bliss of wisdom, of *viveka*. *Viveka* is the capacity to discriminate, to distinguish rather, between the real and the unreal, between the ever-changing reality on the one hand, and the never-changing Reality on the other. *Viveka* is the foundation for *vairagya*, renunciation, the renunciation of what is unreal and attachment to what is real.

Vivekananda used to address his audiences in two ways. One is "brothers and sisters!" in which he expressed the brotherhood, and sisterhood and indeed the universality of man. The other expression, more frequently employed by him in India, was "You children of immortal bliss!"—*Amritasya Putrah!* Vivekananda declared at every stage the divinity of man. And how does one manifest this divinity? It is through work, through activism, through dynamism, through the fullest engagement in the world of relativity, while remaining established in the substratum of never-changing Reality.

It is through worship, dedicated worship, worship through service, worship of the divine nature; and through meditation. For it is through worship and meditation that you incorporate divinity in work. Devotion to Divinity grows through dedicated work — work performed as duty. And in that process the mind becomes purified.

So, from *viveka* comes *vairagya*, renunciation, and from *vairagya* comes *vijnana*. *Vijnana* means that supreme wisdom, wisdom of the supreme Reality, and that is *ananda*, or bliss. Vivekananda's name expresses so very graphically the essence of *Vedanta*.

He lived, if I am not mistaken, maybe four decades or so. But even by the age of his early twenties, with only a few years of intense *sadhana*, spiritual practices, he became an adept himself, under the guidance of his Master, Sri Ramakrishna. He was still a college youth, a restless, extremely intelligent, alert young man looking for meaning and purpose in life. "What is God?" This was apparently the first question he asked Sri Ramakrishna. "Have you seen God?" This is the kind of question he asked, straight out like that, uninhibited, a free spirit at that stage, but dynamic, rational and doubting—doubting the existence of certain things which are taken for granted by others. Sri Ramakrishna was reported to have said in his characteristically very, very calm way, "Yes, young man, I have seen God and I am going to make you see or feel that vision of God within you." This was the summation of the conversation that this great *sisya*, or disciple, had with his great Master. One recalls in this connection another teacher and student, Sri Krishna and Arjuna. Arjuna was the en-

quiring one; the very name Arjuna means “one who is extremely intelligent, extremely rational, extremely alert.”

We have here the representative man—dynamic and yet doubting, reaching for true knowledge. The saviour for Vivekananda was that divine intelligence represented by Sri Ramakrishna Paramahansa. So, today we remember this great dynamic personality who believed in spiritual activism in the fullest sense. He taught all the others with whom he came in contact to express spiritualism through their work, through worship, through service to mankind. He founded the Ramakrishna Mission, which is dedicated to both asceticism and knowledge, *vairagya* and *vijnana*, and also to service. We must express or manifest our divinity, which is embedded within us; the *atmic* consciousness, wisdom or strength must be expressed through work, in the first instance, and in the second instance through meditation. Dedicated work is one expression of that *atmic* knowledge and worship is another. Meditation is common to both: unless you discover the purity, reality and consciousness within yourself, you will not be able to meet the challenges of life.

Swami Vivekananda was like Shankara, the great Vedantin who traveled all over India and spread the Vedantic wisdom in many ways. Vivekananda undertook the journey outside of India to spread and disseminate that eternal wisdom, which is our birthright. It is immortality, that immortal self within us, which we must discover. And meditation is the most important technique—reflection and meditation, *manana* and *jnana*, as we say.

Sri Chinmoyji has once again gathered us all to remember one of the greatest personalities, univer-

sal personalities, who came from India, but whose wisdom is the heritage of all mankind. I was inspired to say these few words by the spiritual atmosphere here, the meditative atmosphere here. These are not really my words; they are the inspiration that comes from that spiritual energy represented by Sri Ramakrishna Paramahansa, by Vivekananda, and now here by Sri Chinmoyji, and through all of you.



A TRIBUTE TO THE INTERNATIONAL RED CROSS

On 23 January 1979 Sri Chinmoy Meditation at the United Nations sponsored a programme in honour of the International Red Cross and its dedicated service to the world community. Guest speakers were Deputy Ambassador Mrs. Ruth Garcia-Granados Rosenhouse of Guatemala and Mr. Vincent Arlotta, Director of the Queens Chapter of the American Red Cross. The programme also featured the performance of a song composed for the Red Cross by Sri Chinmoy, a statement from International Red Cross President Alexander Hay and a film about the work of the organisation. A transcript of the programme follows.

MESSAGE TO THE MEDITATION GROUP FROM MR. ALEXANDER HAY, PRESIDENT, INTERNATIONAL RED CROSS

Since its creation over 110 years ago, the International Committee of the Red Cross has served the cause of human dignity by protecting and assisting victims of armed conflicts or of international and national disturbances throughout the world. Since the last World War the Committee's delegates have

visited over 300,000 "political detainees" in an attempt to ensure humane treatment of man by his fellow man.

In a nutshell, the International Committee's ideal and ultimate purpose is to promote peace around the world.

Over the past few years the carrying out of our activities has become increasingly difficult. Every member of your group can support us morally and help us keep our ideal alive by focusing his consciousness on our efforts and bringing them to the awareness of other people. Your doing so encourages us to continue in the pursuit of our ideal.



Mrs. Ruth Garcia-Granados de Rosenhouse, Deputy Permanent Representative of Guatemala to the United Nations: Ladies and gentlemen, it is a great privilege for me to represent the government of my country, Guatemala, in this act of honouring the International Red Cross. I cannot think of any

other voluntary agency that has done more to mitigate the pain and sorrow caused by natural and man-made disasters than the Red Cross Societies of the world. I cannot think either of a setting that embodies more the spirit of the organisation than the Dag Hammarskjold Auditorium of the United Nations.

Apolitical, non-sectarian, universal in scope, the Red Cross today symbolises the best of all selfless human impulses. Created to repair the ravages of war, this remarkable organisation has evolved through the years into one of the most complex and sophisticated instruments of the modern world. It is equipped to deal simultaneously with high-level negotiations involving the exchange of prisoners of war, or to organise an emergency team of rescue workers in a remote mining town in Africa or South America. And I cannot omit the Red Cross commitment to human rights. Its record in identifying the flagrant violators is highly commendable. In this respect, we recognise that the Red Cross has always been attuned to the vital issues of the day. Perhaps this flexibility goes a long way in explaining why the Red Cross has become one of the most respected and durable institutions of our world.

I have a dual debt to the Red Cross Society: first, as a professional in the mental health field, and secondly as a representative of the Government of Guatemala. During my many years as a clinical psychologist I had to appeal to the Red Cross on many occasions on behalf of my patients to help them locate a loved one. I always found understanding and assistance from the Red Cross. As a representative of Guatemala, I have deep gratitude and admiration for the generous aid that was given our country during the devastating earthquake in

1976, when Guatemala was virtually destroyed and over 25,000 people lost their lives and many more lost their homes. Many of the Red Cross Societies, including that of the Federal Republic of Germany, the Norwegian Red Cross and the Austrian Red Cross, among others, undertook to rebuild entire villages destroyed by the earthquake. Guatemala is also grateful to its own local chapter that supports a number of children's clinics in the country.

To terminate this brief salute to the Red Cross Society, I would like to express my special thanks to the anonymous Red Cross worker: those men and women who risk their lives driving an ambulance in Lebanon, or descending a steep ravine in Guatemala to dig out an Indian family during an earthquake. I believe them to be the real unsung heroes of our modern world. Thank you.



Mr. Vincent Arlotta, Director, Queens Chapter of the American Red Cross: It's a pleasure to be here today. Normally my remarks would be about the American Red Cross and in particular the

American Red Cross in Greater New York, but today I was asked to speak more about the international aspects of the Red Cross. There are several aspects to it. There is an International Committee which is located in Switzerland and is conducted by up to twenty-five Swiss citizens. Their purpose is to protect victims of war in accordance with the Geneva Conventions, which I will go into a little later on. They also grant recognition to new national Red Cross societies. At the present time the symbols that represent the societies are the red cross on a white background, the red crescent on a white background, and a red lion and sun on a white background. Also at the present time, Israel is trying to come into this organisation, and the only thing that is holding them out is that they want to use the Star of David. The International Committee does not want to add on to the three emblems that are already in existence, but I think that they will agree, so that in the future we will probably be seeing four different emblems when we display our signs. They also inspect prisons to see that the prisoners of war are being treated properly, and they direct food packages and mail that comes from home for the prisoners to local Red Cross chapters. They also provide medical supplies in war areas and they have a tracing service whereby members of families can locate displaced people. For example, recently the Vietnamese people were displaced all over the world and eventually they will be trying to find relatives. Through the International Committee reaching out to the different national societies, they are generally located. Sometimes it takes much longer than expected, but most of the time they are very successful.

Another aspect is the League of Red Cross Societies, which comprises a Board of Governors and a delegate from each of the national societies, like the American Red Cross. Originally our name was American National Red Cross, but we cut out the "national" and it is now the American Red Cross, with over 1,300 individual chapters. The League of Red Cross Societies promotes cooperation between the different societies and also coordinates their efforts, especially in time of natural disaster or in relocating refugees. The different societies have experts in different fields. Normally, when there is a major disaster in Europe, American experts may be called over to help give a hand, especially in the area of setting up depots and having supplies flown and shipped in and distributing these supplies to the various groups that will disperse them to the individuals in need.

Then we have the International Convention of the Red Cross. This is the highest deliberating body of the Red Cross. It normally meets every four years and it has representatives from the national societies, from the League of Red Cross Societies, from the International Committee, and also from the governments who have signed the Geneva Conventions. This group ensures unity, so that throughout the whole world the Red Cross is working more or less as one organisation.

The national societies are all chartered by their own individual governments. I mentioned before that they are represented in different ways. Most of the societies use the red cross; the Moslem societies use the red crescent, and Iran uses a red lion and sun. The national societies promote programmes in

health, welfare and safety. In some areas, as in Guatemala, they also provide hospitals and nursing schools, set up clinics and have on-going health education programmes. In our country normally we don't have hospitals set up and run by Red Cross personnel. We do have volunteers at work in hospitals as aides. They feed the elderly, help people groom themselves, read to people who can't read for whatever reason, help move patients to areas where they may have to go for x-rays or for different tests. In this way they do a job that is really appreciated.

Now, I mentioned before the Geneva Conventions, and these consist of four different conventions. The first one provided protection for the wounded and the sick of army personnel who do battle on land, as well as the doctors, medical assistants and chaplains of the armed forces on land. The second convention dealt with the protection of the sick, wounded and shipwrecked members of the armed forces at sea. The third one dealt with the protection of prisoners of war, to see that they are treated properly and not abused. It also created a system of inspections whereby they can go in and inspect the camps to make sure things are being done according to the conferences. The fourth convention was to protect civilians in occupied areas, to make sure that there is no brutality and that people are being fed and are capable of living in a human way.

That more or less comprises the general set-up of the Red Cross as an international organisation. If I have time, I would like to just go into a few of the things that the American Red Cross of Greater New York does that may be a little different. Our

major disasters are fires. Recently it has been reported in the papers about a fire in New Jersey, and this goes on locally, throughout the metropolitan New York area. So, fires really are the major disasters that we contend with on an on-going everyday basis, and occasionally floods. What the Red Cross provides in this field, if it is needed, is shelter, clothing, nursing care, medication and, on occasion, assistance in rehabilitating a home and making sure that the people get back to a state of being as they were before the fire. Those people that are already receiving monies from our city government are taken care of for the immediate needs of the first day, and then they go to the agency that is already supplying them with some type of assistance. What are the immediate needs? In the middle of the night a fire strikes. People are out of their homes. They have just the clothing that is on their backs, which most of the time is just bed clothes and a blanket thrown over them. Through the cooperation of the Seventh Day Adventists, who store clothing of all sizes and description, we can provide clothing. If the fire happens in the daytime and there isn't that immediate need, then we write out purchase orders to different stores in the area to have the people go and pick up new clothing or whatever their needs are. If they are able to get back into their apartment, the mattress may have been burned. The cause of many fires is people smoking in bed. If that is the only replacement that is needed, we give them a purchase order to go and buy a mattress so that they can return to the apartment. These are some of the extra things that we think of in the field of disaster relief.

To be a recognised, chartered chapter of the American Red Cross, we must provide services to servicemen and their families. Since we are not presently in conflict any place and most of the people that are in the armed forces are there on a voluntary basis, there isn't too great a need for service to military families. But one of the big things that we are working with in that area is trying to help servicemen who have left the service with other than honourable discharges. There is a set method of filling out forms, and certain kinds of documentation that are needed and most people don't know what it is, whereas our social workers do know the proper procedures. So, in this way the serviceman who is trying to correct his condition does it on a one-shot deal, more or less. It makes the job a lot easier for them. And with the way that the military is thinking today, they change their minds most of the time about the discharge.

Now we are going to have a film which will show some of the background of the Red Cross. I thank you for your attention.





*Sri Chinmoy offers his gratitude to guest speakers
Deputy Permanent Representative of Guatemala
Mrs. Rosenhouse and Red Cross Director Mr.
Vincent Arlotta.*

RED CROSS

Red Cross, Red Cross, Red Cross!
To save the human soul
From sorrow-failure-loss
Yours is the self-giving role.
Compassion, oneness-cry!
Heaven-glories in you fly.

—Sri Chinmoy

RED CROSS

Words and music
by Sri Chinmoy

(♩ = 152) *Fast*

Red Cross, Red Cross, Red ----- Crossl Red Cross, Red Cross,
1. *fine* | 2.
Red ----- Crossl Crossl To save the hu - man
soul ----- From - sor - row -
- fail ----- ure - loss -----
Yours is the self ----- giv - ing
role ----- Com - pas - sion
A tempo
one - ness - cry - I Hea - ven
glo - ries in - you fly -----
D.C.

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Composed for the American Red Cross, Queens Chapter, by Sri Chinmoy.

- 6 December 1978

DIVINE FRIENDS AND UNDIVINE FOES

Sri Chinmoy gave the following short talk at the January 9 meeting of the Meditation Group.

As a beginner in the spiritual life, you have to feel that you are standing inside your room behind a door. It is up to you whom to accept as your friends and whom not to accept. Faith, love, devotion, surrender, courage, will power: these are your friends. You will allow these persons to come into your room and then bolt the door from inside to keep out your enemies. If you allow your enemies—fear, doubt, anxiety and worry—to enter into you, they will come into your room most gladly. As a matter of fact, they are always there waiting to come in, but you do not allow them.

Once your friends have entered your room and you have bolted the door, you will start conversing with your friends. Each time a devoted friend of yours speaks to you, immediately the particular power or capacity that he has increases inside you. When your friend who is embodying love speaks of love, immediately your love for God increases. You also have another friend sitting beside you: courage. He speaks of inner courage and immediately your own inner courage comes to the fore. When your friend surrender speaks to you, you will see that spiritual surrender becomes easy, spontaneous. Previously you thought that surrender meant self-extinction. You were afraid of surrender because you thought that your individuality would disappear. But when this friend of yours who embodies

surrender tells you what divine surrender is, immediately you are eager to throw yourself into the surrender-sea. In this surrender you are not losing anything. On the contrary, you are becoming the vast Infinite. So when these friends tell you about their own qualities and what these qualities actually represent on earth, immediately you will make the fastest progress.

So a beginner should always make a selection as to whom he is going to establish his friendship with, for a beginner's progress entirely depends on the friendship he has made with divine or undivine qualities. Establishing a friendship with divine qualities is the easiest and the most effective way for a beginner to make the fastest progress. Then, when he becomes advanced, the so-called friends that wanted to enter into him—fear, doubt, anxiety and worry—feel that it is a hopeless case. Once the seeker is advanced, he will never, never make a mistake and allow fear, doubt or other undivine elements to enter into him. And these qualities will feel this.

But right now you are a beginner, so at any moment doubt can assail you. Doubt may make you feel doubting is good, but don't be fooled. If you doubt as much as you can, eventually doubt will fail you. Then, doubt sends its best friend, the reasoning mind. The reasoning mind will come and tell you, "All right, doubt has failed. But if you do this, perhaps you will get this. If you don't do this, you won't get it." The reasoning mind will create all darkness and confusion. But in the spiritual life you have come to know that doubt is only poison and the reasoning mind also is useless.

A spiritual person does not reason; he just gives. A beginner especially should always act like a

child. A child, when he comes to his mother, does not use the reasoning mind. He acts as if he has no mind. He just runs to her and gives everything that he has found on his way, whether it is divine or undivine. He gives to his mother gladly, cheerfully and devotedly what he has, and the mother gives him what she has. Naturally, the mother has infinitely more than the child. Then, when the seeker becomes advanced, fear, doubt and other undivine forces come to realise that they are knocking at the wrong door.

So beginners have to feel always that they are standing at their door and that people are all the time trying to enter into their room. People means forces—divine forces or undivine forces. You should only allow the divine forces to enter into you. Each time a divine force operates, you gain or achieve that divine quality in yourself. Then gradually, gradually all the divine qualities blossom as a flower, petal by petal; they blossom slowly, steadily and perfectly. Then the beginner seeker will be fully ready to offer himself at the Feet of the Lord Supreme.

There are some forces that will attack you and there are some that will help you. You must always be on the alert; you have to open your eyes and allow only those forces to come in that will elevate your consciousness. When you become advanced, wrong forces will not dare to come near you. Now they dare because you are a beginner, but you won't remain a beginner forever. Once you continue walking along the right path, you become advanced. You make progress and reach your destined goal.



SECRETARIAT OF STATE

Shri Chinmoy

FROM THE VATICAN

Christmas 1978

United Nations Meditation Group

GPO 20 - Room 1925

United Nations, New York 10017

His Holiness Pope John Paul II has directed the Secretariat of State to convey his gratitude for the message of good wishes sent to him for Christmas and the New Year. The Holy Father prays that the Birth of our Lord Jesus Christ will bring lasting joy and hope to all the men and women of our time, sustaining them throughout 1979.

Monsignor G. Coppa
Assessor

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